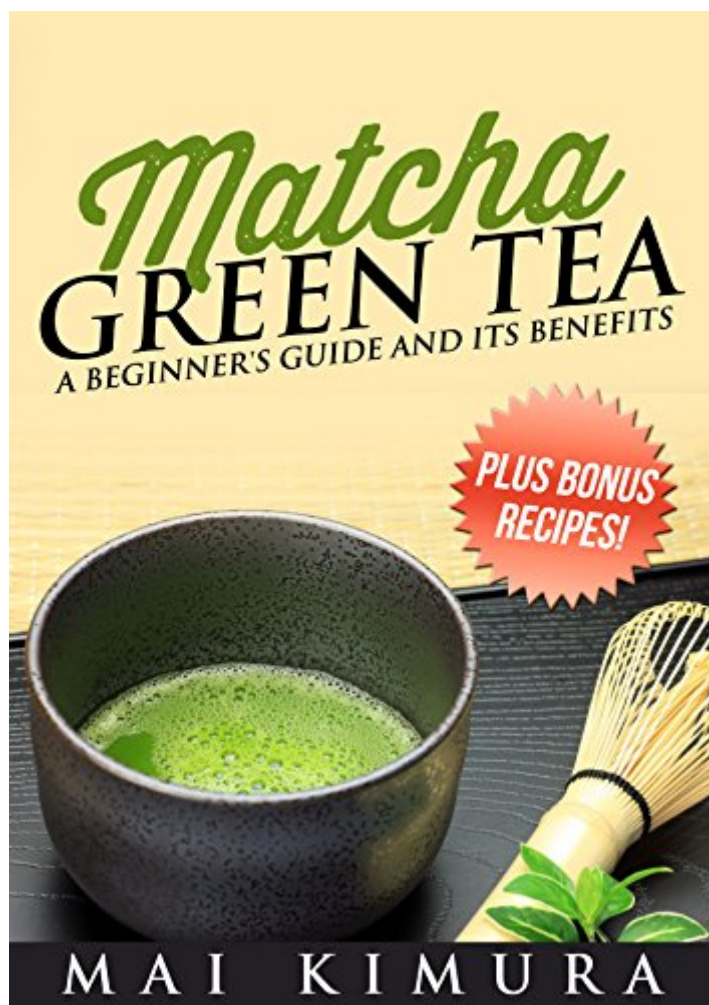


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# Matcha Green Tea: A Beginner's Guide And Its Benefits - Plus Bonus Recipes



## Synopsis

The Ultimate beginners book on Matcha Green Tea Matcha, is a grassy frothy drink that is making its way to America and the world. Matcha, A Beginner's Guide, and its Benefits is aimed at those wanting to know what this Matcha craze is all about. You will discover interesting topics such as the health and weight loss benefits of Matcha tea. Included are Matcha recipes that you will love to try. The tea industry is worth more than 10 billion dollars and in the upcoming years it will see a significant growth by way of Matcha. The book talks about the popularity of Matcha tea along with different types of green tea produced. You will learn why the different grades of Matcha tea are better than all green tea types like Sencha, and Gyokuro. You will also get quality guidelines for the consumer. It is a complete handbook that describes the Matcha tea history, the Japanese tea ceremony, and the production & processing of Matcha tea. Matcha tea was introduced to the Japanese tea ceremony in the 8th century. Soon, the tea ceremony became a respected ritual that was celebrated every few months. Zen masters displayed the act of meditation through this cup of tea. The ceremony is described in the book. Matcha tea latte is highly popular among Starbucks customers. Many other reputed shops are selling Matcha tea and the industry has received attention from the investors worldwide. The last chapter includes recipes that cover the making of traditional Matcha, Matcha lattes and Matcha smoothies. Lets make Matcha! Download this book today, to know everything you need to know about Matcha!

## Book Information

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## Customer Reviews

Good book. Except the traditional tea books, very less material has been written on this topic. This book is aimed at beginners, but it provides good knowledge for regular matcha tea drinkers. All types of green tea are defined in this book so that we can know which type should be used in desserts and which one should we use for drinking tea. The equipment of matcha tea is also interesting. The author did not tell from where should I buy those things, but pictures were given to explain the words. I loved the chapter on Japanese tea ceremony and I am planning to read more on this ceremony. About 6 months ago, I bought Matcha tea at Starbucksâ. The flavor was good, but it takes practice and patience to get used to that grassy flavor. It is very refreshing, and I feel energetic all the day. It has been 2 days and I drank 3 cups of Matcha tea. The book states that Matcha tea provides a great number of antioxidants as compared to other tea leaves so I did not try 4-5 cups of tea per day.

If you are interested in learning about Matcha tea but don't know where to start, this is the right book for you. There are many questions to be answered if you are a beginner. Want to know what the Matcha Tea craze is about? There is an explanation of how it is beneficial to the body and how to make it. I liked the recipes too!

Very good read. Easily explains Matcha Green Tea. Compares to other teas. Gives instructions on making Matcha tea. Gives some simple recipes for lattes, smoothies and ice cream. Enjoyed reading the Japanese tea ceremony.

This book is full of information about Matcha tea. From the harvest method to the brewing method. It also focuses on the ceremony of drinking tea and the health benefits associated with it. I'm glad I took time to read this book. Well done.

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