MATCHA INFORMATION



Matcha is the oldest variety of shade-grown ceremonial Green Tea and has been part of the Zen Buddhist culture for thousands of years. Unlike standard Teas where the most nutritious Tea leaves are discarded along with the Tea bag after infusion, Matcha Green Tea is ground into a very fine powder, mixed with water (or into a smoothie) and consumed entirely. Thus, by virtue of "eating" the Tea leaves (soluables and insoluables) rather than just drinking the water off the leaves, one consumes approximately 15 times the nutrients found in regular Green Teas.

INCREDIBLY HIGH ANTI-OXIDANTS

A single serving (2 capsules or 1/2 tsp) of our ceremonial Matcha is very high in antioxidants which are known for their many health benefits. Get ready to feel great.

MATCHA DO'S AND DONT'S

- · Keep Matcha powder refrigerated.
- OK to store capsules at room temperature.
- Do not combine Matcha with dairy, vitamins, medications, etc. for at least an hour or as recommended by physician.
- Do not heat over 118 degrees. Matcha is raw, living food and heat will decrease anti-oxidants.

OUR MATCHA SMOOTHIE "SHOT" RECIPE (1 serving)

Combine in blender:

- 1oz. Vanilla Coconut Milk (may substitute any vegan "milk")
- 1oz. Pineapple Juice
 - Once in a nice "swirl" in blender, carefully remove cover and add:
- 1/2 tsp. (1g) Light of Day Organics Matcha powder Blend for a few more seconds.

Enjoy immediately. Only blend what you will use that day.

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