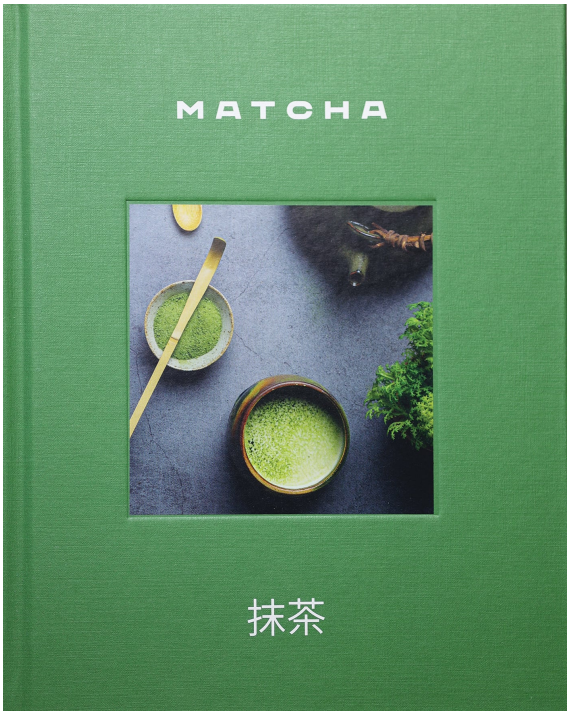
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Matcha

Azra Hodza

ISBN	9788794190862
Publisher	Helmin Publishing
Binding	Hardback
Territory	USA & Canada
Size	7.48 in x 9.45 in
Pages	176 Pages
Price	$34.99

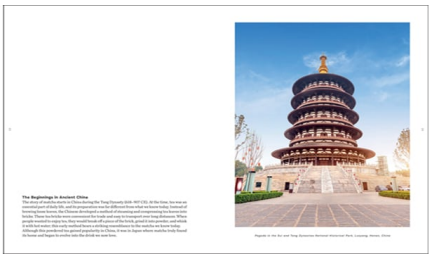
- Matcha is one of the most popular superfoods of the moment

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.







Published 9th Dec 2025