Taiwan

HIGH-MOUNTAIN OOLONG

Oolong tea • 1 adult serving

WATER	BREW	SERVE
88–92°C	3 min	Warm

INGREDIENTS

High-mountain oolong 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 88–92°C water. Start with 3 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