

Matcha

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- Matcha is one of the most popular superfoods of the moment

Discover the rich history and modern allure of matcha, the vibrant green powder beloved worldwide. From its ancient origins in Japanese tea ceremonies to its rise as a wellness superfood, this book explores matcha's profound health benefits, cultural significance, and creative uses in food and drink.

Featuring inspiring recipes, tips on the best matcha cafés, and insights into its celebrity appeal, this book is perfect for enthusiasts and newcomers alike. Sip, savor, and embrace the green revolution!

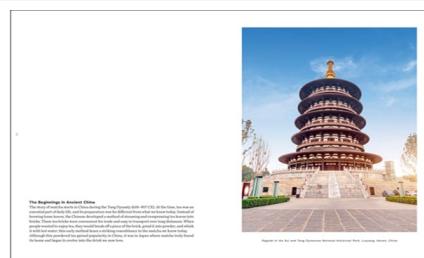
Azra Hodza has, in recent years, worked exclusively on raising awareness about matcha. She is a trained nutritionist and knows everything about the amazing properties of this Japanese superfood.



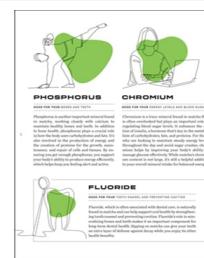
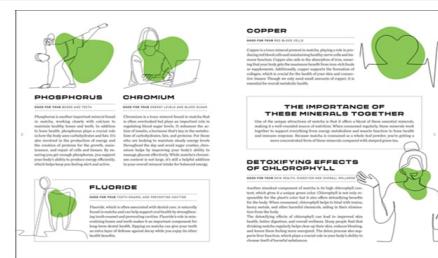
世界で
一番のお茶

NO. 1 TEA IN THE WORLD

Why do matcha gain such popularity? Apart from its intense color and amazing flavor, matcha's benefits lie in its distinctive preparation, which preserves a far greater amount of nutrients than most other methods.



The Beginning in Ancient China
The first record of matcha is in the Tang Dynasty (618-907). At that time, tea was a drink for the upper class. The tea was served in a powdered form, which was then mixed with honey and served with a small amount of water. This was the beginning of matcha. The tea was then served in a powdered form, which was then mixed with honey and served with a small amount of water. This was the beginning of matcha.



COPPER

Matcha is a great source of copper, which is important for the body. Copper is involved in the production of red blood cells, which are essential for oxygen transport. Copper is also involved in the production of red blood cells, which are essential for oxygen transport.

PHOSPHORUS

Matcha is a great source of phosphorus, which is important for the body. Phosphorus is involved in the production of red blood cells, which are essential for oxygen transport.

CHROMIUM

Matcha is a great source of chromium, which is important for the body. Chromium is involved in the production of red blood cells, which are essential for oxygen transport.

FLUORIDE

Matcha is a great source of fluoride, which is important for the body. Fluoride is involved in the production of red blood cells, which are essential for oxygen transport.

CHLOROPHYLL

Matcha is a great source of chlorophyll, which is important for the body. Chlorophyll is involved in the production of red blood cells, which are essential for oxygen transport.

THE IMPORTANCE OF THESE MINERALS TOGETHER

One of the unique features of matcha is that it is a source of many essential minerals, including copper, phosphorus, and chromium. These minerals are essential for the body's health and well-being, and they work together to promote a healthy body.

DETOXIFYING EFFECTS OF CHLOROPHYLL

Matcha is a great source of chlorophyll, which is important for the body. Chlorophyll is involved in the production of red blood cells, which are essential for oxygen transport.