

# jazz and tea break

WITH **NIRA GHANI**



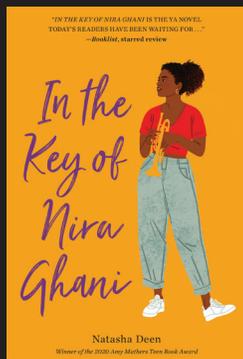
**L**et's face it, life can be intense. Most of the time, we're pretty good at dealing with it. Sometimes, we need a break. (I mean, I live with my wildly-intense "Academics Forever!" parents AND I'm related to Uncle Raj and Aunty Gul. If anyone knows about taking a break from people and life, it's me.)

When I need time for myself, I make myself a cup of tea like Grandma taught me, put on Ray Charles's "Georgia on My Mind," and drift away. (Sometimes, I grab my trumpet Georgia from his case because break time can be with friends and "Georgia on My Mind" is our song).

So, take some time and breathe.

Georgia and I will be breathing with you,

*Nira*



Activity inspired by  
**IN THE KEY OF  
NIRA GHANI**  
by Natasha Deen



RPITEENS

## SUPPLIES:

- Measuring cup
- Kettle
- Mug, capable of holding at least 1 1/2 cups of liquid
- One bag of Orange Pekoe tea
- 2 cups of water
- 1/4 cup of 2% evaporated milk (you can substitute this with whole milk or the milk-alternative product you prefer to use)
- 2 tsp of white sugar (optional)
- Teaspoon

- 1) Fill the measuring cup with 1 cup of hot tap water.
- 2) Pour this into your mug. (This will warm your mug in preparation for the tea).
- 3) Fill the measuring cup with 1 cup of cold tap water.
- 4) Pour this into the kettle and set to boil.
- 5) Once your water has boiled:
  - a. Discard the water in your mug. Once it's cooled down, it can be used for plants, pets, or yourself.
  - b. Add the teabag to your mug.
  - c. Add the boiled water.
  - d. Let it steep for 3-5 minutes
  - e. Discard the teabag.
  - f. Add the evaporated milk/whole milk/milk alternative
  - g. Add the sugar
- 6) Stir and enjoy!