



# Elise's Tea Room and Recipes: Where Tea Warms The Heart

*Elise Benavidez*

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At the tables of Elise's Tea Room, the fine china dishes sit on crisp tablecloths, and the smell of fresh chocolate scones and gentle conversation occupy the cozy space. Inspired by family traditions, a quaint afternoon tea is taking place.

The history of tea goes back centuries, to Chinese Emperor Shen Nung in 2737 BC. For all these years, tea has been a part of important customs around the globe—from high tea in small kitchens to afternoon tea with royal families. And for Elise Benavidez, author and owner of Elise's Tea Room, tea is part of a rich family heritage through the stories of her great-grandmother and grandmother and through her personal recollections. Opening the tea room was her way of recreating the wonderful environment of her memories and sharing it with others.

Elise also shares her vast knowledge of the essentials of tea-related etiquette—everything from table manners to place settings. The final chapter shares her most delicious recipes to serve when hosting an afternoon tea, such as spinach quiche and chocolate chip scones.

Experience tea as a way to celebrate being together while sharing a traditional drink that warms hands and hearts.

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