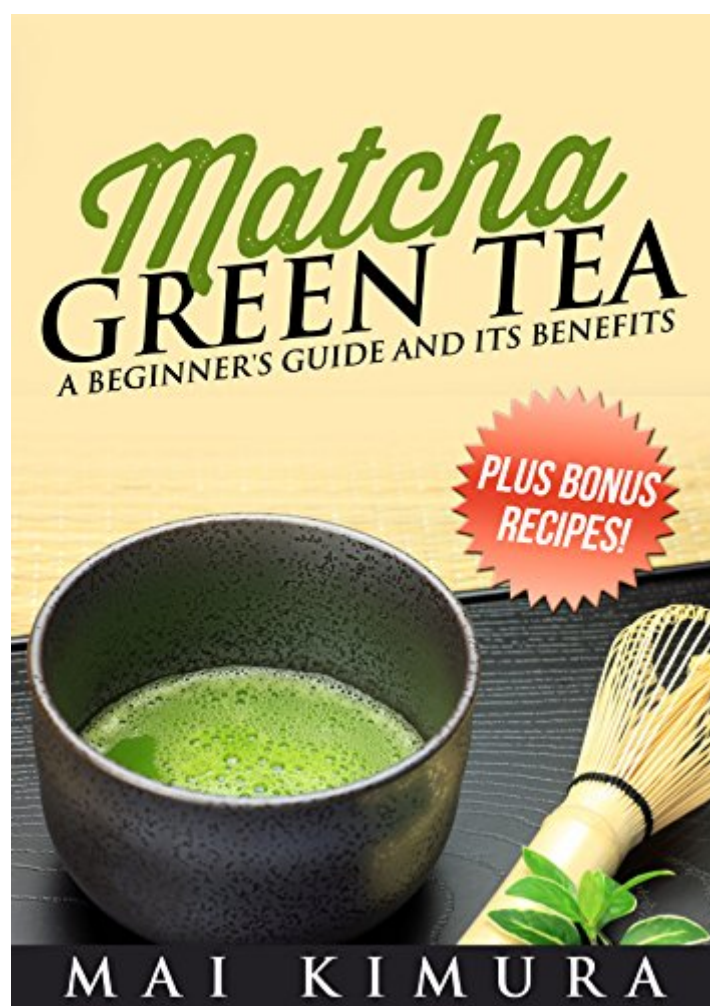


The book was found

# 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 it's 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

File Size: 1664 KB

Print Length: 39 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 5, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B0110ZA8SC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #565,290 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #84

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Japanese #129 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Coffee & Tea #239 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Japanese

## 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.

[Download to continue reading...](#)

Matcha Green Tea: A Beginner's Guide and Its Benefits - Plus Bonus Recipes Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost

Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea)  
Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie  
Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy  
Juice) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your  
Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse  
Diet, Weight Loss, Detox) The Miracle Of Green Tea: Herbal Remedy for Weight Loss, Diabetes,  
Blood Pressure, Cholesterol, Cancer, Allergies and Much, Much More (Overcome Caffeine ... Tea  
Benefits, Tea Cleanse, Natural Remedy) Tea at Downton - Afternoon Tea Recipes From The  
Unofficial Guide to Downton Abbey (Downton Abbey Tea Books) 10 Day Green Smoothie Cleanse:  
Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie  
recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Photographic  
Collection of Unknown Tea Bowls: Picking out Unknown but Wonderful Tea Bowls Japanese  
Pottery and Tea Ceremony (Japanese Edition) Afternoon Tea: Afternoon Tea: Inspiration and How  
to Host the Perfect Afternoon Tea Party at Your Home (Worlds Most Loved Drinks Book 4) Green  
Tea Handbook: a Natural Wonder for Weight Loss, Cancer, Heart, Bone, Oral Health, and Your  
Immune System - Benefits, Extracts, Recipes & More The 17-Day Green Tea Diet: 4 Cups of Tea, 4  
Delicious Superfoods, 4 Steps to a Slimmer, Healthier You! 10 Day Green Smoothie Cleanse: Detox  
Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook  
(smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Tea Fit for a Queen:  
Recipes & Drinks for Afternoon Tea Anne of Green Gables Collection: 12 Books, Anne of Green  
Gables, Anne of Avonlea, Anne of the Island, Anne's House of Dreams, Rainbow Valley, Rilla of  
Ingleside, Chronicles of Avonlea, PLUS MORE! The Military Advantage, 2016 Edition: The  
Military.com Guide to Military and Veterans Benefits (Military Advantage: The Military.com Guide to  
Military and Veteran Benefits) TI-84 Plus Tutorials: The TI-84 Plus for Beginners: Get Started with  
the TI-84 Plus Graphing Calculator Weight Watchers: Weight Watchers Cookbook-> Watchers  
Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ...  
Points Plus, Weight Watchers 2016) (Volume 1) How to Protect Your Assets From Probate PLUS  
Lawsuits PLUS Nursing Home Expenses with the Living Trust Plus Flat Belly Tea Cleanse: A Fast  
and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess  
Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) The Ritz London Book of  
Afternoon Tea: The Art and Pleasures of Taking Tea