



VOLUME 2 ISSUE 11

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## Tea and Aebleskivers...a Winter Treat

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We all know that tea taste good. But did you know that the perfect Danish treats that go with tea are called Aebleskivers? This Danish treat that translates into "Apple Pancake" started in Denmark. Aebleskivers are great for breakfast, brunch, lunch or afternoon tea. Often filled with fruit, chocolate or peanut butter they make the perfect holiday treat. Aebleskivers are enjoyed year around, but make a Christmas breakfast even more festive.

**At Nanna's we offer Aebleskivers, sweetened with powder sugar and syrup to the side with a hot cup of Darjeeling with cream and powdered honey...of course.**

**Aebleskivers (Sweet, savory, or filled)**

2 for \$3  
See our recipe on page 4 of Nanna's Newsletter.



### Thanksgiving Menu

- Open Buffet
- Hot/Cold Appetizers
- Jumbo Shrimp
- Cheese Platters
- Crudities
- Filled Pastries
- Soups
- Clam Chowder
- Vegetable
- Salads
- Spring Green
- Wild Rice
- Entrees
- Roasted Turkey
- Ginger Ham
- Roast Beef Tips
- Fresh Vegetables
- Green Beans
- Sweet Potatoes
- Home Baked Breads
- Dessert Bar

**Come and join us at  
Dunwoody House for  
Thanksgiving Dinner.  
Make Your Reservations  
TODAY  
303-647-TEAS**



Nanna's Teas imports ONLY  
the finest teas 90% organics.



## The History of Afternoon Tea vs. High Tea

“A light tea is what we  
America would call a  
coffee break”

“A tea drinker’s experience”

Even I used to think that High Tea and Afternoon Tea were the same thing: dainty little social events, where one drank tea, ate sweets and little sandwiches. But now I know better. Don’t make the same mistake I made when you are talking about these English tea ceremonies. My wife enjoys an occasional Afternoon Tea, but I think that High Tea would suit my taste more.

### Afternoon Tea

This is the most common that comes to mind when people think of English tea ceremonies. It all began back in the mid 1800s, when the Duchess of Bedford started having a tray of tea with bread and butter served to her in the mid-afternoon. You see, in those days, lunch was served at noon but dinner was not eaten until 8 or even 9 o’clock at night. The Duchess found herself hungry during those long afternoon hours. It became a regular occurrence and as she began to invite other high-society ladies to

join her, having Afternoon Tea became the ‘in-thing’ for the upper-class women. Along with tea, there would be small pastries with clotted cream or preserves, delicate sandwiches, and scones.

### High Tea

Many people use the term “High Tea” to describe the event I’ve mentioned above, probably because it sounds more elite. But High Tea is a much different thing. It was served later (around six in the evening) and consisted of a full, dinner meal for the common people. Tea was still served, but there would also be meats, fish or eggs, cheese, bread and butter, and cake. It was more of a man’s meal, than a ladies social diversion.

### Light Tea

A light tea is what we Americans would call a coffee break or mid-afternoon snack. It can

also be called elevenses, a tea which is taken at 11 o’clock. Similar in nature to our coffee break, it’s a simple snack with tea and tea cakes or tea breads, meant to be quick for the working class.

It has become a simple tea to offer for a casual ladies afternoon party. This is one of the easiest tea parties to host. It is great for inviting friends over on short notice for a relaxing afternoon tea party or for a casual tea in the garden, a tea for two, [a book club meeting](#), or any other affair providing you with a simple, fun way to entertain.

Tea party menus can get out of hand quickly, so keep it simple and host a easy Light afternoon Tea Party.

### Light Afternoon Tea Menu



## Health Note..Honey Benefits - How It Prevents Colds and Flu

by Steve Gregory  
(Holland, MI)

After 15 years of eating 1-2 tablespoons of honey per day, I have positive results of the immunity building power of Honey. In the past, I would get 1 or 2 cases of the cold every winter (2 if the first was in the fall). I would also get the Flu about 1 out of every 2 years, occasionally a bad case.

Since I started the Honey routine, I have only caught the cold about 3 times (usually because I get lazy and don't eat the honey for a few days). I have not had the Flu once in the 15 years since I starting eating the honey on a regular basis.

I started eating honey routinely because of what a doctor showed me over 15 years ago at a demonstration.

He had some of us eat a candy bar, then showed

us how weak our body strength was in just a few minutes. He also told us how our immune system was extremely weakened by sugar. Then it hit me.

I know our bodies are wonderfully made and it did not make sense that sugar should weaken our immune system. I realized that our body is expecting something different than artificial sugar, it is expecting a natural sugar which comes from honey, which does not have the same chemical composition.

Our body lowers it's immune system temporarily to allow Honey to access

it for some unexplained reason.

When I considered that, together with the fact that Honey is one of the only foods recommended by Solomon in the Bible to eat it because it is good for you, then I realized there is value in Honey.

True story.



## 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.

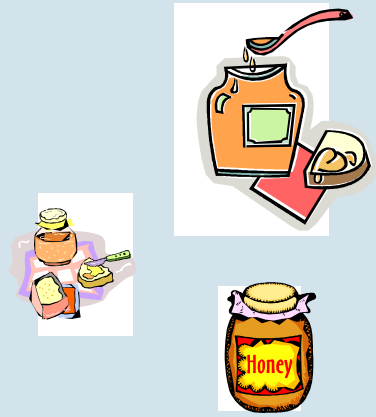
There are several teas that contain hibiscus, among them are: sour tea, red zinger tea, and sorrel tea.

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







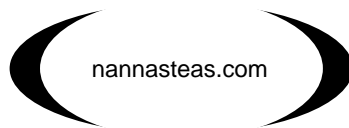
## Join the Nanna's Tea Club and Get....

### 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  
www.nannasteas.com  
Now offer Dinners by  
Reservations at Dunwoody

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: Tue, Nov 22nd

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 1/2 ounce of tea to take home)  
Register Early.

## Aebelskivers

### Ingredients

- 2 egg whites
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 tablespoon white sugar
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 egg yolks
- 4 tablespoons butter, melted
- 2 cups buttermilk
- 1 cup vegetable oil

for frying

### Directions

1. In a clean glass or metal bowl, beat the egg whites with an electric mixer until they can hold a stiff peak. Set aside.
2. Mix together the flour, baking powder, salt, baking soda, sugar, egg yolks, melted butter and buttermilk at one time and beat until smooth. Gently fold in the egg whites last.
3. Put about 1 tablespoon of vegetable oil in the bottom of each aebleskiver pan cup and heat until hot. Pour in about 2 tablespoons of the batter into each cup. As soon as they get bubbly around the edge, turn them quickly (Danish cooks use a long knitting needle, but a fork will work).

Continue cooking, turning the ball to keep it from burning.

