Malawi

SATEMWA DARK TEA

Dark or post-fermented tea • 1 adult serving

WATER	BREW	SERVE
95–100°C	3–4 min	Warm

INGREDIENTS

Satemwa dark tea leaves · 2 g

Fresh drinking water · 240 mL



Contains caffeine

Illustrative cup image

PREPARATION

1. Warm your teapot with hot water and empty it.
2. Add leaves and pour over 95–100°C water. Start with 3–4 min, or follow the supplier directions.
3. Strain into a cup. Adjust the next brew to taste.

NUTRITION NOTE

Plain brewed tea contributes to fluid intake and provides little energy when unsweetened.

CAFFEINE & ALLERGENS

Contains caffeine. Check ingredient labels and substitutions.

SERVING NOTE

For adults. Check supplier directions and serving temperature. For iced drinks, chill promptly and keep cold.

Regional source

MenuNio Aarti Serai
A Meal To Look Forward To