

This is black tea at its purest — no milk, no sugar, no spice, no boiling. Just the subtle aroma of steeped leaves offering gentle clarity and digestive ease. When prepared right, black tea can be an ally, not a disturbance, especially when you're aiming for lightness and mental clarity.

## What Is Steeped Black Tea?

Black tea is a fully oxidized tea leaf infusion. Unlike chai, which is heavy, this version is light and brewed by steeping. It supports alertness and digestion when taken in moderation, especially without milk or over brewed bitterness.

## How to Make Steeped Black Tea: The Traditional Way

### □ Ingredients:

- 1 tsp **black tea leaves** or **1 tea bag**
- 1 cup **hot water** (around 85–90°C)
- Optional: a few drops of **lemon juice** or a pinch of **palm sugar**

### □ Method:

1. **Heat the Water**
  - Bring water just to the point of steaming (don't boil).
2. **Steep the Tea**
  - Add tea leaves or a tea bag to your cup.
  - Pour the hot water over and steep for **3-4 minutes**.
3. **Strain and Sip**
  - Remove the tea bag or strain the leaves.
  - Sip as-is or add a dash of lemon or palm sugar (not both) if needed.

### □ Ayurvedic Benefits

1. **Improves digestion** and clears mild [kapha](#) sluggishness.
2. **Stimulates clarity and alertness** without heaviness.
3. When taken occasionally, helps with **mild headaches or mental fog**.
4. **Best suited for [kapha](#) types** and **moderate [pitta](#) use** (with lemon, not

spicy additives).

### ☐ **Pro Tips from the Indian Kitchen**

- **Avoid boiling** the leaves to reduce bitterness and acidity.
- Keep steeping time under 5 minutes for lighter taste and better digestion.
- Adding **lemon** makes the tea cooling and mildly detoxifying.

### ♥ **Why We Love Steeped Black Tea**

- Pure, unmasked flavor
- Easy on the gut when brewed right
- No milk, no sugar — clean and mindful
- Excellent during mental work or after a meal

### ☐ **Ideal For**

- **Morning focus**
- **Post-meal lightness**
- **Kapha balancing routines**
- **Tea lovers avoiding milk or spice**
- **Fasting or intermittent eating plans**

