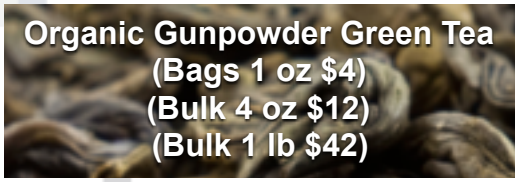
Cold Brew: Gunpowder Green



What in the world is *cold brew*? Well, it's simple. Cold brew is a method of brewing tea using a cold steeping technique. Cold brewed gunpowder green tea is the smoothest, mellowest tea I've ever tasted. Matter fact, *taste* is the wrong term. One does not simply taste cold brewed gunpowder green tea, one *experiences* it. I have to say, I overwhelmingly enjoy the experience. And since you know I *love* to share, here's my absolute favorite Cold Brew Gunpowder Green Tea recipe. Note: Use more sugar, citrus fruit and/or add honey for a twist. Let me know how you like yours!

Cold Brew: Mellow Gunpowder Green Tea

To make a gallon Cold Brew: Mellow Gunpowder Green Tea, you'll need one heaping cup Organic Gunpowder Green Tea - ¼ cup organic rock sugar - 3½ cups cold purified water - 1 organic lemon - one wide mouth, covered gallon jar - a little less than a gallon cold purified water - plastic wrap - fine mesh strainer - measuring cup - one quart sized mason jar with cover



Put the whole lemon (sliced or wedged), Organic Gunpowder Green Tea, 3½ cups cold purified water and sugar in a quart sized mason jar. Cover the mouth of the jar with plastic wrap before covering with the lid. Shake well and allow to steep on a counter for at least 3 hours. Shake occasionally to make sure the sugar dissolves completely. You can strain it anytime after 3 hours of steeping, but I usually chill it in the back of the refrigerator for a few hours before I'm ready to strain it. In the meantime, fill the gallon jar with cold purified water and also chill it, just make certain to leave enough room for the tea after it's strained. When you're ready, strain the cold tea into the measuring cup, then pour that into the gallon jar with the chilled water. Enjoy it in a glass mug (or mason jar like me).

Gunpowder Green Tea *(camellia sinensis)* is known to be perfect in a way that it can aid in relaxation when you're chilling yet also help invigorate you when you're busy. It's known to help make your mind sharper, improve the health of your immune system and increase your metabolism (which can aid in weight loss.) It is known to reduce the risk of heart attacks, kidney stones, and protect against blood clots. Gunpowder green tea destroys bacteria and viruses that cause throat infections and dental cavities, and i s known to kill cancer cells while preserving the healthy tissue and cells around them. It has proven effective in preventing dizziness, regulation blood sugar, and keeping vessels relaxed to withstand blood pressure changes. This helps reduce the risk of high blood pressure. It acts as anti-aging, anti-viral, anti-bacterial, anti-inflammatory, and antioxidant agent that reduces wrinkles and reduces the effects of Parkinson's disease.

Now, if you've been looking, you know it's nearly impossible to find Organic Gunpowder Green Tea. **Organic Gunpowder Green Tea** is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

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