

Bubble Tea (aka Boba Tea)

THM-Friendly: FP

Bubbles:

Brew tea, (typically made with black tea, but go ahead and use a flavored one of your choice)

- 8 oz. boiling water
- 3 - 4 tea bags of your favorite flavor
- 2 Tbsp. brown sweetener (Swerve was used) - alternatively, you could use THM Super Sweet mixed with a small amount of blackstrap molasses.
- 2 Tbsp. Just Gelatin
- oil (You will only be using this to shape the boba. I used canola as it is cheap and you'll be rinsing it off well. You can use any oil that remains liquid when cold.)



Put a bowl (preferably metal) into the freezer with oil; I used about 3 cups. This needs to be in the freezer for at least 25 minutes.

Steep tea in water for 5 minutes. After the tea has steeped add to a saucepan: the brewed tea, brown sweetener (stir into tea until dissolved), and gelatin. Bring to a boil on high, remove from heat, and let cool for 5 minutes until slightly thickened. Using a medicine dropper, drop the gelatin mixture into COLD oil in desired amounts to make jelly pearl balls. Do a few at a time. Let them set for a minute or two until firm. Using a slotted spoon, gently scoop out pearls into a strainer. Run under COLD water to rinse off the oil. Rinse very well. You've got boba!

Milk Tea:

- 8 oz. boiling water
- 2 tea bags of choice (I used peach to go with my raspberry pearls)
- 2 Tbsp. brown sweetener
- 6 oz. unsweetened nut milk
- 1 Tbsp. light cream (aka half & half)

Steep the tea for the desired amount of time. Add everything to the blender (don't forget to discard tea bags) and blend.

Add the desired amount of pearls to the bottom of a glass. Add ice. Pour the Milk Tea over the ice.



enJOY!

***It would really be helpful to watch the video for this one!**

<https://www.joyfullifewithkj.com/drinks-and-shakes/bubble-tea-boba>

