



# MATCHA

*organic green tea powder*

Matcha has become famous for the unique sense of calm and focused alertness it provides, and for its health properties: high-antioxidant levels, chlorophyll-rich, and metabolism-boosting, among others. It has been enjoyed for centuries, traditionally used by Japanese Zen monks

for meditation and mindful living. Matcha is a practical and healthful choice that can be made in an instant, or meditatively brewed and sipped in a ritualized tea ceremony. Enjoy our Matcha powder in these four simple recipes and experience for yourself the magic of Matcha tea. It is recommended to use hot, but not boiling water, ideally 175°F.

## TRADITIONAL

In a flat bottomed bowl, combine 1 tsp matcha with 2 tbsp hot water, whisk until forms a smooth paste. Pour 1 cup hot water into the bowl. Moving at the wrist, whisk the tea as quickly as you can in "W" shaped movements, without touching the bottom of the bowl. Whisk until froth forms. Sip and enjoy.

## HOT MATCHA LATTE

In a mug, combine 1 tsp matcha with 2 tbsp hot water, whisk until forms a smooth paste. Pour 1 cup warm frothed milk over matcha tea. Add sweetener to taste.

## ICED MATCHA LATTE

Combine together in a jar:  
1 tsp matcha  
1 cup milk  
Sweetener to taste  
A handful of ice  
Close the jar tightly, shake vigorously until combined.

## REFRESHING ICED MATCHA SODA

In a bowl, combine 1 tsp matcha with 2 tbsp hot water. Whisk until forms a smooth paste. Add 1 cup sparkling water and gently stir. Pour mixture into a glass over a handful of ice. Add sweetener and a slice of lemon.

Good tea is for sharing®

