

Pu-erh Tea

Ingredients

- 1 teaspoon pu-erh tea leaves
- 1 cup hot water (not boiling, around 90–95°C / 194°F)

Instructions

1. Rinse pu-erh leaves quickly with hot water to remove dust.
2. Discard rinse water.
3. Add leaves back into cup/teapot.
4. Pour fresh hot water (not fully boiling).
5. Steep for 3–5 minutes.
6. Strain and enjoy.

Benefits

- Aids digestion, especially after heavy meals.
- May help lower cholesterol.
- Supports weight management.

Warnings

- Contains caffeine (avoid before bedtime).
- May interact with blood pressure medications.

- Consult your doctor if sensitive to stimulants.