



Bubble
Tea

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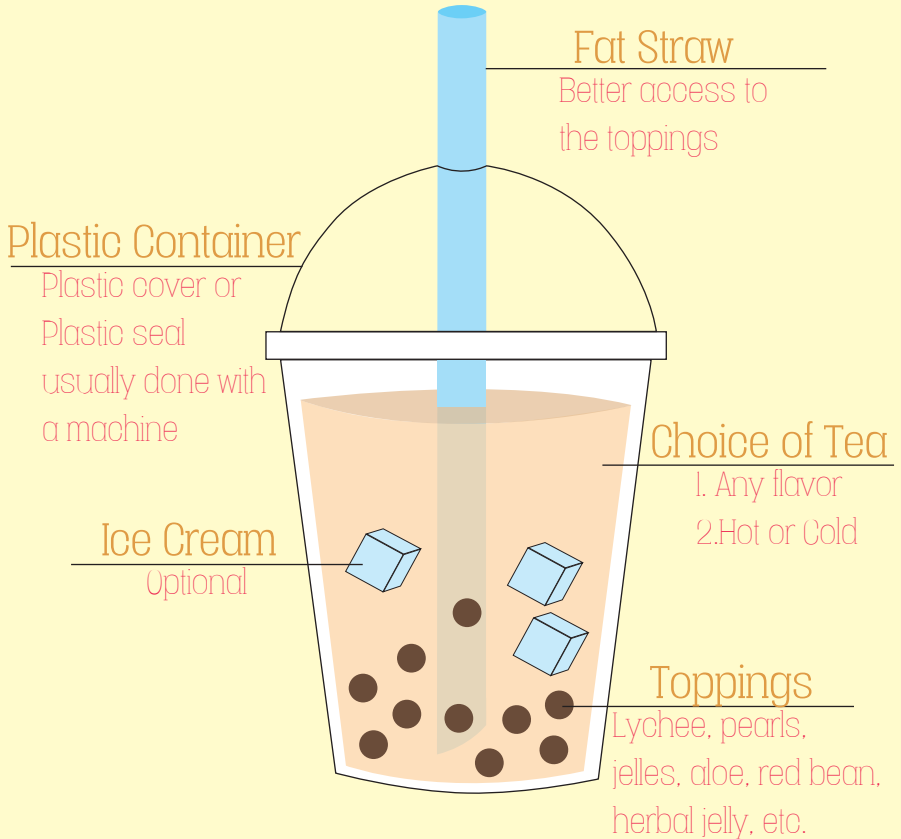
Eat, Drink, Health?

Let's talk Bubble

Bubble tea started in Taiwan's tea industry in the early Chinese settlement in the 17th century. Oolong tea is one of the few featured products of Taiwan. Bubble tea also known as boba tea has many different combinations varying depending on the consumers preferences. The drink usually comes with small balls that are floating at the bottom of the drink which are called boba, bubble or tapioca balls.



Bubble Tea Anatomy



Bubble Tea Time

INGREDIENTS



1 cup tapioca pearls (can use pre-made or check out bonus recipe of homemade version on next page)



4 cups freshly brewed strong black tea



1 tablespoon sugar



Ice cubes, for shaking



1/2 cup whole milk to serve (or your choice of milk)

PREPARATION

Soak the tapioca pearls according to the package instructions. Once fully reconstituted and softened, drain.

While the tea is still hot or warm, add the sugar and stir to dissolve completely. Let cool and then refrigerate until completely chilled, about 2 hours, before serving.

Place the tapioca pearls at the bottom of 2 cups. Use a cocktail shaker to shake together the ice, milk, and tea and strain into each cup and serve.



How to Boba

INGREDIENTS



1/2 cup tapioca starch



1/4 cup boiling water

Food coloring (optional)

PREPARATION

Step 1

Place the tapioca flour in a heat-resistant bowl, add the boiling water and stir until a dough is formed. To keep dough from drying out, cover dough with a damp towel.

Step 2

Using about 1/8 teaspoon of dough to form a little ball.

Step 3

Place the pearls on a sheet pan that has been lined with parchment paper. Allow them to dry for at least 2 hours.

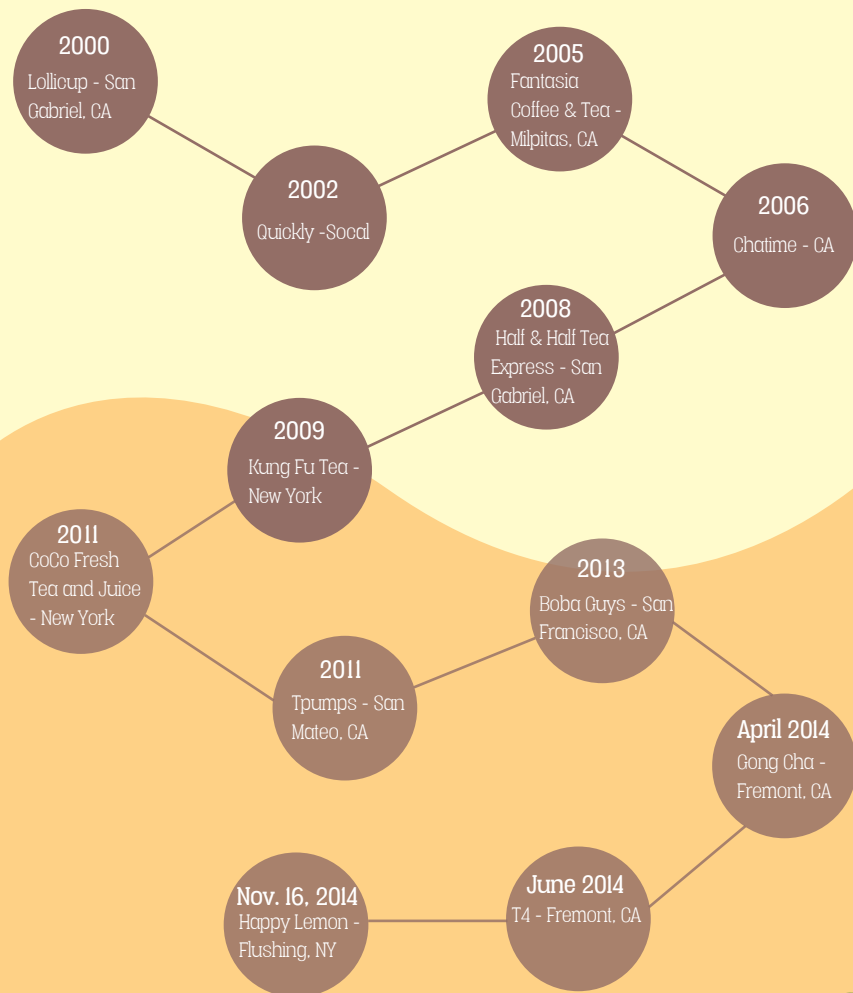
Step 4

To cook the pearls, fill a medium saucepan with water and bring it to a boil. Add the pearls. When they are half way cooked through they will float to the top. Continue cooking for another 15 to 20 minutes, then drain.



Bubbling Through Time

Selected Bubble tea brand opening in U.S.



Flavor Me



There are over
250
Bubble Tea
Varieties & Flavors



Tapioca



Lychee Jelly



Pudding



Red Bean



Herbal Jelly

Didn't you hear

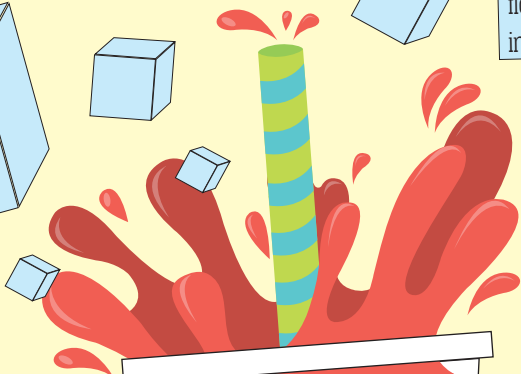
Boba is made from a root vegetable

It was first created in Taiwan in the 1980s.

You can order any flavor imaginable.

You don't have to add boba to your drink

'Bubble' refers to the bubble foam.



Eat, Drink, Health?

Classic Milk Tea Nutrition Facts

Serving Size 12oz

Serving Per Container 1

Amount Per Serving 12oz

Calories 270

Total Fat 5g

Cholesterol 0mg

Sodium 0mg

Total Carb 33g

Fiber 0g

Sugars 0g

Protein 0.1g

Vitamin A 0%

Vitamin C 0%

Drink with MODERATION!!!