

all about
MATCHA



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What is Matcha?

Matcha is the powder that comes from finely grinding green tea leaves. It is harvested in Japan and is an important part of Japanese culture, particularly in the traditional tea ceremonies.



Health Benefits

- Antioxidants
- Lower blood pressure
- Lower cholesterol
- Improve brain function
- Staying alert

matcha latte recipe

ingredients:

- 1 tsp matcha powder
- 1/4 cup hot, not boiling water
- 1 cup milk of your choice
- Ice



instructions:

1. Sift matcha into bowl
2. Add water
3. Whisk for 20-30 seconds in zigzag motion (Matcha should be frothy)
4. Pour matcha into cup with milk and ice
5. Enjoy!

Quality Matters

cullinary vs. ceremonial
Matcha comes in different grades, ranging from low-grade cullinary matcha to high-quality ceremonial matcha.



cullinary

Usage: baking and cooking
Color: dull or light green
Taste: earthy and strong



ceremonial

Usage: matcha drinks
Color: vibrant green
Taste: smooth and light

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Order our ceremonial matcha powder at
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