



MATCHA TEA: THE JAPANESE WONDER

Matcha Green Tea, or simply Matcha Powder is a one of the latest superfoods on the market, a traditional Japanese tea now becoming popular across the globe.

This super fine and nutrient packed green powder is made from specially processed green tea plants. The fresh young bunches of leaves are plucked from the *Camellia sinensis* tea plant and then steamed, de-stemmed, de-vined, dried and stone ground. In the 3 weeks leading into harvest, the leaves are covered with shade to stimulate the production of chlorophyll and to greatly enhance a host of other micro nutrients.

Due to this delicate and extensive harvesting process, Matcha tea was once only drunk by royalty and Samurai warriors. However, these days it is readily available in the west.

This vibrant green tea is an all-round health drink, loaded with nutrients such as L-Theanine and the powerful anti-oxidant ECGC, providing your brain and liver cells protection from damage as well as reducing anxiety and promoting a good nights sleep. These two potent molecules can also help to the minimise risk of stroke and many studies show promising results as cancer inhibitors. ECGC can also boost your metabolism, which means it helps your body to work more efficiently and L-Theanine can improve your immune system, helping to keep you healthy all year round.

This extraordinary tea has very high levels anti-oxidants with more than 10 times the amount of regular green tea.

Matcha is known for its smooth texture and slightly sweet flavour making it easy to enjoy as well as having a positive effect on our moods and emotions. It has long been talked about for its ability to stimulate presence of mind, mental alertness, and a calm, meditative state simultaneously. The perfect de-stress cuppa!

The powder is becoming popular in desserts such as ice-creams, cheesecakes and truffle recipes as it gives a natural bright green colour. It appears matcha and cacao have become a 'matcha' made in heaven for raw food bloggers and recipe connoisseurs, with an explosion of raw recipes combining the two and that unmistakable bright green glow a sure-fire sign that matcha is in the mix.

There are so many opportunities to boost the nutrient levels of your meals by adding Matcha powder.

From chia puddings and pancakes to miso and cooked quinoa, this superfood is as versatile as they come.

Enjoy your week in the kitchen!

Jesabe Warner

Naturopath, **Affordable Wholefoods**

Fun Fact: Matcha is responsible for the green colour of Japanese soba noodles.

Making a cup of matcha tea: Add 1 teaspoon to 1 cup of warm water and mix together thoroughly using a special Matcha bamboo whisk until smooth and a froth develops.

More Matcha Tea Recipes

Green Matcha Tea Smoothie

Raw Dark Chocolate & Matcha Slice

Green Matcha & Pistachio Bites