

THEA

Ebook

**QUICK + EASY
MATCHA RECIPES!**



**THREE EXCLUSIVE RECIPES
JUST FOR YOU!**

THEA X BOBO.DOODLES

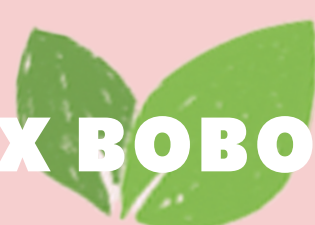


Table of Contents

something about matcha

- 02** Meet Thea
- 03** What is Matcha?
- 04** Why Thea Matcha?

matcha recipes

- 05** Matcha Cookie
- 06** Matcha Collagen Latte
- 07** Matcha Lychee Cocktail

MEET THEA



ABOUT MATCHA

Hello! I'm Thea! Also short for L-THEAnine, an amino acid that may help to ease stress and anxiety.

I'm also a high quality green tea that comes in powder form.

I'm all leaf no steep! You're getting all of me cause I'm the generous type.

FUN FACTS:

- I contain caffeine
- My family is *Camelia Sinensis*
- I've got top grades in antioxidants
- My favourite colour is green.



WHAT IS MATCHA?

camellia sinensis green tea leaf

COVERED WHILE GROWN

Shaded a month before harvest. No direct sunlight encourages chlorophyll production which is why matcha is a vibrant green.

CAFFEINE

Green tea leaves naturally contain caffeine roughly 32mg per gram of matcha.

CULINARY /THIRD FLUSH

三番茶 'sanbancha' *third tea*
Lower quality and plucked from the lower and mature end of the plant. More yellow/green in colour with bitter undertones. Perfect for baking or culinary use.

L-THEANINE

Comes from the roots, it contains an amino acid that contributes to the umami flavour.

CEREMONIAL/ FIRST FLUSH

一番茶 'ichibancha' *first tea*
Comes from the tip of the stem. Can cost \$200NZD for 100g. Used mainly for traditional tea ceremonies due to its coveted flavour.

PREMIUM /SECOND FLUSH

二番茶 'nibancha' *second tea*
Comes from just below the tip. It is a high quality, great umami earthy flavour with light sweet and floral undertones. Perfect for everyday drinking and baking

ORGANIC FARM

THEA sources from organic farms in Japan that have JAS organic certification, we love them!



LEAVES HARVESTED FROM STEM, DRIED AND POWDERED TO CREATE MATCHA
抹茶 / まっちゃ / MATCHA

THEA





CHOOSE THEA MATCHA BECAUSE

1

Caffeine Alternative

Hello Matcha, goodbye coffee! Sustained energy release and less jitters or sweats, the better caffeine tbh..

2

Matcha the way it should be

There's a lot of not-so-great matcha out there but we know our matcha's good. Just try it.

3

Reduce Packaging Waste

Comes in a recyclable and reusable tin. Top up your supply with our subscription service or repaint it for the room or store secret love letters, your choice ;)

4

Subscribe and Save

we offer a subscription at a discounted cost, so we waste less and you save more!

5

Kiwi gals

We're cousins born and raised in New Zealand trying our best to help people get great matcha into their hands



JOIN OUR THEA COMMUN-I-TEA

@THEA_MATCHA

Matcha Cookies

INGREDIENTS



GADGETS



MAKES 40 SMALL OR 30 MEDIUM SIZED COOKIES



STEP ONE

CREAM THE SOFTENED BUTTER BROWN AND CASTER SUGAR.



STEP TWO

ADD VANILLA EXTRACT AND CAREFULLY INCORPORATE THE MILK UNTIL YOU GET A NICE COMBINED PASTE.



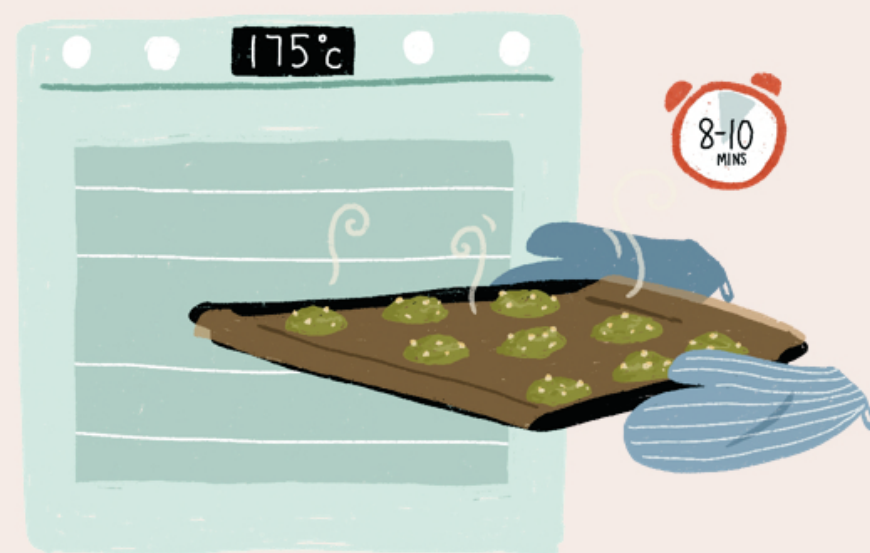
STEP THREE

SIFT THE DRY INGREDIENTS. ADD TO THE MIXTURE.



STEP FOUR

FOLD THROUGH THE CHOPPED CHOCOLATE.



STEP FIVE

BAKE AT 175°C FOR 8-10 MINUTES OR UNTIL BROWNING OCCURS.

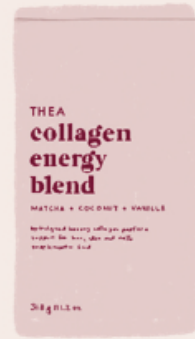
 EASILY MAKE IT VEGAN BY SUBSTITUTING THE DAIRY - IT WORKS!

Iced Matcha Collagen Latte

INGREDIENTS



WARM WATER
100 ml



THEA MATCHA COLLAGEN
2 TBSP



MATCHA
1 TSP



MILK
100 - 200 ml



ICE



STEP ONE

WHISK WATER, MATCHA AND MATCHA COLLAGEN
UNTIL COMPLETELY BLENDED.



STEP TWO

FILL YOUR CUP WITH ICE, ADD MILK
AND MATCHA. STIR WELL.

ENJOY!

OPTIONAL

TOP WITH WHIPPED CREAM
AND MORE MATCHA.



Matcha Lychee Cocktail

INGREDIENTS



LYCHEE
50g



ICE
50g



SOJU
30 ml



SUGAR SYRUP
1 TBSP



WATER
100 ml



THEA MATCHA
1 TBSP

GARNISH



MINT



LIME



STEP ONE

BLEND THE LYCHEES, SOJU
AND ICE. FILL YOUR CUP.



STEP TWO
SEPARATELY, WHISK THE MATCHA
AND WATER UNTIL WELL COMBINED.



STEP THREE



ADD THE MATCHA TO YOUR CUP.



GARNISH WITH BRUISED MINT AND
A SQUEEZE OF LIME. ENJOY!

THEA

Love you so matcha!



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TO SHOW US YOUR
MATCHA LOVE**

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