A Spiced Evening Cup of Yorkshire Tea Bedtime Brew

From the teas.co.uk wiki

Bedtime Brew is an unusual one: a decaffeinated black tea blended with lemon balm, lemongrass, nutmeg and vanilla. That keeps it tasting like a proper cup of tea, with a soft spiced edge, rather than the thin herbal infusion you might expect.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the A Spiced Evening Cup of Yorkshire Tea Bedtime Brew recipe. Canonical: https://teas.co.uk/recipes/black-tea/a-spiced-evening-cup-of-yorkshire-tea-bedtime-brew/*

The black base still wants boiling water and a decent steep to bring the nutmeg and vanilla forward. Drink it as it is, or add a little milk for a softer, creamier cup.

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