



# TIBETAN TEA

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## Sonam's Traditional Family Recipe

1. 3 tsp PuErh Tea in Stock Pot w/30 oz. Water
2. Bring to Boil; Reduce to Simmer
3. Strain tea leaves, transfer liquid to a churn or clean stock pot
4. Add butter, milk & salt to taste
5. Churn or use hand beater, mix until combined
6. Enjoy!



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