



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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Serving McLean, Livingston, & Woodford Counties

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# Simple Bubble Tea



2 cups water  
1/4 cup dried tapioca boba pearls  
1 cup freshly brewed strong black tea

1 Tablespoon sugar or honey  
1/4 cup almond milk or skim milk  
Ice

**Instructions:** In a medium saucepan, heat water over high heat to boiling. Add boba and stir until it floats. Reduce heat to medium and cook 15 minutes. Remove from heat, cover, and let pearls sit for 15 minutes. Meanwhile, brew a strong cup of tea. If using sugar, add while tea is still hot to dissolve. Let cool in the refrigerator. Once tea and boba is cooled, add tea, honey (unless using sugar), milk and ice in a cocktail shaker and shake. Place tapioca pearls in bottom of cup and pour milk tea over top. Serve immediately.

*Yield: 1 serving*

**Nutrition Facts** (per serving): 80 calories, 5 grams fat, 55 milligrams sodium, 18 grams carbohydrate, 0 grams fiber, 0 grams protein