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The Healing Power of TEA: A Complete Step by Step Guide to making Tea the Quick and Easy Way: Become a Super Human with Herbal, Green, Black, Olong and White Tea recipes

Tammy Lambert

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Tammy Lambert

The Healing Power of TEA: A Complete Step by Step Guide to making Tea the Quick and Easy Way: Become a Super Human with Herbal, Green, Black, Olong and White Tea recipes Tammy Lambert Who doesn't like to relax after a long, tiring day at work? After lunch or dinner? Presumably everyone! So, what's better than to unwind with a refreshing cup of tea! Different kinds of tea have their own benefits and help in maintaining health or reducing weight, or plainly boosting immunity. Tea is an integral part of people's lives and many people take tea routinely. It is made differently in different cultures and there are many variants of tea. In this ebook you will find 50 Tea recipes in the following categories: 1. Herbal tea 2. Green tea 3. Black tea 4. White tea 5. Oolong tea What is more that you will find: 1. 50 delicious, ready in a minute Tea Recipes. 2. Complete step-by-step preparation method, preparation time and serving limit. 3. Nutritional information for each recipe. The recipes are easy to prepare and take no time to give you a soothing and refreshing boost. Treat yourself and others with these tasteful tea recipes!

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