

Kid-Safe-to-Make Hot Tea



TIPS:

1. This is the kid-safest and easiest way I know to make hot tea because it uses a microwave oven, not a stove and hot water kettle, to heat water.
2. To make this as kid-safe as possible, use a microwave safe cup with a handle that does not get hot when warmed in the microwave oven as some cup handles get hotter than others when exposed to microwaves.

Preparation Time: 5-7 minutes

Ingredients (per cup)

1 Tea Bag
Cold Water
Sugar or Honey (optional)
Milk (optional)



Equipment

Microwave Safe Cup (with a handle that doesn't get hot when exposed to microwave energy)

Teaspoon

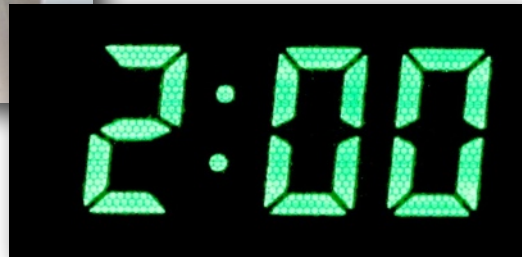
Microwave Oven



1. Add about as much **cold water** to a microwave safe cup as shown in the picture on the right.



2. Put the cup in the middle of the microwave oven and cook using HIGH heat or 100% power for 2 minutes.



3. When the **water** finishes cooking, carefully touch the cup handle to check if it is cool enough to hold safely. You can always leave the cup in the microwave oven for a minute or two until it is safe to touch. Then hold the cup by the handle to remove it from the microwave oven.



4. Unwrap the **tea bag** (if necessary), put the **tea bag** in the **hot water** and...



...let the **tea bag** soak in the **hot water** for 3-5 minutes.



5. After soaking for 3-5 minutes, remove the **tea bag** from the cup, and put the **bag** in the sink to drain.



6. Add an optional **1/2 teaspoon of either sugar or honey** and/or...



or



...optional **shot of milk**.



7. Stir with a spoon and...



...serve.



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