A Simple Cup of Moringa

From the teas.co.uk wiki

Moringa is a green, leafy plant brewed much like a green tea, with an earthy, grassy, slightly savoury flavour and no caffeine at all. Because it can lean bitter, the trick is to brew it with water just off the boil rather than fully boiling.

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

Four minutes draws out plenty of flavour. It is an acquired taste on its own, very green and vegetal, but a slice of lemon or a little honey softens the earthiness if you find it strong.

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