

SEVEN LOVELY CUPS. ONE LITTLE RITUAL.

The little tea guide.



Matcha, cozy tea lattes and peach iced tea, made simple.

Seven complete recipes, a useful shopping list and small brewing tips. Keep this guide on your phone or print the pages you use most.

US kitchen measures and metric quantities are rounded starting amounts. Adjust sweetness and milk to your taste. Images illustrate the drinks; they are not evidence of kitchen testing.

A little preparation.

Your shopping list

- Matcha powder, plain black tea and Earl Grey
- Milk or oat milk; check ingredient labels for allergens
- Strawberries and two ripe peaches for the fruit recipes
- Cinnamon stick, cardamom pods and fresh ginger
- Vanilla extract and optional sugar, honey or maple syrup
- Water, ice and optional fresh mint

Your simple tools

A mug, tall glass, small saucepan and fine-mesh strainer cover most recipes. For matcha, use a sieve and bamboo whisk or small frother. Special bowls and matching glasses are optional.

Before you brew

- Read the temperature and steeping instructions on your tea. Matcha recipes here use water around 175°F / 80°C.
- Milk and plant drinks vary in flavour, sweetness and frothing. Check labels for allergens and choose one you enjoy.
- For iced tea, allow chilling time in addition to the stated preparation time. Cool promptly, refrigerate and follow ingredient storage guidance.

US measures in this guide: 1 cup is approximately 240 ml; 1 tablespoon is approximately 15 ml. Volumes and tea quantities are practical starting points, not laboratory measurements.

Strawberry Matcha Latte

10 minutes | 1 serving



INGREDIENTS

- 3 oz / 85 g ripe strawberries, hulled
- 1-2 tsp sugar or maple syrup, to taste
- 1 tsp / 2 g matcha powder
- 2 tbsp / 30 ml warm water, about 175°F / 80°C
- ¾ cup / 180 ml milk or oat milk
- A generous handful of ice

METHOD

1. Mash the strawberries with your chosen sweetener. Spoon into the bottom of a tall glass.
2. Sift the matcha into a small bowl. Add the warm water and whisk until smooth.
3. Fill the strawberry glass with ice, then slowly pour in the milk.
4. Pour the matcha over the milk for soft layers. Stir everything together before sipping.

A LITTLE TIP

For cleaner layers, pour gently over the back of a spoon. The prettiest glass still needs a good stir before your first sip.

Iced Matcha Latte

5 minutes | 1 serving



INGREDIENTS

- 1 tsp / 2 g matcha powder
- 2 tbsp / 30 ml warm water, about 175°F / 80°C
- ¾ cup / 180 ml milk of your choice
- 1-2 tsp maple syrup, optional
- Ice, to fill your glass

METHOD

1. Sift the matcha into a wide bowl to remove any lumps.
2. Add the warm water and whisk in a quick back-and-forth motion until smooth.
3. Fill a glass with ice and pour in the milk.
4. Add the matcha and optional syrup. Stir, taste and enjoy.

A LITTLE TIP

Try the same recipe with two different milks. A small change in milk can make a big difference to the flavor.

Cozy Chai Latte

15 minutes | 1 serving



INGREDIENTS

- ½ cup / 120 ml water
- ½ cup / 120 ml milk or oat milk
- 1 black tea bag or 1 tsp loose black tea
- 2 cardamom pods, lightly crushed
- 1 small cinnamon stick
- 2 thin slices fresh ginger
- 1-2 tsp sugar, to taste

METHOD

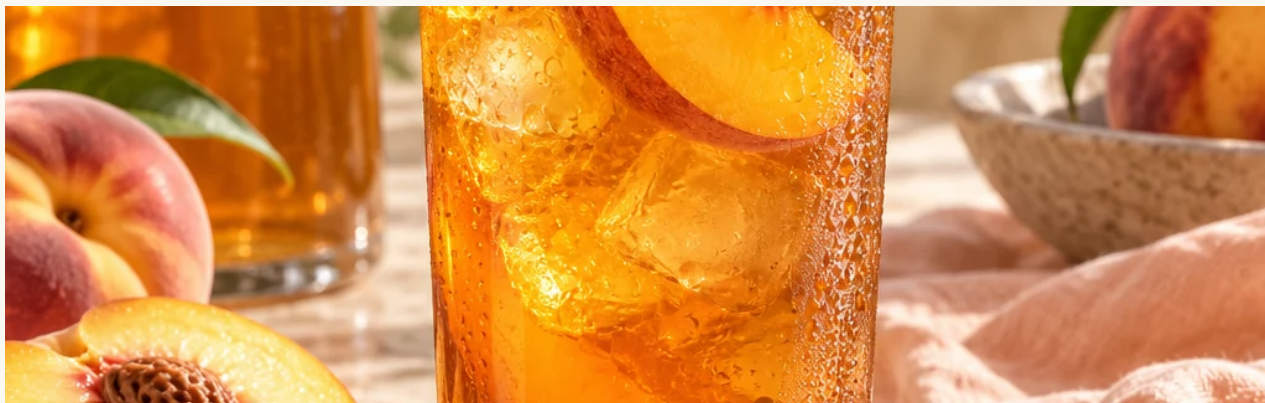
1. Add the water, cardamom, cinnamon and ginger to a small saucepan. Bring to a gentle simmer for 5 minutes.
2. Add the black tea and steep over low heat for 3 minutes.
3. Pour in the milk and warm gently for 2-3 minutes without letting it boil over.
4. Strain into a mug, sweeten to taste and settle in.

A LITTLE TIP

Enjoy a more spice-forward cup? Simmer the spices a little longer before adding the tea, rather than over-steeping the tea itself.

Peach Iced Tea

15 minutes prep + chilling | 2 servings



INGREDIENTS

- 2 cups / 480 ml freshly boiled water
- 2 black tea bags
- 1 ripe peach, sliced
- 1-2 tbsp sugar or honey, optional
- ½ cup / 120 ml extra water for the peach
- Ice and fresh mint, to serve

METHOD

1. Steep the tea bags in the freshly boiled water for 3-4 minutes, then remove them.
2. Simmer half of the peach slices with the extra water and optional sweetener for 5 minutes. Mash gently and strain.
3. Mix the peach liquid into the tea. Cool, then refrigerate until chilled.
4. Serve over ice with the remaining peach slices and mint. Refrigerate leftovers promptly and enjoy within 24 hours.

A LITTLE TIP

Use a ripe, fragrant peach. If it is naturally sweet, try the tea before adding extra sweetener.

London Fog Latte

8 minutes | 1 serving



INGREDIENTS

- 1 Earl Grey tea bag
- ½ cup / 120 ml freshly boiled water
- ½ cup / 120 ml milk or oat milk
- ¼ tsp vanilla extract
- 1-2 tsp sugar or maple syrup, optional

METHOD

1. Steep the Earl Grey in the hot water for 3-4 minutes, then remove the tea bag.
2. Warm the milk in a small saucepan without boiling it.
3. Stir the vanilla and optional sweetener into the tea.
4. Froth the milk if you like, then pour it over the tea. Spoon any extra foam on top.

A LITTLE TIP

Choose an Earl Grey you like on its own. Milk softens the flavor, so a well-balanced tea gives you the nicest starting point.

Peach Matcha Latte

10 minutes | 1 serving



INGREDIENTS

- ½ ripe peach, peeled and finely mashed
- 1 tsp maple syrup, optional
- 1 tsp / 2 g matcha powder
- 2 tbsp / 30 ml warm water, about 175°F / 80°C
- ¾ cup / 180 ml milk or oat milk
- Ice

METHOD

1. Mash the peach into a smooth purée and sweeten if needed. Spoon into your glass.
2. Sift and whisk the matcha with the warm water until smooth.
3. Add ice and milk to the peach glass.
4. Pour over the matcha and stir well before drinking.

A LITTLE TIP

A small fine-mesh strainer makes a smoother peach layer. Keep a little texture if you prefer a more rustic drink.

Vanilla Black Tea Latte

8 minutes | 1 serving



INGREDIENTS

- 1 black tea bag
- ½ cup / 120 ml freshly boiled water
- ½ cup / 120 ml milk or oat milk
- ¼ tsp vanilla extract
- 1-2 tsp sugar or maple syrup, optional

METHOD

1. Steep the tea bag in the hot water for 3-4 minutes, or follow the tea's instructions. Remove the tea bag.
2. Warm the milk gently in a small saucepan without boiling it.
3. Stir the vanilla and optional sweetener into the tea.
4. Froth the milk if you like, pour it into the tea and stir gently.

A LITTLE TIP

Use plain black tea here. Earl Grey makes a bergamot-flavoured variation, like the London Fog in this guide.

Your next lovely cup.

Three small fixes

Too bitter?

Check the tea's water temperature and steeping time. For more spice flavour, simmer spices longer before adding tea.

Clumpy matcha?

Sift the powder, add a little warm water and whisk smooth before adding milk.

Watery iced tea?

Chill the tea before serving over ice. Do not lengthen steeping time simply to make a stronger batch.

Your cup, your notes

My first recipe:

Milk or tea I want to try next:

One thing I will adjust:

Keep the ritual going

Find more recipes at tea-planet.com. If you choose to subscribe and confirm your email, the Tea Planet letter brings about one recipe or practical tea article a month. Every newsletter includes an unsubscribe link.

Editorial recipes, not kitchen-tested Tea Planet results. Drink images are AI-generated illustrations. The vanilla latte uses a general tea-latte image. Follow ingredient storage instructions; refrigerate prepared iced tea promptly and enjoy within 24 hours. No purchase or email signup is required to read this guide. Edition: October 21, 2026. Contact: info@tea-planet.com.