The Standard Cleanse Cup

From the teas.co.uk wiki

This Teapigs blend leads with green tea, adds nettle and fennel, and 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. 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 is made with a Teapigs whole leaf blend of green tea and herbs. One mug, a few minutes.

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