How to Brew the Twinings Wellbeing Collection

From the teas.co.uk wiki

The Wellbeing Collection is a variety box, four bags each of five different Superblends, so the right brew depends on which one you pull out. The trick is simple: the herbal blends want boiling water and a full five minutes, while any green-tea blend is better with water just off the boil for two to three minutes.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the How to Brew the Twinings Wellbeing Collection recipe. Canonical: https://teas.co.uk/recipes/fruit-tea/how-to-brew-the-twinings-wellbeing-collection/*

Makes one cup. Match the brew to the bag and you get the best from every flavour in the box.

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