**Jasmine Milk Tea**

Beautifully fragrant, and delicately flavored,  **jasmine milk tea** has become one of the most famous scented teas in the world. Originally native to areas like Middle East, and eastern South Asia, jasmine tea did not gain widespread tract until was introduced into China during the Ming Dynasty (1368-1644) and, later on gained further popularity during the Qing Dynasty (1644-1911). It soon started being exported in large amounts to the different parts of the world, particularly the West, where it is extensively enjoyed.

**What is Jasmine Tea?**

**Jasmine milk tea** is essentially made from jasmine tea leaves. The base tea leaves are combined with the aromatic jasmine blossoms to create a sweet and fragrant scent. The blossoms are typically infused with green tea leaves, but some manufacturers also use black or white tea leaves as the base.

**How are Jasmine Tea Leaves Made?**

Before the traditional aromatic tea leaves hit the shelves and reach your home, they go through a long and laborious process. The tea leaves are first plucked when they are fresh during spring and then dried and kept in a cool storage area before they are scented. The jasmine blossoms are then harvested during the peak temperature in summer and left to dry and cool. Then, the freshly harvested jasmine blooms are combined with the base tea leaves in machines with controlled temperature and humidity. Tea leaves are natural absorbers, so they automatically absorb the aromatic scent of the jasmine flowers by just being in close corners with the flower. The tea leaves and the flowers are then blended together to diffuse the aroma. Sometimes the flower petals might remain in the tea, but they are just there to enhance the appearance only, as all scent from the blossoms has been transferred to the tea leaves.

This process no doubt bears the most delicious results, but it is also the most time consuming. To meet the ever-increasing demand of consumers, manufacturers now use jasmine oils or other natural flavors to scent the tea with, cutting down costs and time.

**What is Jasmine Milk Tea?**

**Jasmine milk tea** is regular **jasmine tea** with the addition of **milk**. The tea is often served with tapioca pearls, popularly know as boba tea. With the addition of **milk**, or condensed milk, the **jasmine tea** becomes deliciously rich and decadent.

**Health Benefits**

**Jasmine milk tea** has great health benefits since it is rich in antioxidants and has anti-inflammatory effects. Other health benefits include:

* Helping with weight loss
* Good for oral health
* Lower risk of diabetes
* Reduction of certain cancers
* Enhance brain functioning
* Lower risk of heart diseases
* Calming effect

**How to Brew the Perfect Cup?**

Brewing a perfect cup of **jasmine milk tea** can do wonders for the final taste. Some tips to keep in mind are:

* Use a good blend of jasmine tea
* Use whole milk as it will make the drink creamier
* Use raw cane sugar, if possible, as it has a caramel and fruity flavor. It is also less sweet, so it allows the tea’s flavor to be highlighted more.

**Taste of Jasmine Milk Tea**

“Floral, fresh, fragrant, delicate, sweet” are all ways to describe a perfect cup of **jasmine milk tea.** Taking just 15 to 20 minutes to make, this recipe will have you craving for more and more.

**Jasmine Milk Tea Recipe**

Ingredients

* Packet of jasmine tea, or a teaspoon of loose tea
* ½ cup boiling water
* ½ milk or condensed milk
* Sugar to taste
* ½ tapioca pearls
* 2 tablespoons honey
* 2 tablespoons hot water
* 1 cup ice cubes

Instructions

1. In a medium sized pot, add in the uncooked bob and water and boil for about three to five minutes. Once boiled, drain the pearls, and run them under cold water.
2. Meanwhile, combine the honey and hot water to make a simple syrup and mix in the cooked boba. Set aside.
3. In a pot of water, add the jasmine tea leaves and bring the water to a boil. Let the leaves boil in the water for three to seven minutes for a deeper taste of the tea.
4. Once boiled, strain the tea leaves
5. In a glass, add the honey boba at the bottom. Drop in the ice and then pour over the jasmine tea. Finally end with your choice of diary, either milk or cream. Stir, serve, and enjoy!