



MATCHA TEA is an organic Japanese green tea powder, whisked into a frothy hot drink that both energizes and calms.

Originally a ceremonial drink of Zen monks, matcha is one of the healthiest beverages on earth, yielding a rich, nourishing source of antioxidants, amino acids, vitamins and minerals. [Authentic matcha](#) is milled by artisans today much as it was hundreds of years ago in Uji, the cradle of Japanese tea culture. Using traditional stone mills, the tender young leaves of shaded *tencha* are ground into a fine, emerald-green powder.

HOW TO PREPARE MATCHA TEA

Single small bowl serving

1. Matcha Quantity: 1 tsp
2. Water Quantity: 8 oz
3. Water Temperature: 160° F
4. Whisk Time: 15 - 20 seconds

