

A Proper Cup of True English Tea Everyday Breakfast

From the Teas.co.uk wiki

True English Tea's Everyday Breakfast is a straightforward English breakfast blend, made for the first cup of the day. Nothing fussy about it: brewed properly it gives a strong, even-tempered mug that holds up to milk and sugar.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the A Proper Cup of True English Tea Everyday Breakfast recipe. Canonical: <https://teas.co.uk/recipes/black-tea/a-proper-cup-of-true-english-tea-everyday-breakfast/>*

Boiling water, a steady four to five minutes, then milk to your liking.

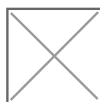
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