

# Time for Tea?

## Spiced Tea Latte

*Serves:* 1 | *Serving Size:* 1 cup

*Total Time:* 4 min | *Prep:* 2 min | *Cook:* 2 min

### *Ingredients:*

1 cup skim milk  
Pinch each: cinnamon, allspice, cloves  
1/2 tsp sugar  
1 bag of black tea

### *Directions:*

Place milk, spices and sugar together in a coffee mug and stir well. Add the tea bag and microwave on medium power until hot, about 2 minutes. Allow to steep for a few minutes, discard tea bag and serve.

Serves 1. Each 1 cup serving: 95 calories, 0g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 104mg sodium, 15g carbohydrate, 0g fiber, 15g sugars, 8g protein.

## Minted Green Tea

*Serves:* 1 | *Serving Size:* 1 cup

*Total Time:* 4 min | *Prep:* 2 min | *Cook:* 2 min

### *Ingredients:*

1 cup boiling water  
1 green tea bag  
1 sprig fresh mint

### *Directions:*

Place the tea bag and mint in a mug. Pour boiling water into the mug. Allow to steep for 1-2 minutes. Remove the tea bag and serve hot.

### *Chef's Tips:*

You can also serve cooled tea over ice for a refreshing treat.

Serves 1. Each 1 cup serving: 2 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 10mg sodium, 0g carbohydrate, 0g fiber, 0g sugars, 0g protein.

Tea is good for your **bones**. Those who drank tea for 10 or more years had the strongest bones compared to non-tea drinkers.

Tea is good for your **heart**. One study found a 70% lower risk of a fatal heart attack in those who consumed at least 2-3 cups of black tea daily compared to those who were not tea drinkers.

Tea is good for your **teeth**. It is a great natural source of fluoride and the tannins in tea may suppress the growth of plaque bacteria. Stronger teeth and less plaque are the key to keeping your teeth into old age.

Many studies in animals have found that black and green teas contain phytochemicals that seem to help prevent a variety of **cancers**. More research is needed but epidemiological studies do suggest that tea is likely to prove beneficial.

