

Milk Tea (boba milk tea)

This recipe makes 2 regular sized milk tea drinks.

Nutrition Tip: Making milk tea at home is a treat that allows you to try new flavors and control the sweetness. Plus, it's a lot cheaper than buying it from a shop!

Ingredients

- 4 bags of black tea
- 2 cup of hot water
- 1.5-2 Tablespoons of sugar or honey (to taste)
- ½ cup milk of your choice (e.g. soymilk, cow milk)
- *Optional: ¼ cup quick cooking tapioca pearls to make boba milk tea*

Directions

Let tea bags soak in hot water for at least 5 minutes.

Add sugar or honey to tea and make sure to stir until completely dissolved. If needed, add more sweetener to your liking. Stir in milk and add cooked boba if desired. You can also chill your tea in the refrigerator and add ice if you prefer.

Optional: You can purchase a bag of dried quick cooking tapioca pearls at your local Asian grocery market. Bring about 2-3 cups of water to boil and add ¼ cup tapioca pearls to small pot. Cook for 5 minutes. Pearls should float to top and ready to drain and add to milk tea. Consume immediately.

Recipe adapted from <https://www.epicurious.com/recipes/food/views/classic-bubble-tea-recipe>



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- 4 bags of black tea
- 2 cup of hot water
- 3 teaspoons of sugar or honey (to taste)
- ½ cup milk of your choice (e.g. soymilk, cow milk)
- *Optional: ¼ cup quick cooking tapioca pearls to make boba milk tea*



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Let tea bags soak in hot water for at least 5 minutes.

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- 4 bags of black tea
- 2 cup of hot water
- 2 tablespoons of sugar or honey (or to taste)
- ½ cup milk of your choice (e.g. soymilk, cow milk)
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Let tea bags soak in hot water for at least 5 minutes.

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