



matcha ● matcha

nutrients

water

enhance

catechins

SCOOP

nut milk

STIR

ENJOY

relax

coconut milk

energize

antioxidants

WHISK...WHISK... FROTH

WHAT IS MATCHA?

Matcha is a special variety of green tea, stoneground into a fine powder. All the nutritional properties of the tea leaves are ingested, not letting any of the goodness go to waste. Matcha tea leaves are shade grown before harvest, significantly increasing the chlorophyll and amino acid content well above that of standard green teas.

HEALTH BENEFITS

Loaded with antioxidants, amino-acids and chlorophyll, the benefits Matcha is renowned for are:

- Enhanced concentration and focus
- Increase in energy
- Bolstered immunity
- Increase in metabolism
- Elevated mood and an inner calm
- High levels of vitamins and minerals
- Improved skin complexion

One cup of Matcha is reported to have the nutritional value of up to 10 cups of regular green tea and over 100 x the antioxidants!

AND WHAT ABOUT CAFFEINE?

Matcha has approximately 1/3 the caffeine of coffee, with very high levels of the amino acid, theanine. This perfect balance works to enhance mental alertness and increase energy without the jitters common with coffee consumption. Japanese monks were known to sip matcha tea to help ease their mind for meditation while the subtle caffeine content would create focus.

MATCHA MATCHA

We offer only **100% pure organic** matcha, sourced from the rolling hills of Uji, Japan, the birthplace of Japanese tea.

HOW DO I ENJOY MY MATCHA?

Matcha is versatile! A little (1/2-1 tsp) goes a long way. Indulge in our Ceremonial Grade whisked with water until frothy. Enjoy our Latte Grade blended with almond, coconut or soy milk for a satisfying creamy matcha latte. Or get creative with our Culinary Grade – perfect in smoothies, iced matchas, chia puddings, or add a brilliant green and a nutrient dose to your raw or baked treats.

Visit www.matchamatcha.co.nz for more information and great recipe ideas! Find us on Facebook and Instagram