



CULINARY TEAS

Enjoy your Matcha Starter Kit!

Matcha Green Tea Powder tastes great as a frothy tea or as an ingredient in smoothies. Enjoy!



Making Matcha

Brewing Matcha powdered tea is very different than steeping tea leaves. You should have at least one special tool, a bamboo whisk called a chasen. Start with boiling water and two teacups .



Pour boiling water into one of the cups.



Measure Matcha into the other cup. Use one bamboo tea scoop or half teaspoon.



Pour 3 oz water from the cup into the Matcha cup.



Whisk the Matcha with the water.

Matcha is a fine powder made from tea leaves. The powdered leaf doesn't dissolve in the water, but is suspended in the liquid. Consequently, it is important to enjoy this drink before the tea powder settles to the bottom of the cup. To help prevent lumps, we recommend that you sift the Matcha through a fine strainer before whisking.

Matcha Energizing Smoothie

Matcha Green Tea Powder is a powerhouse of antioxidants—137 times more antioxidants than plain green tea—and more than found in ginger, blueberry, spinach, and broccoli. Matcha also contains L-theanine, an amino acid, and helps enhance mood, focus, and alertness and also calms the nerves, preserves youth, brightens the skin, and stimulates weight loss. This century-old health elixir increases academic performance, concentration, immunity, energy and vivacity.

Matcha is delicious incorporated in smoothies. Try this energizing afternoon drink:

- 2 cups of water
- 1 green apple or 1 pear
- piece of fresh ginger
- 1 teaspoon of matcha
- 1 cup of greens (spinach or kale)

Blend everything and pour the mix into a mason jar. Refrigerate. Drink during the day when you feel tired or experience low energy. You might like it better than coffee!