A Proper Cup of Moringa Green Tea

From the teas.co.uk wiki

Moringa gives this green tea an earthy, slightly leafy backbone, and it tastes best when the water sits just below boiling. Too hot and the green leaf turns bitter; at around 80C it stays soft and grassy.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the A Proper Cup of Moringa Green Tea recipe. Canonical: https://teas.co.uk/recipes/green-tea/a-proper-cup-of-moringa-green-tea/*

There is barely any caffeine in it, so it suits any time of day. This makes one mug.

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