

Flavor-Hack Cheat Sheet

Make your tea taste like something you'd actually crave.

3 INSTANT FIXES

1

Fresh Lemon Squeeze

Cuts bitterness instantly and brightens the flavor.

1 wedge, squeezed right before drinking

2

Fresh Mint Leaves

Softens the earthy taste and adds a cooling finish.

3-4 leaves, muddled or steeped in

3

Apple Cider Vinegar Splash

Balances bitterness with a tangy edge (sounds odd, works great).

1 tsp, stirred in after brewing

EXTRA-BOOST ADD-INS

Cinnamon Pinch

Warmth without sugar

Stevia Drop

Sweetness, zero calories

Fresh Ginger Slice

Spicy kick + digestion boost

BONUS TIP

Most bitterness comes from water that's too hot or steeping too long. Use water just off the boil (about 175°F) and steep green tea for no more than 2-3 minutes.