

## Tea Inspired Recipes

### Berry Black Cheesecake

2 8oz. packages reduced fat cream cheese, softened  
½ cup sugar  
1 tsp. vanilla extract  
2 eggs  
½ cup water  
4 tea bags Berry Black  
½ tsp. gelatin  
8"- 9" Graham Cracker pie crust

Preparation Time: 20 minutes

Beat cream cheese, sugar and vanilla with electric mixer until creamy. Add eggs, one at a time, mixing on low speed. Bring water to a boil. Pour over Berry Black tea bags in separate container. Let steep 5 minutes. Squeeze and remove tea bags. Stir in gelatin until it dissolves. Pour cream cheese batter into pie crust and gently fold in Berry Black concentrate. Bake at 325° F for 45 minutes or until center is almost set. Cool for 30 minutes then chill for 4 hours. Makes 10 servings. In Good Health!

### White Rose Sticky Rice

3 tea bags White Rose  
4 cups water  
2 cups sweet rice  
1 cup Red bean paste  
1 cup chopped peanuts  
Sugar/honey to taste

Preparation time: 20 minute

Place water, sweet rice and tea bags in a pot and bring to a boil on high heat. Once boiling, Squeeze and remove tea bags, lower heat until rice is cooked. Set aside to cool. Mix in sugar and flatten ½ of sweet rice in a rectangular Pyrex dish. Spread a layer of red bean paste and ½ cup of chopped peanuts. Layer with rest of rice and finish with remaining peanuts. Cut into small squares about 1" x 1". Makes about 15 1-inch squares. In Good Health!

### Earl Grey Shish Kebab

1 cup water  
4 tea bags Aged Earl Grey  
juice from 1 lemon  
1 tbsp. honey  
salt and pepper  
1 pound beef or chicken cut into kebab chunks  
1 medium red onion  
1 red or yellow pepper  
1 green pepper  
4 shish kebab skewers

Preparation Time: 30 minutes . Makes 4 servings.

Bring water to a boil and pour over tea bags in a mug for 5 minutes. Squeeze and remove tea bags. Stir in remaining ingredients and cool to room temperature. Pour tea infusion over meat and marinate for 1 hour. Assemble skewers, alternating meat and vegetables. Barbecue or cook in oven, turning skewers and frequently applying remaining marinade juice. In Good Health!

### **Breakfast Blend Biscotti**

1  $\frac{3}{4}$  cups flour  
1 tsp. baking soda  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{3}$  cup butter softened  
2 eggs  
 $\frac{1}{4}$  cup boiling water  
3 tea bags Breakfast Blend  
 $\frac{1}{3}$  cup chopped almonds

Preparation Time: 1 hour

Preheat oven to 350° F. Combine flour, baking soda, and salt. In another bowl, beat sugar and butter until creamy. Beat in eggs. Tear open tea bags, pour into water in a mug and stir. Steep 5 minutes, then stir into sugar mixture. Fold in flour mixture and nuts. Lightly grease baking sheet. Shape dough into 2-inch wide logs on sheet. Bake for 20 minutes. Cut logs diagonally into  $\frac{1}{2}$ -inch thick slices. Return to oven and bake for 20-25 minutes, until golden. Cool before serving. Makes 20 pieces. In Good Health!

### **Chamomile Lemon Salad Dressing**

$\frac{1}{2}$  cup water  
4 tea bags Chamomile Lemon  
2 tbsp. extra virgin olive oil  
juice from 1 lime  
1 tbsp. honey  
salt and pepper to taste

Preparation Time: 15 minutes

Bring water to a boil in a small pot. Steep tea bags and continue to simmer for 8 minutes to reduce liquid. Squeeze and remove tea bags. Allow to cool. Stir in remaining ingredients. Enjoy this sweet and tangy dressing on your next salad. Makes for 4 servings. In Good Health!

### **Tangy Yunnan Mushrooms**

2 bags Chinese Breakfast  
1 tsp. orange rind  
 $\frac{1}{2}$  cup boiling water  
 $\frac{1}{2}$  tsp. cornstarch  
 $\frac{1}{2}$  tsp. vinegar  
 $\frac{3}{4}$  tsp. sugar  
pinch of salt & chili flakes  
5 cups sliced mushrooms  
 $\frac{1}{8}$  cup finely chopped green onions  
1 tbsp. peanut oil

Preparation Time: 25 minutes

Pour boiling water over tea bags in a mug. Add orange rind. Let sit for 5 minutes, then squeeze and remove tea bags. Mix in cornstarch, vinegar, sugar, salt, and chili flakes. Sauté mushrooms in oil in frying pan until lightly browned. Stir in green onions. Pour in tea mixture and simmer until sauce thickens. Makes 4 servings. In Good Health!

### **Black Vanilla Quinoa Pudding**

2 cups boiling water  
2 tea bags Decaf Black Vanilla  
1 cup dry quinoa  
2 cups apple juice  
1 cup raisin  
1 cup chopped walnuts  
juice of ½ lemon  
1 tsp. cinnamon  
¼ tsp. cardamom  
½ tsp. nutmeg  
1/8 tsp. ground cloves  
1 tsp. maple syrup

Preparation time: 30 minutes. Serves 4.

Steep tea bags for 5 minutes. Squeeze and remove. Rinse quinoa under cold running water. Drain and place in frying pan to dry roast until it gives off an aromatic, nutty smell. Place quinoa and tea in another pot, bring to a boil. Lower heat to a simmer and cover pot. Cook until all water is absorbed. Add remaining ingredients to cooked quinoa and simmer. Cover for 15 minutes stirring occasionally. Remove from heat and let cool. Serve warm or chilled. In Good Health!

### **Dry Lime Lentil Soup**

1 cup red lentils  
1/4 cup rice  
6 cups water  
2 large onions (cut into thin strips)  
1 tbsp. vegetable oil  
1 1/4 tsp. salt  
1 tsp. cumin  
1 vegetable, chicken, or beef bouillon cube (optional)  
4 tea bags Dry Desert Lime  
1/3 cup chopped parsley  
Toasted pita chips

Preparation Time: 45 minutes

Bring 3 cups of water to a boil in a deep pot. Add lentils and rice. Reduce heat to low and cover for 20 minutes, stirring occasionally. In separate frying pan, sauté onions in oil until golden and tender. Add cumin, salt, and bouillon, and stir until bouillon dissolves. Mix into lentils with an additional 2 cups of water. Bring to a boil. Stir in parsley. Just before serving, stir in lime tea (4 tea bags steeped in 1 cup boiling water). Serve with pita chips. Makes 4 servings. In Good Health!

### **Ginger Lemon Chicken**

1 small whole chicken (washed & giblets removed)  
4 tea bags Ginger Lemon  
2 tsp. seasoning salt  
2 tsp. garlic powder  
2 tsp. pepper  
2 tsp. rosemary

2 tsp. butter  
2 tsp. Worcestershire Sauce  
2 tsp. Dijon mustard  
3 tsp. corn starch  
1 whole lemon (for garnish)  
1 bunch of parsley (for garnish)

Preparation Time: 1 hour

Pre-heat oven to 375 degrees. Season chicken with dry rub: mix contents of 2 tea bags with 1 tsp. seasoning salt, garlic powder, pepper and rosemary. In roasting pan, place 1 cup of water and butter; place chicken in breast side up. Cover pan and place in oven. Roast chicken for 1 hour basting occasionally with sauce: contents of 2 tea bags, rest of seasoning salt, pepper, rosemary and garlic powder, Worcestershire sauce, Dijon mustard, corn starch and 3 cups water. For golden brown chicken, cook uncovered for last 10 minutes. Makes 5 servings. In Good Health!

### **Chai Spiced Tiramisu**

2 egg yolks  
2 tbsp. sugar  
3 drops of vanilla extract  
1 cup mascarpone cheese  
¾ cup boiling water  
5 Golden Chai tea bags  
1 tsp. spiced rum  
2 tsp. sugar  
12 ladyfingers  
Cinnamon/Sugar Mix: 4 tablespoons sugar, 2 teaspoons Cinnamon

Preparation Time: 30 minutes

Beat egg yolks, sugar and vanilla extract until creamy. Fold in cheese until smooth. Steep tea bags for 3 minutes. Squeeze and remove. Add spiced rum and 2 tsp. sugar to tea. Spread butter on sides of large clear bowl. Carefully dip ladyfingers in Golden Chai blend and line bottom of bowl. Add 1/3 of cheese mixture. Sprinkle some of cinnamon/sugar mixture on top. Repeat cheese, cinnamon/sugar layering two more times. Refrigerate 2-3 hours before serving. Makes 8 servings. In Good Health!

### **Green Rooibos Potato Gratin**

6 bags of Green Rooibos  
½ tsp. salt  
4 medium buttery potatoes, scrubbed & unpeeled  
6 tbsp. olive oil  
1 cup grated parmegiano reggiano cheese  
Sea salt to taste  
freshly ground black pepper to taste

Preparation Time: 1 hour

Preheat oven to 350° F. Bring 5 Cups of water to a rolling boil with salt and teabags. Cut unpeeled potatoes into quarters and add to tea liquid. Boil for approximately 30 minutes until potatoes are tender. Drain potatoes well. Mash with a fork in an oven proof casserole dish with olive oil, cheese, salt and pepper. Bake for 30 minutes until golden brown. Makes 4 servings. In Good Health!

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### **Honeybush Milk Tart**

2 cups milk  
2 tea bags Honeybush  
2 eggs  
1/3 cup sugar  
2 tbsp. flour  
2 tbsp. cornstarch  
pinch of salt  
1 tbsp. vanilla  
1 tbsp. butter  
1/4 cup crushed pistachios  
cinnamon

Preparation Time: 45 minutes

Place tea bags in milk and bring to a simmer. Steep 10 minutes, squeeze and remove tea bags and set aside. In separate bowl, beat eggs and sugar until fluffy. Add flour, cornstarch and salt. Slowly add milk infusion. Return mixture to stove and stir constantly over medium heat until it thickens. Beat if lumpy. Add vanilla and butter. Pour into pre-baked 9" Graham Cracker pie crust. Sprinkle with crushed pistachios and cinnamon. Refrigerate for at least two hours before serving. In Good Health!

### **Nutty Jasmine Rice**

2 cups water  
3 tea bags Jasmine Green  
1 ½ tsp. vegetable oil  
1/2 tsp. salt  
2 cups uncooked rice, preferably Basmati  
1 tsp. crushed saffron  
1/4 cup slivered almonds  
1/4 cup pine nuts  
2 tbsp. chopped parsley  
yogurt

Preparation Time: 25 minutes

Bring water to a boil in a pot. Steep tea bags for 5 minutes. Squeeze and remove. Stir in 1 tsp. oil, salt and rice. Cover and simmer over low heat for 10 minutes. In separate container, steep saffron in 1/8 cup water for 5 minutes. Pour

saffron mixture over rice and recover. Cook another 5 minutes, until rice is tender. In separate frying pan, fry nuts in 1-1/2 tsp. oil, until golden. When serving, scatter nuts and parsley over rice. Serve with yogurt or Numi's Green Tea Salmon. In Good Health!

### **Mate Lemon Pasta Salad**

1 lb. bag of Fusilli pasta  
6 tea bags Maté Lemon  
½ tsp. salt  
1 tbsp. olive oil  
1 tbsp. rice vinegar  
2 carrots, grated  
1 ½ cups of fresh or frozen peas, steamed  
½ cup chopped red pepper

For dressing:

1/3 cup olive oil  
1 tbsp. fresh lemon juice  
1 clove fresh garlic, mashed lightly with salt  
1 tsp. grainy mustard  
pinch of cayenne pepper

Preparation Time: 15 minutes

Bring 1 gallon of water to rolling boil. Steep tea bags for 5 minutes. Squeeze and remove tea bags. Add pasta, salt and oil. Cook according to package directions. Drain pasta. Toss with rice vinegar. Cool to room temperature. Add carrots, peas & peppers. Toss with dressing. Chill for 1 hour. In Good Health!

### **Mintea Couscous**

3 tea bags Moroccan Mint  
1/2 cup boiling water  
1 tbsp. olive oil  
1 medium yellow onion, chopped fine  
1 clove garlic, finely minced  
1 large tomato, seeded and finely chopped  
2 tbsp. black raisins  
1/2 cup cooked or canned chick peas  
1/2 tsp. ground cinnamon  
1/4 tsp. saffron threads  
1 tsp. salt  
2 cups cooked couscous (small semolina pasta balls)

Preparation Time: 20 minutes

Steep 3 tea bags in boiling water. Set aside. Sauté onions and garlic in oil over medium heat until golden. Add tomato, raisins, chick peas, cinnamon, saffron, and salt. Cook 5 minutes. Add strained teasan and simmer another 3 minutes. Combine mixture with couscous or pasta and serve warm or at room temperature. Makes 4 servings. In Good Health!

### **Orange Spice Pancakes**

3 tea bags Orange Spice  
1 cup water  
1 cup flour  
1 tbsp. sugar

1 tbsp. baking soda  
1 tbsp. wheat germ  
1½ tsp. cinnamon - ground  
1 egg white  
1 tbsp. fresh-squeezed orange juice  
1 tsp. grated orange peel  
Cooking spray

Preparation Time: 30 minutes. Serves 4.

Steep tea bags in 1 cup water for 5 minutes. Squeeze and remove. Combine dry ingredients in a bowl. In separate bowl, whisk egg white, orange juice, orange rind and steeped tea. Pour tea mixture into flour mixture. Lightly spray pre-heated skillet/griddle, on medium heat. Pour batter onto griddle using ¼ cup measure. Cook until tops are bubbly and edges are dry, approximately 2-3 minutes. Turn and cook other side for 2-3 minutes. Garnish with banana and maple syrup. In Good Health!

### **Rooibos Green Beans**

2 cups water  
2 tea bags Rooibos  
4 cups green beans, cut into 1" pieces  
1/3 cup finely chopped onions  
1 tbsp. olive oil  
2 tbsp. lemon juice  
1/2 tsp. salt  
dash of pepper

Preparation Time: 25 minutes

Bring water to a boil. Add tea bags and green beans. Cook until beans are a bit tender. Scoop green beans out and stir in a bowl with onions. Reserve Rooibos teasan and set aside. In a separate bowl, mix together olive oil, lemon juice, 2 tbsp. of teasan, salt and pepper. Pour over salad and stir to coat. Makes 4 servings. In Good Health!

### **Rooibos Chai Soufflé**

1 cup heavy cream *unsweetened*  
3 tea bags Rooibos Chai  
1 tsp. cinnamon- ground  
1 tsp. cloves- ground  
1 tsp. ginger- ground  
1 tsp. cardamom- ground  
1 tsp. nutmeg- ground  
3 tsp. cornstarch  
4 egg yolks  
3 drops vanilla extract  
5 oz confectioner's (icing) sugar  
10 egg whites  
pinch of salt

Preparation Time: 45 minutes

Preheat oven to 375° F. Tear open tea bags and pour contents into cream. Bring cream to a simmer. Add remaining spices. Dissolve cornstarch in a little water. Add to cream. Stir until thickened. Beat egg yolks, vanilla extract, and sugar. Add to cream and stir over low heat for 5 minutes. Set aside. Beat egg whites and salt until fluffy. Fold into cream

mixture. Lightly grease Soufflé dishes with butter, pour in batter and bake for 20-25 minutes until it rises. Serve with Vanilla ice cream and fresh raspberries. Makes 4 servings. In Good Health!

### **Toasted Rice Noodles**

64 oz. water  
4 tea bags Toasted Rice  
3 cups all purpose flour  
2 eggs, whisked  
1 tsp. Salt

Preparation Time: 30 minutes

Boil water in large pot, add 4 tea bags, steep 5 minutes; then squeeze and remove tea bags. Place flour on clean surface. Create a well in which to place eggs and salt. Stir inside the well with fork, pulling in flour. Knead ingredients (adding more flour if dough is too wet or tea if dough is too dry). Let rest for 10 minutes then cut into 5 sections. With rolling pin, flatten dough & cut into desired shape and size to make noodles. Boil pasta in tea, until al dente. Makes 1 ½ lb of fresh pasta. In Good Health!

### **Chocolate Mint Puerh Truffles**

8 oz. bittersweet chocolate  
3 oz. sweet butter  
5 tea bags Mint Puerh  
1 Mint Puerh tea bag (ground fine, using spice mill)  
1 egg yolk  
¼ cup cocoa powder used for coating

Preparation Time: 2 ½ hours

Bring ¼ cup water to a boil in a pot. Steep tea bags for 5 minutes. Squeeze and remove. Melt chocolate, butter, ground tea leaves and tea concentrate, stirring until melted and smooth. Remove from heat and whisk in egg yolk until just incorporated. Pour into shallow pan and refrigerate until firm (2hrs). Unmold and cut into ¾" squares. Roll truffle squares in a cocoa powder (in a shallow pie pan), shape into irregular balls. Refrigerate until firm. Makes 32 pieces. In Good Health!

### **Magnolia-Smoked Chicken Salad**

Preparation Time: 45 minutes  
Makes 8 servings

#### **For the tea-smoked chicken**

6 tea bags Magnolia Puerh  
¼ cup rice  
¼ cup light brown sugar  
2 tbsp. coriander seeds  
4 boneless, skinless chicken breast halves (about 2 lb. total)  
Kosher salt and freshly ground black pepper

#### **For the salad**

2 cups thinly sliced green cabbage  
½ cup matchstick-cut carrots  
½ medium red onion, thinly sliced (about 1½ cups)



½ cup thinly sliced red bell pepper  
½ cup fresh cilantro  
2 Tbs. vegetable oil  
6 Tbs. rice vinegar  
1 Tbs. Asian chili sauce, such as Sriracha  
1 tsp. granulated sugar  
Kosher salt and freshly ground black pepper

Place contents of tea bags, rice, sugar and coriander seeds in the center of a heavy-duty sheet of aluminum foil. (If using thinner foil, use 2 or 3 layers.) Fold foil loosely to form a flat packet. Set aside barbeque grill grate. Place packet directly on hot coals or on top of a metal burner shield (for grass grill). Put the grate back on the grill and close the lid. Wait 10 minutes for smoke to develop (leave vents open for charcoal grill). Season chicken breasts with salt & pepper and arrange on grate so they are not directly over the packet. Barbeque each side about 5-7 minutes until smoked and cooked. Cool to room temperature and pull the chicken into bite-size strips. Assemble salad by mixing remaining ingredients in a large bowl. Add chicken strips. Makes 8 servings. In Good Health!

### **Vegan Chocolate Puerh Cookies**

2 tea bags Chocolate Puerh (3 for stronger flavor)  
1/3 cup boiling water  
2 cups all-purpose flour (can substitute 1 cup as whole wheat)  
2 tsp baking powder  
½ tsp salt  
1 cup raw sugar  
½ cup canola oil  
¼ cup Earth Balance or other non-dairy spread  
½ tsp vanilla extract  
1/3 cup chocolate chips (optional)

Preparation Time: 30 minutes

Preheat oven to 350 degrees. Line baking tray with parchment paper. Bring water to a boil in a pot. Steep 1 tea bag for 10 minutes. Squeeze and remove. In medium bowl combine flour, baking powder, salt and contents of other tea bag (2 for stronger flavor). In a separate large bowl, mix sugar, non-dairy spread and oil. Add vanilla extract and ¼ cup of tea. Add dry ingredients to wet and mix together until dough is moist and slightly sticky. Add remainder of tea if dough is too crumbly. Place heaping scoop of dough using spoon onto baking pan, 1 inch apart. If using chocolate chips push 1-2 into tops of each cookie. Bake for 12-15 minutes, or until cookie bottom starts to turn light golden brown. The cookies should appear slightly underdone, but will firm up after standing. Makes 18 pieces. In Good Health!

### **Emperor's Egg Salad**

Actual Preparation Time: 1 hour (requires overnight wait)  
Makes 6 servings

#### **For the egg infusion**

6 eggs  
6 tea bags Emperor's Puerh  
5 Tbs. soy sauce  
2 tsp. salt  
2 tsp. sugar  
1 Tbsp. tangerine zest  
3 piece star anise

- 1 small stick cinnamon
- 1 tsp. cracked peppercorns (optional)

#### **For the salad**

- 1 head romaine lettuce, cut into small pieces (2 cups)
- 3 medium carrots, shredded
- 1 medium cucumber, shredded
- 1 clove garlic, finely chopped
- 2 Tbs. extra-virgin olive oil
- Juice of 1 lime
- 2 Tbs. red wine vinegar
- 1 Tbs. grated fresh ginger
- 1 Tbs. toasted sesame oil
- 1 Tbs. soy sauce
- Freshly ground pepper, to taste

Place eggs in a large saucepan, cover with cold water, add pinch of salt and bring to a boil. Reduce heat and simmer for 10 minutes. Remove from heat, scoop out eggs and cool. When cool, tap eggs with the back of a spoon to crack shells (do not remove shells). Set aside. For infusion, bring same water to a boil, place in tea bags. Add remaining infusion ingredients. Reduce heat, cover and simmer for 3 hours. Remove from heat, add eggs, and let steep covered for at least 8 hours. For salad, arrange lettuce, carrots & cucumber in large shallow bowl. Nest 6 eggs atop salad. Whisk remaining dressing ingredients and drizzle over salad. Makes 6 servings. In Good health!

#### **Ginger Sun Gingerbread Cookies**

*(Makes 16 5-inch long cookies)*

##### Ingredients:

- ½ cup Numi Ginger Sun tea (5 teabags steeped in ½ cup hot water, let cool before using)
- 3 ¼ cups organic all purpose flour
- ¾ tsp baking soda
- ¾ cup organic unsalted butter (room temp)
- ½ cup organic dark brown sugar – packed
- ¾ Tbsp organic ground ginger
- 1 Tbsp organic ground cinnamon
- ½ teaspoon organic ground cloves
- ½ teaspoon organic ground nutmeg
- ¼ teaspoon finely ground black pepper
- ½ teaspoon salt
- 1 organic large egg
- ½ cup unsulfured molasses

##### Directions:

In a large bowl, sift together flour, baking soda and spices. Set aside. In an electric mixer cream the butter. Add sugar and beat until fluffy. Mix egg and molasses. Gradually add entire flour mixture on low speed. Divide in half and wrap in plastic wrap. Chill overnight. Preheat oven to 350 degrees. Let chilled dough sit for 5 minutes before rolling. Using a rolling pin over a cool flat surface sprinkled lightly with flour, roll out dough to about 1/8 inch thick. Refrigerate rolled dough for 5 more minutes before cutting with cookie cutter or knife. Place cut-out pieces on an ungreased baking sheet and bake until crisp but not darkened (about 8-10 minutes). Remove from oven. Let sit for a few minutes then transfer to a wire rack to completely cool. Decorate as desired.