

PantryPress



Earl Gray Blueberry Oatmeal

Serves: 1

Ingredients

- ½ cup milk
- 1 earl gray tea bag
- ½ cup oats
- ¼ cup blueberries (fresh or frozen)
- 1 tablespoon honey
- ½ teaspoon vanilla extract
- 1 dash of salt
- 1 sliced banana (optional)

Directions

1. Heat the milk in a small saucepan until just scalding, remove from heat, add the tea bag, cover, and steep for 10 minutes.
2. Remove the tea bag and stir in oatmeal and blueberries. If the milk is not warm enough to cook the oats, gently heat the mix on the stove and stir until thick – add water to thin slightly if needed.
3. Stir in honey, vanilla extract, and dash of salt.
4. Spoon into a bowl and top with sliced banana. (optional)

Nutrition Info

295 Calories
3g Fat
59g Carbohydrates
10g Protein
207mg Sodium

Talk About Tea

No matter the season, tea can be a tasty beverage since it can be brewed hot or cold, but its benefits go far beyond refreshment. Not only is tea an inexpensive and flavorful way to get enough fluid in your body each day, but research shows that drinking tea can improve your health. Brewed teas have antioxidants that help the body fight off free radicals from the food we eat and the environment we live in.

Types of Tea

- **Black Tea:** Noted for its full, bold flavor and pairs nicely with sweet and creamy foods. The tea leaves will be dark in color, but the brew will be a deep brown-red color.
- **Green Tea:** Ranges from sweet and mellow to grassy and lemony in flavor depending on heating method. Green teas tend to have the highest amounts of antioxidants, which is why it is important to note that many studies have been done using only green teas.
- **Oolong Tea:** Often described as somewhere between green teas and black teas. Depending on the oxidation process, oolong tea can have flavors of honey, orchids, fruits, cream, or coconut.
- **White Tea:** Tends to have a subtle and mellow flavor unless other flavors are added. White tea is becoming more popular because of its high levels of antioxidants and low levels of caffeine.

Pro Tip

For even more flavor, try adding one of the options below to your next cup of tea

- A couple of drops of honey
- A few berries
- A splash of milk
- A squeeze from orange wedges
- A dash of cinnamon
- A spritz of lemon

Four Easy Ways to Add Tea to Your Next Meal

Tea is the second most-consumed beverage in the world, but we often overlook these fragrant leaves when it comes to cooking. Think of tea as a spice, and this throws open the pantry doors of possibility. Different teas provide unique flavors you can add to your favorite dinners and desserts.

- **Cook beans and grains with tea.** Swap out water for brewed tea when cooking your next pot of beans or rice. Black teas add a bit of smokiness to beans while matcha green tea gives rice a grassy green color.
- **Turn tea into a spice mix.** Think of tea bags as a convenient pre-portioned spice pack. When ripped open, the cut tea leaves resemble herbs and can be sprinkled into different recipes. For example, try stirring in a teaspoon of mint green tea into some Greek yogurt for a fancy fruit dip.
- **Use tea instead of stock for soups.** Green teas have a savory and more mellow flavor which pair well with vegetables, fish, and poultry. Black tea has a smokier flavor and pairs well with foods like beef and mushrooms.
- **Incorporate tea into desserts.** Tea and dairy mix well together. Infuse puddings or custards by steeping tea in warm milk. The tea infused milk dresses up desserts with a bit of extra flavor. Fun Fact: Earl grey tea pairs best with chocolate.

Related Links:

<https://www.eatright.org/health/wellness/healthful-habits/the-health-benefits-of-tea>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4055352/>

