Nepal

ILAM ORTHODOX TEA

Orthodox leaf tea • 1 adult serving

WATER	BREW	SERVE
As on pack	As on pack	Warm

INGREDIENTS

Ilam orthodox tea leaves, as directed on pack

Fresh drinking water · 240 mL



Contains caffeine

Illustrative cup image

PREPARATION

1. Warm your teapot with hot water and empty it.
2. Follow the supplier directions for leaf amount, water temperature and steep time.
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