

The wonderful world of matcha

Lifestyle, Culinary



We love matcha! And we could not be more excited to write this piece actually. Matcha is a great way to reduce the number of cups of coffee we drink every day and it makes us feel like we are on top of the world. This amazing Japanese tea stole heart all over the world and rightfully so. So let's dig into the matcha world to find out more about this amazing ingredient.

Here's the deal, matcha may be in trend, but it has been around ... for centuries. The origins of matcha actually go way back to the Tang Dynasty that ruled China from the 7th to 10th centuries. Tang Dynasty steamed tea leaves to form bricks, which made their tea harvest easier to transport and trade. The tea bricks were prepared by roasting and pulverizing the green tea leaves, which were then mixed into the powder.

It was the Song Dynasty that came after the Tang that made this form of tea preparation popular. Japanese Buddhist

monk Eisai spent time studying Buddhism in China in the 12th century. Upon his return to Japan, he brought matcha seeds with him. He planted these seeds around the temple in Kyoto and the limited quantities of matcha started to be produced.



The amazing benefits of matcha:

- 1. matcha helps you sustain energy and is enhancing the calmness:** the amino acid L-Theanine and caffeine work nicely together to produce a sustained and focused energy. Unlike traditional green tea that is steeped in water, matcha powder includes the entire ground *Camellia sinensis* leaf and giving the full leaf's nutritional benefits to you. One serving of matcha will give you between 30-70 mg of caffeine while a coffee serving offers anywhere between 95-144 mg. Unlike coffee, matcha supplies a healthy dose of caffeine, which means you will not feel the energy crashing a couple of hours later.
- 2. mental clarity:** L-Theanine has the ability to give you both natural relaxation and simultaneously heightening mental clarity. This amazing amino acid is also known to reduce anxiety levels and enhance your mood.
- 3. a bag full of antioxidants:** matcha contains high levels of antioxidants in the form of polyphenols, catechins and flavonoids, which will protect you from harmful free radicals – the molecules responsible for aging, tissue damage, cancer, and some inflammatory diseases.
- 4. boost your immune system:** it's true, matcha will help you boost immune defense. The antioxidants matcha contains are a key component of helping your body fight diseases and infections. A cup of matcha has the equivalent antioxidants of 10 cups of regular green tea. Matcha also provides the body with potassium, vitamins A & C, calcium, and iron.

Ceremonial and culinary matcha

The difference between the two is in the quality of matcha powder. While we recommend investing more in the ceremonial, 100% matcha powder for your daily cup of matcha, you can pick a cheaper matcha option for your favorite matcha bliss balls.

We use matcha in desserts, smoothie bowls and of course in our favorite matcha lattes.