

RECIPE BOOK

SPRING



KRATOM TEA BASICS

For hundreds of years, Southeast Asian communities have brewed freshly-picked kratom leaves over a fire to make tea. They drink it to stay energized while working or to relax in the evenings. We created kratom tea bags to honor these traditions and provide an easy, tasty option for consuming kratom!

The benefits you can receive from kratom tea typically depend on serving size, tea vein color, and brewing methods.

Smaller servings (3–6g): typically energizing
Larger servings (6–9g): typically soothing



We recommend a type & amount of tea for each recipe, but you can adjust it to what works best for your individual needs!



WHITE VEIN TEA

Perfect for mental clarity or pre-workout energy



RED VEIN TEA

Great for relaxation, bodily comfort, and rest



GREEN VEIN TEA

Intermediate between white and red, can provide a calm focus

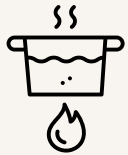


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BREWING STRONG TEA

Coffee and black tea contain compounds (like caffeine) which are highly soluble in water. This means it only takes a few minutes to extract them from the coffee beans or tea leaves using hot water.

Kratom alkaloids like mitragynine are *not* easily soluble in water, but there are easy ways to make a strong kratom tea despite this! Just follow the tips on this page.



Steep your tea in boiling or very hot water (190-212°F) for at least 15-20 minutes.



Extract more alkaloids by adding a food-safe acid like lemon juice, lime juice, or apple cider vinegar.*

* In kratom lattes and other creamy tea recipes, we skip the lemon/lime because it causes curdling. You can brew a strong tea without an acidic liquid by steeping for a longer time.



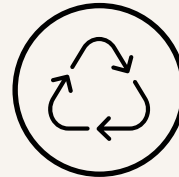
EASIEST BREW: INSULATED THERMOS

An insulated thermos keeps water hot for hours, so it's perfect for brewing on the go!



STOVETOP + BATCH BREWING

Brewing on the stove ensures high temps for stronger tea, and you can make big batches to last a few days.



REBREW YOUR TEA BAGS

You can re-steep your tea bags for a slightly weaker second brew.



LEARN MORE ABOUT HOW TO BREW
ON THE [BETTER BREWING BLOG](#)





LEMON MANGO SELTZER

Tropical paradise in a glass. This homemade seltzer is the perfect drink for a fun night in.

prep time: 3 min
brew time: 20 min
servings: 2

INGREDIENTS 2 mango Red Bali tea bags
1 lemon, divided
2 cups water
2 cups ice
1 can sparkling water
Optional: 2-4 tsp agave

DIRECTIONS Add kratom tea bags, juice of 1/2 lemon, and water to saucepan. Bring to a boil then reduce heat and cover. Simmer for 10-15 minutes. Uncover and continue to simmer until tea is concentrated (about 1/2 cup left). Add sweetener to taste.

Divide tea, ice, and sparkling water between glasses. Garnish with extra slices of fruit.





COCONUT THAI TEA

Warm up a chilly spring day with this perfectly-spiced spin on Thai iced tea.

prep time: 5 min
brew time: 25 min
servings: 2

- INGREDIENTS**
- 2-4 White Thai tea bags
 - 1 pod star anise
 - 2 pods cardamom, crushed
 - Optional: 1/4 in. piece vanilla bean, 1/2 cinnamon stick, and/or 2 whole cloves
 - 3 cups water
 - 2-3 tbsp sweetened condensed coconut milk, more or less to taste

DIRECTIONS Add tea bags and water to a saucepan and bring to a boil. Reduce to a simmer, cover, and steep for 20 minutes. Add spices and simmer, uncovered, for 5-7 minutes.

Divide tea between mugs and add sweetened condensed coconut milk.





RUM & COKE

The kratom tea base in this easy mocktail adds depth to the classic cola flavor.

prep time: 2 min
brew time: 20 min
servings: 2

INGREDIENTS 2-4 Super Green Malay tea bags
2 cups water
1 12oz can cola of choice
1 lime, divided
1.5 cups ice

DIRECTIONS Add kratom tea bags, juice of 1/2 lime, and water to saucepan. Bring to a boil then reduce heat and cover. Simmer for 10-15 minutes. Uncover and continue to simmer until tea is concentrated (about 1/2 cup).

Divide tea, cola, ice, and lime slices between 2 glasses.





GREEN SMOOTHIE

A nutritious and delicious breakfast to kickstart your morning.

*prep time: 5 min
brew time: 20 min
servings: 1*

INGREDIENTS 1 cup kratom tea, chilled*
1 banana, sliced & frozen
1/2 cup kale or spinach
1/4 cup vanilla protein powder

DIRECTIONS Combine all ingredients in a blender and blend on high for 20-40 seconds.

Add any desired toppings, like banana chips, shredded coconut, or granola.

*Kratom smoothies work great with leftover tea that's been chilled in the fridge for a few hours. You can brew your tea right before brewing and add ice to chill it, but it may be a bit more diluted.





ORANGE & MINT TEA

Bright and flavorful, this citrusy tea is great served iced or hot.

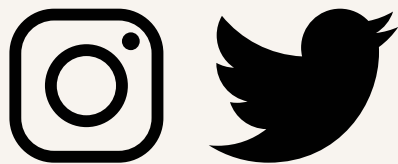
prep time: 2 min
brew time: 20 min
servings: 1

INGREDIENTS 1-2 Green OG Bali tea bags
1.5 cups water
1/2 orange, juiced
1-2 sprigs of mint
or 1-2 drops peppermint extract
Sweetener of choice (optional)

DIRECTIONS Add kratom tea bags, orange juice, and boiling water to thermos. Steep for 15 minutes. Add mint and steep for 5 more minutes.

Remove mint. Sweeten to taste and add extra orange slices or fresh mint for garnish. Drink hot or over ice.





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recipes, brewing tips, and articles
about kratom culture and history.

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TEA SHOP



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