

Karl / Air Date: 03/17/22

STORY SLUG

((DIY Chai tea))

((Slate -: 07:29))

<p>OC: [Brittney Karl]</p> <p>We see a WS of Brittney behind a table with two teacups sitting on the table.</p>	<p>((OC #1 -: 12:28))</p> <p>“Hi everyone, I’m Brittney Karl. I love tea and have migraines. I know that sounds random, but they can be related. Most migraines are caused by inflammation and some teas can help reduce that.”</p>
<p>VO</p> <p>B-Roll: We see a CU shot of Brittney taking a sip from an orange mug and then smiling.</p> <p>CG: Above Brittney’s head is a lower third that says, “DIY CHAI TEA”.</p>	<p>((VO #1 -: 04:34))</p> <p>I HAVE A DELICIOUS DO IT YOURSELF CHAI TEA THAT I FIND HELPFUL FOR THE AFTER EFFECTS OF A MIGRAINE.</p>

<p>OC: [Brittney Karl]</p> <p>We see a WS of Brittney behind a kitchen table with two teacups on the table.</p>	<p>((OC #2 -: 06:40))</p> <p>“If you want good tea, or suffer migraines, or both I will show you how to make a great chai tea. Let’s get started.”</p>
<p>VO</p> <p>B-Roll: A WS of all the ingredients sitting on the kitchen table is shown from a slightly above angle.</p> <p>CG: A lower third says “INGREDIENTS” on the bottom of the screen.</p>	<p>((VO #2 -: 02:23))</p> <p>TO BEGIN THESE ARE THE INGREDIENTS YOU WILL NEED</p>
<p>VO</p> <p>B-Roll: Then a CU pan of the ingredients show. We see water in a zero-water container. Containers of turmeric, cinnamon, ginger, nutmeg, cloves, and black pepper follow in the pan shot. Then it</p>	<p>((VO #3 -: 17:05))</p> <p>YOU WILL NEED TWO CUPS OF WATER, A HALF TEASPOON GROUND TUMERIC, ONE TEASPOON GROUND CINNAMON, A HALF TEASPOON GROUND</p>

<p> pans to a container of Almond milk. CG: A lower third says, “2 cups of WATER” below the water, “1/2 tsp TUMERIC” below the turmeric, “1 tsp CINNAMON” below the cinnamon, “1/2 tsp GINGER” below the ginger, “1/8 tsp NUTMEG” below the nutmeg, “1/8 tsp CLOVES” below the cloves, “a pinch BLACK PEPPER” below the pepper, and “1 cup MILK” below the milk. </p>	<p> GINGER, AN EIGHTH TEASPOON GROUND NUTMEG, AN EIGHTH TEASPOON GROUND CLOVES, A PINCH OF BLACK PEPPER, AND ONE CUP OF COCONUT MILK OR MILK OF YOUR CHOICE. </p>
<p> OC: [Brittney Karl] A medium shot of Brittney behind the kitchen table with almond milk on the table. We see her pick up the almond milk. Other ingredients sit to the left of the table. </p>	<p> ((OC #3 -: 05:10)) “For migraines almond milk is usually more helpful. That’s what I’ll be using today.” </p>

<p>VO</p> <p>B-roll: A CU of honey and maple syrup are shown.</p> <p>CG: A lower third says, “Honey or Syrup” below the two ingredients.</p>	<p>((VO # 4 -: 05:15))</p> <p>YOU CAN ALSO ADD HONEY OR MAPLE SYRUP AFTER FOR FLAVORING. IT IS BETTER WITH THOSE.</p>
<p>VO</p> <p>B-roll: A WS of kitchen appliances sit on the table, this is a look from slightly above.</p> <p>CG: A lower third says, “TOOLS” below the table of appliances.</p>	<p>((VO #5 -: 01:30))</p> <p>YOU WILL ALSO NEED TOOLS.</p>
<p>VO</p> <p>B-roll: Next a MS that becomes a CU of the stove top is shown.</p> <p>CG: A lower third says, “STOVE”.</p>	<p>((VO #6 -: 02:39))</p> <p>THE TOOLS YOU WILL NEED ARE A STOVE TOP,</p>
<p>VO</p> <p>B- roll: A CU pan of the tools on the table is shown. It pans from a</p>	<p>((VO #7 -: 05:53))</p>

<p>pot to an upside-down strainer, two bowls, and a measuring cup with tiny measuring spoons inside.</p> <p>CG: Lower thirds say, “A POT” under the pot, “A STRAINER” under the strainer, “BIG & SMALL BOWL” under the bowls, and “MEASURING CUP” under the measuring cup and measuring spoons.</p>	<p>A POT, A STRAINER, A BIG AND SMALL BOWL, A MEASURING CUP,</p>
<p>VO</p> <p>B-Roll: An ECU of the measuring spoons is shown.</p> <p>CG: A lower third says, “1, 1/2, & 1/4 TSP” on the ECU of measuring spoons.</p>	<p>((VO #8 -: 02:58))</p> <p>A TEASPOON, HALF TEASPOON, AND QUARTER TEASPOON MEASURING CUP,</p>
<p>VO</p> <p>B-Roll: A CU of an orange mug with a ladle on top of it is shown.</p>	<p>((VO #9 -: 02:35))</p> <p>A MUG OR TEACUP, AND A LADLE.</p>

<p>CG: A lower third says, “A CUP & LADLE” under the mug.</p>	
<p>VO</p> <p>B-Roll: We see a MS of Brittney putting the pot on the stove.</p>	<p>((VO #10 -: 03:01))</p> <p>FIRST YOU WANT TO PUT THE POT ON THE STOVE TOP.</p>
<p>VO</p> <p>B-Roll: Then we see a MS of water being measured.</p> <p>CG: A lower third says, “2 CUPS WATER” on the screen.</p>	<p>((VO #11 -: 02:18))</p> <p>NEXT MEASURE A CUP OF WATER AND POUR IT</p>
<p>VO</p> <p>B-Roll: A CU of pouring the water into the pot is shown.</p> <p>CG: A lower third says, “2 CUPS WATER” on the screen.</p>	<p>((VO #12 -: 02:31))</p> <p>INTO THE POT.</p>
<p>VO</p> <p>B-Roll: Then a CU of Brittney measuring the second cup of water is shown.</p>	<p>((VO #13 -: 01:19))</p> <p>“Measure a second cup of water and pour that in as well”</p>

<p>CG: A lower third says, “2 CUPS WATER” on the screen.</p>	
<p>NATS</p> <p>B-Roll: A CU of water being poured in the pot is shown.</p> <p>CG: A lower third says, “2 CUPS WATER” on the screen.</p>	<p>((NATS #1 -: 01:34))</p> <p>“The sound of water pouring into a pot is heard”</p>
<p>VO</p> <p>B-Roll: We see a CU that becomes an ECU of the dial on the stove being turned to medium high heat.</p>	<p>((VO #14 -: 02:40))</p> <p>NOW TURN THE STOVE TO MEDIUM HIGH HEAT.</p>
<p>OC: [Brittney Karl]</p> <p>A MS of Brittney behind the table with ingredients lined up in front of her is shown.</p>	<p>((OC #4 -: 03:19))</p> <p>“While letting the pot come to a boil, let’s measure out our other ingredients.”</p>
<p>VO</p> <p>B-Roll: We see a CU of the small bowl on the table and the ingredients getting measured out</p>	<p>((VO #15 -: 19:43))</p> <p>GRAB THE SMALL BOWL. MEASURE OUT A HALF TEASPOON OF TUMERIC.</p>

<p>and poured into the bowl. This is from a slightly above angle.</p> <p>CG: Lower thirds say, “1/2 tsp TUMERIC”, “1 tsp CINNAMON”, “1/2 tsp GINGER”, “1/8 tsp NUTMEG & CLOVES”, and “A pinch BLACK PEPPER” one after the other.</p>	<p>NOW MEASURE ONE TEASPOON CINNAMON. A HALF TEASPOON GINGER. AND FOR THE EIGHTH TEASPOON OF NUTMEG AND CLOVES I ONLY HAVE A QUARTER TEASPOON SO ESTIMATE HALF OF THAT. AND THEN A PINCH OF BLACK PEPPER.</p>
<p>NATS</p> <p>B-Roll: An ECU of the ingredients in the bowl is shown.</p>	<p>((NATS #2 -: 02:23))</p> <p>“The music is heard”</p>
<p>OC: [Brittney Karl]</p> <p>A medium shot of Brittney behind the table is shown.</p>	<p>((OC #5 -: 03:02))</p> <p>“Now that these are combined, let’s check and see if the water’s boiling.”</p>
<p>NATS</p> <p>A CU of boiling water is shown.</p>	<p>((NATS # 3 -: 02:31))</p> <p>“The sound of boiling water is heard”</p>

<p>OC: [Brittney Karl]</p> <p>Then we see a MCU of Brittney at the stove moving the pan from one burner to another and turning off the stove.</p>	<p>((OC #6 -: 07:43))</p> <p>“Now that the water is boiling let’s move it to another stove top and turn off the stove.”</p>
<p>VO</p> <p>B-Roll: In a CU the small bowl of ingredients is poured into the pot.</p>	<p>((VO#16 -: 02:33))</p> <p>NOW WE POUR IN OUR MEASURED INGREDIENTS.</p>
<p>VO</p> <p>B-Roll: Now we show a CU of Brittney setting the stove timer to ten minutes.</p>	<p>((VO #17 -: 04:44))</p> <p>AND SET A TIMER FOR TEN MINUTES.</p>
<p>OC: [Brittney Karl]</p> <p>A MS of Brittney picking up the bowl and strainer is shown.</p>	<p>((OC #7 -: 03:34))</p> <p>“After the timer goes off, you’ll need your big bowl and your strainer.”</p>
<p>NATS</p> <p>We see an ECU of the timer going off and saying End.</p>	<p>((NATS #4 -: 02:29))</p> <p>“We hear the beep of the timer”</p>
<p>OC: [Brittney Karl]</p>	<p>((OC #8 -: 06:28))</p>

<p>We see a MS of Brittney pouring the tea through the strainer and into the bowl.</p>	<p>“Now we strain the tea into the big bowl.”</p>
<p>NATS</p> <p>We see a CU of the strained ingredients in the strainer.</p>	<p>((NATS #5 -: 02:08))</p> <p>“We hear the music”</p>
<p>OC: [Brittney Karl]</p> <p>We see a MS of almond milk being poured into a measuring cup and then poured into the big bowl with the other ingredients.</p>	<p>((OC #9 -: 15:26))</p> <p>“Now measure out a cup of your preferred milk. I’m going with almond milk.”</p> <p>“And pour that into your tea mixture”</p>
<p>VO</p> <p>B-Roll: A CU of ladling the tea from the bowl into a mug.</p>	<p>((VO #18 -: 05:03))</p> <p>NOW LADLE THE MIXTURE INTO YOUR PREFERED CUP</p>
<p>OC: [Brittney Karl]</p> <p>A MS of Brittney holding the mug of tea and beginning to take a sip of the tea.</p>	<p>((OC #10 -: 03:33))</p> <p>“Now you have yourself a tasty migraine helping chai tea.”</p>
<p>NATS</p>	<p>((NATS #6 -: 04:08))</p>

We see a CU of Brittney taking a sip of the tea and spilling a little.	“Sound of sipping tea”
OC: [Brittney Karl] A medium shot of Brittney talking to the camera.	((OC #11 -: 04:34)) “I’m Brittney Karl and this is D-I- Y self-help recipes, bye.”

DIY Chai Tea / TRT: 04:27:07 / TRT with slate: 04:34:36 / Brittney Karl

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