TEA

What makes tea such a special beverage?

Antioxidants are substances in foods that help to prevent oxidative damage from occurring in our bodies. When our cells use oxygen, they produce by-products called free radicals. Free radicals can damage proteins, DNA and cell membranes, which can lead to heart disease, cancer, diabetes, etc. Antioxidants can bind to free radicals and prevent them from damaging our cells. Tea contains a group of compounds called flavonoids which possess powerful antioxidant properties.

Less Caffeine

Did you know that the average cup of tea contains less than half the level of caffeine found in coffee? One 190 ml cup contains approximately 50mg.

A Way of Hydrating

Tea can be a significant contribution to the daily requirement of fluids needed to keep your body healthy. Contrary to popular belief, the caffeine content in a cup of tea is not high enough to cause a diuretic effect in most people.

More Interesting Health Facts

- Tea without milk has no calories. By adding skimmed milk to your tea, you only add around 13 calories per cup and you add calcium.
- 4 cups of tea with milk provides 21% of daily calcium requirement.
- Tea contains zinc and folic acid. Add milk and you also get vitamin B6, riboflavin, and thiamine.
- Tea is a source of manganese, which is essential for bone growth and body development, and potassium which is vital for maintaining body fluid levels.
- Research has shown that tea reduces the risk of breast cancer in young women, and the risk of stroke and diabetes in the elderly!
Common Types of Tea

**Teas from the plant Camelia sinensis:** Black tea, oolong, green tea, and white tea all come from this plant. Although they are each fermented differently, they still contain similar amounts of antioxidants and caffeine.

**Red Tea:** This tea is often called Rooibus meaning “red bush” in African Countries. Often described as being sweet and slightly nutty or earthy, this tea has a distinct reddish, brown colour. Red tea has no caffeine and high levels of antioxidants.

**Herbal Teas/Tisanes:** Herbal teas are made from seeds, roots, flowers, or other parts of plants and herbs. They provide a wide variety of flavours from fruity to savoury, without any caffeine. Herbal teas are sometimes used medicinally for the treatment of minor ailments.

These are just a few of the most commonly consumed teas. There is a huge variety of teas around the world due to the fact that so many countries produce their own unique teas. These include flavoured teas such as Earl Grey, Jasmine, Chai, Yerba Maté, Assam and Darjeeling, to name a few. Regular grocery stores supply a variety of teas, but if you’re looking for something a little more special, try looking in a specialty food store. They are bound to have a plethora of flavourful and interesting teas for you to try!

**Special Tea Tip!**
When making white tea or green tea, boil your hot water and let it sit before pouring it onto the tea leaves. This will prevent the tea from becoming bitter. Black tea and oolong tea are fermented differently and can handle water that has just been boiled.
Enjoy your next cup of tea with this quick and healthy lunch and finish it off with the tasty treat on the following page...

**Avocado Sandwich on Raisin Bread**

**Ingredients**

Makes 2 sandwiches

- 4 slices sprouted grain raisin bread, toasted
- 1 x ripe avocado, sliced
- 1 x tomato, sliced
- A few slices of cucumber
- A few slices of firm organic goat’s cheese
- A pinch of sprouts
- Mayonnaise, to taste

**Directions**

Assemble sandwiches and enjoy!

**Nutrition Tips**

- Sprouted grain breads are a special kind of bread, often known as Ezekiel. Sprouted grain breads have an increased nutrient content and contain more protein than other breads.
- These types of bread are also much easier to digest.
- Look for it in health food stores, often found in the freezer section.
- Avocados are a great source of good monounsaturated fats!

**Nutrition Information**

Each sandwich contains...

- 291kcal, 14.5g of fat, 20.5g of carbohydrates and 7.7g of protein, in addition to 40% of your daily fiber!
Pecan Scones with Cinnamon Cream

Ingredients

Makes 12 scones

Scones

- 3 cups all purpose flour
- 1/4 cup sugar
- 1 tbsp baking powder
- 1/2 tsp salt
- 3/4 cup unsalted butter, cut into pieces and chilled
- 3/4 cup + 1 tbsp milk
- 1/4 cup honey
- 2 tsp vanilla extract
- 3/4 cup pecans, lightly toasted and chopped

Cinnamon Cream

- 1/2 cup whipping cream
- 2 tbsp sour cream
- 2 tbsp sugar
- 1/2 tsp cinnamon

Directions

1. Preheat oven to 375º F.
2. Place all dry ingredients in a mixing bowl, or in the bowl of an electric mixer fitted with the paddle attachment. Cut butter into dry ingredients until it resembles coarse meal.
3. Stir together 3/4 cup milk, honey and vanilla and add to dough. Mix just until dough comes together and add pecans.
4. Turn dough onto a lightly floured surface. Roll dough twice to a 1-inch thickness, each time folding in half (this is the secret to a flaky scone).
5. Roll dough to 3/4-inch thickness and cut desired shapes. Place on a greased or parchment-lined baking sheet and brush with remaining milk. Bake for 15 to 18 minutes, until tops are nicely browned.
6. Whip cream to soft peaks and whisk in sour cream, sugar and cinnamon.
7. Serve warm or at room temperature with cinnamon cream.

Nutrition Information

Each scone contains...
395kcal, 19g of fat, 38g of carbohydrates, 4.9g of protein and 4.8% of your daily dietary fiber requirement.

Nutrition Tips

Pecans contain a significant amount of vitamin E, monounsaturated, and polyunsaturated fats. They are also a great source of protein!