



## CHAI TEA AND ITS BENEFITS

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### Delicious and Healthy

Stir up a blend of rich black tea, ginger, cardamom, cloves, black pepper, nutmeg and cinnamon; add hot water, milk and honey and what have you got? The answer is an exotic, delicious drink that may be one of the best things you've done for your health in years. Chai tea is the East's answer to the morning cup of coffee, a delicious blend of tea, milk and spices that is so smooth and wonderfully tasteful that it's hard to believe it's good for you.

### Powerful Antioxidants

There's no disputing the health benefits of tea, though. There have been no less than 2000 studies done to confirm those health benefits in the past year. Black tea, the main ingredient in the chai tea recipe, contains the most powerful antioxidants that science knows. Tea and chai tea help prevent and fight many different kinds of cancer, lower cholesterol and high blood pressure may reduce the symptoms of Alzheimer's disease and are being studied for their ability to boost the immune system. That's an awful lot of goodness - and it's just a start.

The fact is that every ingredient in the [chai tea recipe](#) (see page 4) is good for you, and when you put them all together they pack a powerful punch for your immune system.

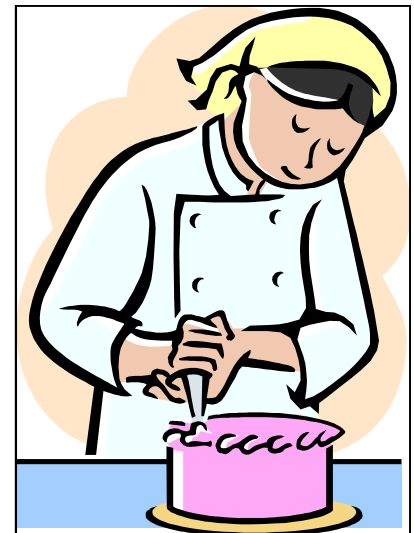
The next time you're considering a hot, spicy, sugar free beverage, think exotic AND healthy, and brew up a cup of delicious, [sugar-free chai](#). Both your body and your taste buds will thank you.



20% off  
Christmas Tea  
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- House Chai
- Kashmiri Chai
- Christmas Blend
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- Guayusa-Ginger
- Guayusa-Chai
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- Sowmee
- Lavender
- Rooibos
- White Peony
- Kuding/Bitter Tea

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Nanna's Teas imports over 115  
tea from around the world.



“Chai cookies and a cup of darjeeling tea makes the perfect afternoon tea”



### Chai Spice Cookies

- 1-1/4 cup unbleached all-purpose flour
- 2 teaspoons of Nanna's house chai tea
- 1 pinch kosher salt
- 1/2 cup butter (1 stick), softened
- 1/2 cup powdered sugar
- 1/2 teaspoon vanilla extract
- 2 teaspoons black tea
- 1 tablespoon loose black tea leaves

In a medium size bowl, whisk together the flour, spice blend and salt. In another large bowl cream together the butter and sugar with a mixer. Stir the vanilla extract into the creamed butter, then add the flour mixture slowly, stir-

ring it in as you add it to form cookie dough. When just combined, add the black tea to further bring the dough together.

Turn the dough out onto a square piece of plastic wrap and shape into the form of a rectangular log about 6 – 8 inches long. Wrap the dough log in the plastic wrap and twist the ends closed (tie with a twisty to keep wrap closed). Refrigerate overnight or freeze for about 30 minutes or until firm.

When ready to bake cookies, preheat oven to 375 degrees F. Remove the dough from

the refrigerator/freezer and unwrap. Cut the dough with a flat blade knife into 1/4 inch thick slices. Place slices on a [silpat](#) or parchment lined cookie sheet and bake.

After 10 – 15 minutes, pull out cookies on rack (don't remove from oven, just pull the rack out partially) and sprinkle cookies with the black tea leaves pressing very gently on the leaves so they stick. Put the cookies back in the oven and bake for another five minutes.

Cookies should be lightly brown around the edges when done. Remove cookies from oven and allow to cool completely before serving.



# What On Sale at NANNA's



Abelskivers



Tea Pots



Baked Goods



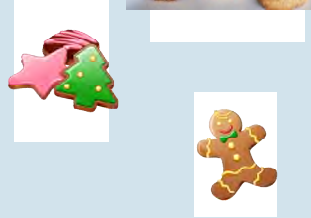
Cup of Tea



Bulk and Loose Tea



Tea Parties



20% OFF

But the Kitchen Sink

"not valid with any other offer"

## Herbal Tea -Hibiscus

The benefits of Hibiscus tea are only now being discovered the world over; although, places in Asia have long known about its benefits.

Hibiscus tea is made from the hibiscus flower called hibiscus sabdariffa. Hibiscus tea comes from the genus Hibiscus, in the mallow



family (Malvaceae) and is native to warm, temperate and tropical regions. A recent study revealed that hibiscus tea contains a number of different antioxidants that may help to protect against cell-damaging free radicals. These teas also may help control high blood pressure.

There are several teas that contain hibiscus, among them are: sour tea, red zinger tea, and sorrel tea.

Here are some of the hibiscus tea benefits that have been discovered:

- Lowers blood pressure
- Good for lowering high cholesterol
- Strengthens the immune system as it is

## Featured Tea:

Let's Get Sleepy  
Southern Peach  
Cup of Zen  
Cherry Vanilla



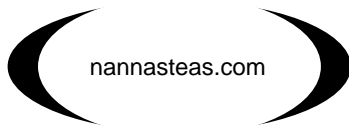
## Join the Nanna's Tea Club and Get....

### NANNA'S TEAS

2637 W 26th Avenue  
Denver, Colorado 80211  
Hours: Mon-Sat 9am-6pm  
CLOSED WEDNESDAY  
Sunday Brunch 10am-2pm

Phone: 303-647-TEAS  
E-mail: krenz@nannasteas.com  
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Now offering Dinners by  
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House

Our teas....make the perfect blend  
soothing the body, mind and soul



Who would have thought there would be so much to know about tea? Fortunately, you don't need to be a tea expert to enjoy this mild tasting and healthy drink. Join Nanna's Tea Club and Learn more about the monthly featured teas. For just \$15 a month a you will be introduced to hundreds of teas. The membership includes an invitation to our monthly tea tasting, an ounce of the monthly tea, how to properly store, prepare and enjoy tea whenever you want.

#### The History of Tea

#### What Are the Benefits of Drinking Tea?

#### How Do You Properly Brew Tea?

#### Taste Over TEN Teas.



Date: Wed, Dec 20th

Time: 6:00pm-8:00pm

Instructor:

Karen (Nanna) Renz

Place: Nanna's Teas

2637 W 26th Ave, Den CO  
80211

Cost: \$15. (Includes light  
snacks, tea tasting and 1  
ounce of tea to take home)  
Register Early.

## Holiday Teas

### Spiced Chai

4 green cardamom pods

- 4 whole cloves
- 1 cinnamon stick
- 3 slices of ginger root
- 4-6 whole black pepper-corns
- 3 cups of water
- 4 teaspoons black tea
- 3 Tablespoons of honey or brown sugar
- 1 cup milk



In a large pot cardamom, cloves, cinnamon, ginger, peppercorns and water. Bring to a boil. Reduce heat to low and simmer for 5 minutes. Add honey or brown sugar and milk. Bring to a simmer. Turn

off heat. Add tea for 2-5 minutes. Strain and serve hot.

### Fruity Green Tea

4 cups unsweetened cherry juice  
1 stick cinnamon  
4 whole cloves  
4 star anise  
3-4 teaspoons of Nanna's House Green Tea

Bring cherry juice to simmer over medium heat. Add spices. Reduce heat needed to continue to simmer for 5 minutes. Turn off heat. Cover and allow the spices to steep cover for 10 minutes. Add tea and let steep 2-5 minutes. Strain and serve hot.

### Chamomile-Mint Soother with Ginger, Lemon and Honey

3 cups of water  
1 Tbsp minced ginger  
3 Tbsp chamomile tea  
1 Tbsp dried mint  
Honey & Lemon

Bring to boil water and ginger. Reduce heat and simmer for 5 minutes. Add chamomile and mint steep for 10 minutes. Strain and add honey and lemon to taste.

