



NANOR

**NANOR GOURMET  
TEA RECIPE GUIDE**

CREATIVE TEA INFUSED FOOD  
& DRINK RECIPES THAT ARE  
SURE TO SATISFY

# NANOR

## A NOTE FROM THE FOUNDER

"I'VE ALWAYS BEEN A TEA ENTHUSIAST AND A STRONG BELIEVER THAT A CUP OF TEA ALWAYS MAKES EVERYTHING BETTER. THERE'S QUITE SIMPLY NOTHING LIKE A CUP OF HOT TEA TO HELP RELAX, RESET & REJUVENATE – AND I'VE WORKED SO HARD TO CURATE THE PERFECT BLENDS SOURCED FROM AROUND THE WORLD SO YOU CAN ENJOY THEM FROM THE COMFORT OF YOUR OWN HOME. I PUT TOGETHER THIS RECIPE GUIDE SO YOU CAN GET CREATIVE WITH HOW YOU INCORPORATE TEAS INTO YOUR EVERYDAY LIFE AND ENJOY THE COUNTLESS BENEFITS OF THE INGREDIENTS. I HOPE YOU ENJOY THESE RECIPES AS MUCH AS I ENJOYED CREATING THEM FOR YOU."

*Nanor*



## CINNAMON & GINGER CHAI DELIGHT

# CINNAMON & GINGER CHAI INFUSED GRANOLA YOGURT BOWLS

## Ingredients

- 1 cup honey
- 2/3 cup water
- 1/4 cup olive oil
- 3 Cinnamon & Ginger Chai Delight tea bags
- 1 tsp vanilla
- Zest and juice of 1/2 an orange
- 1 tsp ground cinnamon
- 1/2 tsp ground cardamom
- 2 1/2 cup old fashioned oats
- 1/3 cup sunflower seeds
- 1/3 cup sliced almonds
- 1/3 cup whole flax seeds
- 1/3 cup coconut flakes
- 1 cup dried strawberries
- 1/3 cup mini chocolate chips

## Directions

1. Preheat oven to 300F.
2. In a sauce pan, combine honey, water & olive oil.
3. Heat to boiling, then reduce the heat and allow to simmer for 5 minutes, or until just slightly thickened.
4. Turn off heat and stir in the tea, vanilla extract, ground cinnamon and ground cardamom. Allow to sit for 3 to 5 minutes while the tea leaves steep.
5. Mix together the oats, sunflower seeds, almonds, flax seeds, cacao nibs, and coconut flakes.
6. Pour the prepared syrup over the granola ingredients and stir to combine.
7. Evenly spread the mixture into the pan.
8. Bake for 35 minutes, stirring occasionally, until toasty and golden.
9. Allow the granola to cool completely in the pan.
10. Place your preferred yogurt in a bowl and top with the granola and fresh fruit of your choice.



## CINNAMON & GINGER CHAI DELIGHT



# GLUTEN-FREE CINNAMON & CHAI TEA INFUSED SHORTBREAD COOKIES

## Ingredients

- ½ cup butter at room temperature
- ¾ cup powdered sugar
- 1 egg
- 3 opened sachets of Cinnamon & Ginger Chai Delight tea
- ½ tsp ground cinnamon
- 1 ½ cup rice flour

### Glaze

- ½ cup powdered sugar
- ¼ tsp ground cinnamon
- 1 cinnamon chai tea pouch
- ¼ cup hot boiling water

## Directions

1. Grind tea leaves in a coffee grinder.
2. Mix together rice flour and ground cinnamon.
3. Beat butter and sugar for 2 minutes, add egg and ground tea leaves mix until incorporated.
4. Add dry ingredients to the butter mixture, mix until the flour is well combined.
5. Shape the shortbread into a rectangular log wrap in plastic wrap, refrigerate for 1 hour or overnight.
6. Preheat oven to 325 degrees.
7. Cut log lengthwise into ½ inch in diameter. Bake the cookies for 8 to 10 minutes on a baking sheet. When baked, remove cookies from baking sheet and transfer to a cooling rack.
8. Boil water and steep the tea for 3 minutes. Mix ground cinnamon and powdered sugar together. Slowly add 2 tbsp of steeped tea in the powdered sugar. Drizzle glaze on cookies and let the glaze harden.



## CREAMY EARL GREY

NANOR

GOURMET TEA



CREAMY  
EARL GREY

ELEGANT SILKY  
BLEND BLACK TEA

# CREAMY EARLY GREY LONDON FOG LATTE

## Ingredients

- 1 Creamy Earl Grey tea bag
- Milk of your choice
- Light brown sugar
- Vanilla extract
- Dried tea leaves for garnish (optional)

## Directions

1. Place water in a tea kettle and bring it to a boil. Then turn off the heat, drop the tea bag into the hot water, cover, and let stand 5 to 8 minutes.
2. While the water is boiling and the tea is steeping, place milk in a heat-resistant mug and stir in the brown sugar and vanilla. Heat up the milk in a saucepan set over medium-high heat.
3. Froth the milk for 2 minutes, or until foamy.
4. Assemble the London Fog. Pour the hot tea into 2 heat-resistant glass mugs. Slowly pour in the milk, holding back the froth with a long spoon; then spoon the froth on top. If you like, you can garnish with dry tea leaves.

NANOR



## CREAMY EARL GREY

# CREAMY EARL GREY CHIA SEED PUDDING

## Ingredients

- 1 ½ cup almond vanilla milk
- 1 Creamy Earl Grey tea bag
- 3 tbsp organic chia seeds
- 1 tsp vanilla extract
- 1 tbsp maple syrup

## Directions

1. In a small pot, pour the almond milk in and set the heat to medium. Pour the leaves in. Let this steep for 5 minutes until the milk turns slightly brown. Remove off heat and run tea-milk through a tea strainer to remove the leaves. Allow this to cool in the fridge for 10 minutes
2. Once tea-milk has cooled, mix all ingredients in a jar. Stir very well until chia seeds are well distributed and set aside. In another 10 minutes, stir the chia seeds again to prevent any lumping.
3. Seal with a lid and store in the fridge overnight or for 3 to 4 hours. Serve next morning with your favourite toppings.



A close-up photograph of tea leaves and a tea bag. The tea leaves are dark green and some are blue. A wooden tea bag is visible in the center. The background is a light, neutral color.

## SWEET APRICOT PEACH

# SWEET APRICOT PEACH TEA INFUSED SMOOTHIE BOWL

## Ingredients

- 3 Sweet Apricot Peach tea bags
- 1/3 cup boiling water
- 1 cup plain unsweetened kefir
- 1 frozen banana chopped
- 1/2 cup frozen peaches
- 2 tbsp raw honey

## Directions

1. Place 3 tea bags in boiling water and let steep 5 to 10 minutes.
2. Discard tea bags and let tea cool completely.
3. Combine unsweetened kefir, frozen peaches and honey in blender and blend until smooth.
4. Add toppings: granola (see recipe #1), seeds, nuts & fresh fruit.



## SWEET APRICOT PEACH

# VEGAN SWEET APRICOT PEACH TEA INFUSED ICE CREAM

## Ingredients

- 1 (14-ounce) can full-fat coconut milk or coconut cream
- 1 cup dairy-free vanilla coffee creamer
- 1 ½ cups strongly brewed Sweet Apricot Peach tea
- 1 tbsp fresh-squeezed lemon juice, plus additional to taste
- Sweetener, to taste (optional)

## Directions

1. Put the coconut milk, tea, dairy-free creamer and 1 tbsp lemon in your blender and blend until combined. Churn the mixture in your ice cream maker.
2. Pack the churned ice cream into an airtight container and freeze until solid, about 4 hours. Let sit at room temperature for 10 to 15 minutes before scooping.



## SPEARMINT

# REFRESHING LEMONADE SPEARMINT SWEET ICED TEA

## Ingredients

- 3 Spearmint tea bags
- 1 quart boiling water
- 1/4 cup sugar
- 1/2 large lemon, sliced into 1/4-inch slices
- 1 bunch fresh mint
- 2 cups cold water

## Directions

1. Brew tea in boiling water, letting steep for 10 minutes.
2. Pour brewed tea into a serving pitcher.
3. Add sugar and lemon, and swirl in the fresh mint, holding it by the stems and using it to stir and dissolve the sugar.
4. When sugar is dissolved, drop mint into the pitcher and add 2 cups of cold water. Refrigerate until thoroughly chilled. Strain mint out before serving and serve cold.

## SPEARMINT



# BOOZY SPEARMINT TEA COOLER

## Ingredients

- 1 cup water
- 2 Spearmint tea bags
- 1/4 cup fresh mint
- 1 tbsp cane sugar
- 3 ounces vodka
- 1 can or bottle of your favorite ginger beer

## Directions

1. Steep 2 tea bags in 1 cup of water. Let cool.
2. In 2 cocktail glasses, muddle together fresh mint and sugar. Add a few ice cubes. Divide the vodka evenly between the two glasses, then divide the cooled tea between the glasses and stir to make sure everything is combined. Top with your favorite ginger beer until glasses are full. Serve immediately.

## PEPPERMINT



# PEPPER-MINTY COCOA COOKIES

## Ingredients

- 1 cup butter room temperature
- ½ cup powdered sugar
- 1 vanilla bean or 1 tsp pure vanilla extract
- ½ tsp peppermint extract
- 4 tbsp Peppermint tea
- 2 cups flour
- ¼ tsp salt
- 2 tbsp cocoa powder
- White chocolate

## Directions

1. In a stand mixer with a paddle attachment, cream butter, add the powdered sugar, vanilla and peppermint extract mix until incorporated.
2. In a coffee grinder, grind the tea leaves.
3. In a medium sized bowl, combine flour, salt , tea leaves, cocoa powder and sift.
4. Add dry ingredients to butter mixture and add the chocolate chips.
5. Divide the dough and make 2 disks, wrap in plastic and chill in the refrigerator for 1 hour or overnight.
6. Preheat oven to 350 degrees.
7. Using a rolling pin , roll chilled dough until it's about ½ inch thick. Using your favorite cookie cutter, shape and place on a baking sheet. Bake for 8 to 10 minutes or until edges are golden. Let cool.
8. Melt the white chocolate in a microwave safe bowl. Once cookies are cooled, dip in the melted. Chocolate and sprinkle with crushed tea leaves.



NANOR

GOURMET TEA

PEPPERMINT

CINNAMON

HERBAL TEA

NET WT 32g, 20 TEASPOONS

Cacao



## PEPPERMINT

# PEPPERMINT TEA INFUSED HOT CHOCOLATE

## Ingredients

- 1 Peppermint tea bag
- 1 tbsp cacao powder
- 1 cup milk of your choice
- 1 tsp maple syrup

## Directions

1. In a small pot, steep your tea as you normally would.
2. Stir in cacao powder, milk and maple syrup into the pot until well combined.
3. Remove tea bag.



## REFRESHING CUCUMBER MELON

# CUCUMBER MELON TEA INFUSED POPSICLES

## Ingredients

- 4 opened sachets of Refreshing Cucumber Melon tea
- 2 cups cold water
- Juice of 1/2 lemon, or to taste
- 3 tbsp agave syrup, or to taste

## Directions

1. Place the tea and cold water in a bowl and let it steep overnight.
2. The next day, strain the tea, discarding the solids. Stir in the lemon juice and agave syrup until dissolved. Taste and adjust with a bit more of either or both lemon and sugar to suit your tastes.
3. Pour the tea into your popsicle molds (or paper cups) and freeze for 1 hour.
4. After 1 hour, push the popsicle sticks into the molds (or paper cups). The popsicles should be just frozen enough to support the sticks so they remain upright and are half in and half out of the molds.
5. Pop the popsicle molds back in the freezer until frozen solid, at least overnight.





## REFRESHING CUCUMBER MELON

# CUCUMBER MELON TEA INFUSED SMOOTHIE

## Ingredients

- 2 Refreshing Melon Cucumber tea bags
- Water
- Fruits of your choice
- Sweeteners (optional)

## Directions

1. Hot-brew the tea as you normally would. Depending on how large of a smoothie you intend to make, brew enough tea to meet the 1:3 ratio (i.e. 3 cups of fruit for 1 cup of tea). Let cool.
2. Pour the brewed tea into a blender and add your desired fruit, ice and protein (optional). Blend until you reach a consistency that you're happy with.
3. Tea smoothies are best served right away, but will keep in the fridge for about a day.





NANOR

[WWW.NANORCOLLECTION.COM](http://WWW.NANORCOLLECTION.COM)