



D.I.Y. COLD BREW LIFESTYLE GUIDE

+ 5 COLD BREW TEA RECIPES

Presented by:



D.I.Y. COLD BREW LIFESTYLE GUIDE

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WHAT IS COLD BREW TEA?

By Maria Uspenski

Did you know that you can sip fresh tea all day long without ever using a kettle? As the name suggests, “cold brew tea” uses cold, rather than hot, water for infusing tea. Cold brewing tea is easy-peasy, and for many teas, yields an amazing brew. Any type of tea can be used with the cold brew method, including oolong, green and white teas, as well as herbal and fruit infusions. Cold brew tea is not to be confused with chilled, iced or “on the rocks” tea that has been brewed using hot water and then chilled before serving. Because cold brew tea uses cold water, the tea infuses more slowly over a longer time. This slower, longer process extracts more flavor and antioxidants from the tea, and produces a milder, richer, smoother taste, which is also often sweeter, with no hint of the bitterness associated with over-brewed hot infusions.

When you bring your dried tea leaves in contact with hot or boiling water, they’re extracted much faster, but this process also transforms some of the active ingredients as it extracts them - think of it like cooking. The slower process of steeping in cold water results in a simpler and purer extraction than when you steep your tea hot. A cold-brewed tea’s flavor is somewhat different than the hot brew version. It’s usually smoother and cleaner. Cold brew tea is fast and requires no attention to the steep and it can actually be better for you as it yields similar- and in some cases better- antioxidant levels than teas brewed hot.

Having an innovative and healthy range of cold drinks is really important; cold brew tea meets these criteria and is proving incredibly popular at the moment. It can satisfy your thirst and tastebuds without any added sweeteners or preservatives. If you’re looking to replace traditional soft drinks or sweetened iced teas, it offers a gentle, natural sugar-free sweetness. Pure cold brew tea has no calories and contains all the well-known health benefits of tea; it is excellent for quenching thirst and hydrating the body. Many of us steep loose leaf tea because analysis shows that the tea polyphenol content in bottled tea beverages is extremely low. The good news for cold brew teas is that the antioxidant activity is the same or better (especially in the case of many green and white teas) than in loose leaf teas brewed hot.



HOW TO COLD BREW TEA

Nothing could be simpler... you can cold brew loose leaf tea in the refrigerator using cold water and a pitcher, mason jar, or filter bottle. Or you can cold brew fresh tea on-the-go using a filter bottle.

Because cold brewing is a more forgiving process, proportions and steeping times aren't as critical as they are in hot brewing - including green teas, white teas, oolong teas and some herbals.

BREW AT HOME

- 1) Add 2 heaping Tablespoons loose leaf tea to 32oz fresh cold water in pitcher or mason jar.
- 2) Steep for at least 2 hours in the refrigerator, or for 10-30 minutes at room temperature.
- 3) Strain the leaves out to serve. Enjoy straight or serve over ice.

BREW ON-THE-GO

- 1) Add 2-3 pinches loose leaf tea to a cold brew bottle, like [Steep & Go™](#), with 16 oz of cold or room temperature water.
- 2) Wait 10-15 minutes. Shake on occasion to mix the brew.
- 3) Pop the lid and enjoy!

Important Note!

A word of **caution** for cold brewing herbals: non-tea ingredients, like herbs or dried florals, have not gone through the same high-heat processing step as teas, which kills any bacteria. So if you're not sure of the source or the cleanliness of your herbs, it's best to give them a rinse with hot water before you cold brew.

Also, don't keep your cold brew bottle with herbals in direct sun for an extended time, and drink any tea you brew on-the-go within 6 hours.



COLD BREW TEA IS A SUPERFOOD

By Jo Schaalman and Jules Peláez



As the co-founders of the [Conscious Cleanse](#), a 14-day whole foods cleanse, we're constantly looking for the most nutrient dense foods to incorporate into our healthy lifestyle. We believe food is medicine and always ask the question "will this food help me feel more vibrant?"

Nutrient dense food is living food that gives you energy without leaving much residue, it's whole food that comes from the earth, not a package or a factory. Things like dark leafy greens, superfoods like chia seeds and hemp seeds, herbs, and tea!

We put tea into the superfood nutrient dense category because tea is loaded with medicinal properties. We especially love cold brew tea because it's another way to load up on minerals and vitamins that will tone, nourish, and detoxify your body. With a cold brew method, the tea infuses with cold water more slowly over a longer time. This slower, longer process extracts more flavor and antioxidants from the tea, and produces a milder, richer, smoother taste.

A batch of cold brew tea, like our [Restore Tea](#), makes a great base for a green smoothie, helping to aid in detoxification and keeping allergies at bay.

We also love matcha as a boost in our daily green smoothie.

There are a plethora of good reasons why you should add matcha to your daily routine.

To name a few:

- Matcha is high in L-theanine, the amino acid known for calm alertness
- Matcha is higher in antioxidants than blueberries, spinach or acai
- Matcha contains free radical fighting flavonoids helping to ward off chronic illnesses
- Matcha helps promote a healthy heart
- Matcha is good for boosting metabolism and weight loss
- Matcha is good for your brain function

Read on to get our [Almond Matcha Green Smoothie recipe](#).



THE BEST TEAS FOR COLD BREW

WHITE TEAS

This is the category of teas which has been shown to yield appreciably higher antioxidant properties when cold brewed vs. hot, so they get the number one spot here. In addition, the flavor of a white cold brew tea is silky smooth and sweet on the palate, extremely low in caffeine, and highly rehydrating. Try White Peony tea (Bai Mu Dan), Silver Needles, or a blend like Meditative Mind.

GREEN TEAS

Japanese-style green teas are our favorites to cold brew in the green tea category. Try Sencha, Genmaicha, Houjicha, or a blend like Grasshopper Green. They're perfect for increased energy and mental focus, and boosting metabolism for endurance sports & weight management. Matcha is an ideal pick for cold brewing, and ready to drink in seconds!

OO LONG TEAS

You only need the slightest amount of oolong tea to go a very long way in a cold brew. Just about any type of oolong - including high mountain dark roast oolongs, Tie Guan Yin oolongs or flavored oolong blends will make for an exquisitely flavorful, satisfying & healthful cold brew.

YERBA MATE

Green (as opposed to roasted) Yerba Mate is our choice for cold brew. You'll marvel at the smooth and subtle flavor it infuses. Experiment by blending it with different fruits and/or herbals for variety.

HERBALS

Many herbals, both fresh and dried, infuse beautifully in cold water. Some of our favorites are mint, ginger, chamomile, hibiscus, licorice, lavender, rosebuds and petals, lemon myrtle, and rosemary.



ADDING FRUITS & HERBS



Flavors to Try!

MINT- Chocolate mint is the best!

LAVENDER- The ultimate spa water

LEMON- The natural cleanse

STRAWBERRIES- Pure and sweet

CUCUMBER- Crisp and sophisticated

APPLES- Tasty and wholesome

RECIPES

Summer Hibiscus Cooler

by Maria Uspenski

Hibiscus petals make a great base for delicious mocktails. They're colorful and flavorful, and with the fermented ginger beer, have far less sugar and carbonation than spritzers made with ginger ale.

Yields: two servings

2 heaping tsp [hibiscus](#)
2 cups fresh, cool or room temperature water
1 slice fresh pineapple or 1/4 cup pineapple juice
1/2 can or bottle (6 oz) ginger beer, chilled
2 fresh rosemary sprigs
Ice cubes

Make cold brewed hibiscus by allowing the hibiscus leaves to steep for 15 minutes in the water. Strain the leaves out and pour the hibiscus infusion into a cocktail shaker. Blend and strain the pineapple, if you're using the fresh stuff. Add the pineapple juice to the hibiscus and shake well.

Pour ginger beer into two glasses with ice, dividing evenly. Rub the rosemary sprigs between your hands vigorously for a few seconds to release their aroma and place into the glasses with the ginger beer. Divide the hibiscus tea between the two glasses. Stir gently and serve.





Sparkling Tea

by Maria Uspenski

Sparkling tea is just a variation on natural soda pop. Tea infuses in sparkling water just like it cold brews in water. Using different teas and herbals, you can make sparkling teas in an array of different flavors and colors. To make it more fancy, you can add a squeeze of lemon, sprig of lavender, mint, or a touch of simple syrup. Put some tea leaves right in a bottle of fizzy water, then strain the leaves before serving using a [Tea Filter Basket](#). Some teas that make great sparkling drinks are white and green teas, chamomile and mint. These are ideal for summer, and perfect for kids.

Great combos to try are:

- Chamomile with an added sprig of lavender or mint
- Green sencha tea with fresh lemon
- Aged white tea with a touch of honey or agave

Yields: four 12 oz servings

32 oz unflavored sparkling water, in a bottle

3- 4 tsps loose leaf tea or herbals

Ice cubes

Open the bottle of sparkling water, and pour out 1/2 cup (120 ml) from the bottle. Add the tea or herbal leaves to the bottle with a narrow spoon or funnel. You can easily improvise a funnel with a sheet of paper. Screw the lid back onto the bottle, and shake gently to ensure the leaves are infusing all the water in the bottle. Wait 10 to 15 minutes for the leaves to cold brew. Open the bottle back up and pour your sparkling tea through a filter or a strainer into four glasses filled with ice, dividing evenly.

Iced Matcha Latte Green Tea

by Maria Uspenski

Each rounded 1/2 teaspoon of matcha gives you the antioxidant power of five pounds (2.3 kg) of wild blueberries or fifty servings of spinach.

Yields: One 10 oz hot, or 16 oz iced tea latte

1/2 tsp **matcha** green tea powder

1/4 cup cool water (150°F)

3/4 cup milk or milk substitute

Honey or agave, optional

Briskly whisk the matcha into the water. Slowly add the milk or milk alternative and sweetener to taste. Blend well until super smooth. Pour over a tall glass with ice to serve.

Get creative: Try adding a fresh mint leaf or vanilla bean to the blender. Or try your matcha latte with a teaspoon of cacao powder - because two superfoods are better than one.



Maria Uspenski

About Matcha

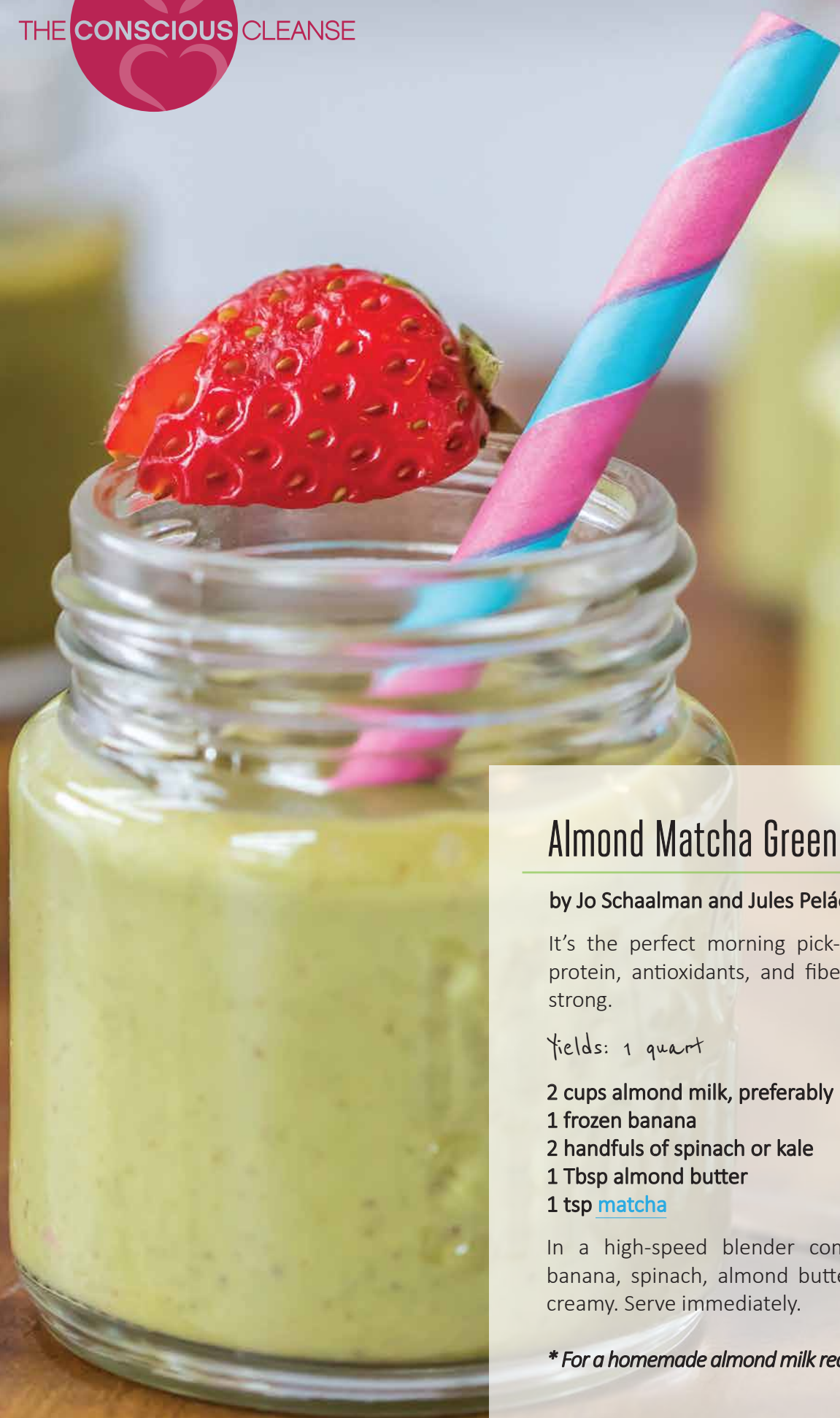
- Matcha is a tea powder made from ground high quality Japanese green tea.

- When you drink matcha, you're consuming the whole tea leaf - not just an infusion from the leaf.

- Gram for gram, matcha has about twice as much of the antioxidant EGCG as steeped whole leaf green tea.

- Traditionally, matcha is prepared by whisking the green tea powder in a bowl of warm-hot water.

- Matcha is very easy to cold brew, add to a smoothie, or make into a green tea latte.



Almond Matcha Green Smoothie

by Jo Schaalman and Jules Peláez

It's the perfect morning pick-me-up chock full of protein, antioxidants, and fiber to keep you going strong.

Yields: 1 quart

2 cups almond milk, preferably homemade*

1 frozen banana

2 handfuls of spinach or kale

1 Tbsp almond butter

1 tsp [matcha](#)

In a high-speed blender combine almond milk, banana, spinach, almond butter, and matcha until creamy. Serve immediately.

** For a homemade almond milk recipe check out our [book](#)*

Green Smoothie Refresh

by Maria Uspenski

Cold brewed Keep Fit yerba mate and green tea blend is the perfect base for a refreshing and motivating green smoothie. Blending with ingredients like lemon, cucumber, and cilantro boosts the natural flavors and properties of the tea, giving you a jump-start to any day.

Yields: One 16 oz serving

1 heaping tsp [Keep Fit](#)

1 cup fresh, cool or room temperature water

1/2 or 4oz cucumber

2oz mango and/or pineapple (preferably frozen)

1 Tbsp lemon juice or 1/2 lemon with rind

1 handful spinach and/or kale

Optional Add-ins:

1 inch ginger

1 Tbsp chia seeds

Make cold brewed Keep Fit by allowing the Keep Fit leaves to steep for 15 minutes in the water. Agitate leaves to quicken brew process. Strain the leaves out and pour the Keep Fit infusion into a blender. Add frozen and fresh ingredients. Blend throughout. Pour into a pint glass of choice and enjoy!



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Maria Uspenski is the author of [Cancer Hates Tea](#) and founder of The Tea Spot, an artisanal producer of craft teas based in Boulder, Colorado. At The Tea Spot, Maria works to advance healthier living through the everyday enjoyment of whole leaf tea. An MIT mechanical engineer by trade, she is the innovative force behind the company's Steepware® line, which promotes easy tea preparation. A cancer fighter, her message is simple and powerful - tea in its freshest form is sustainable, renders exceptional flavor and has unmatched health benefits. She has been featured in the Huffington Post and in television interviews for her success as a social entrepreneur and fitness nutrition expert. Maria is regularly called on to lecture about tea's health benefits at universities and conferences nationwide. The Tea Spot donates ten percent of all profits in-kind to cancer and community wellness. theteaspot.com

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Jo Schaalman and Jules Peláez are co-founders and authors of the program [The Conscious Cleanse: Lose Weight, Heal Your Body and Transform Your Life in 14 Days](#), a best-selling, step-by-step guide to help you live your most vibrant life. Together they've led thousands of people through their online supported cleanse through their accessible and light-hearted approach. They've been dubbed "the real deal" by founder and chief creative director Bobbi Brown, of Bobbi Brown Cosmetics, beauty editor of the TODAY show.

To learn more about "Jo and Jules", the Conscious Cleanse and their new 80:20 Lifestyle Plan please visit consciouscleanse.com.

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Cold Brew Tea Gear



Urban Tea Tumbler



Matcha Fitness Kit



Mountain Tea Tumbler



Cold Brew Kit

Credits

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