

The Standard Cleanse Cup

From the Teas.co.uk wiki

Cleanse is a green-tea-led blend with nettle and fennel, and it really does live or die on the brew. The green base wants cooler water to stay smooth, while the fennel and herbal side wants a slightly longer steep to come through, so brew it around 80C for a touch longer than plain green and you get a clean, savoury-sweet cup rather than a bitter, weedy one.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the The Standard Cleanse Cup recipe. Canonical: <https://teas.co.uk/recipes/green-tea/the-standard-cleanse-cup/>*

It uses Teapigs Cleanse, a whole-leaf green and herbal blend. One mug, a few minutes.

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