

Although matcha Tea has been around for centuries, it has recently become a mainstream favorite in both food and beverage. Historically used in Japanese ceremonies, matcha tea is made using pure luxury sencha green tea and Gyokuro leaves that have been shaded under special shade covers for 3 weeks before plucking. Shading forces the plants to produce higher than normal chlorophyll levels, giving the leaves a rich green color. Once plucked, the leaves are steamed and dried. Next, they are stripped of all stems and veins, resulting in a pure leaf that is stone-ground into the fine powder tea lovers are familiar with.

Matcha tea has numerous health benefits. When you drink matcha tea, you ingest the entire leaf and receive 100% of the nutrients of the leaf. This powdered green tea has 137 times more antioxidants than regularly brewed green tea. This means you would have to drink 10 cups of regularly brewed green tea to get the same nutritional content as 1 cup of matcha tea. Antioxidants are the body's defense agents. They are chemical compounds that prevent aging and chronic diseases. The more antioxidants you have, the better equipped your body is to fight against infections and disease.

Other health benefits of matcha tea include:

- Lowers cholesterol and blood sugar
- Boosts metabolism and burns calories
- Rich in fiber, chlorophyll, and vitamins
- Provides vitamin C, selenium, chromium, zinc, and magnesium
- Calms the mind and relaxes the body
- Enhances mood and aids in concentration

Matcha tea has about 30 milligrams of caffeine per teaspoon of powder. Coffee has about 150 milligrams per 8 ounces, depending on how it's brewed. Matcha contains L-theanine, an amino acid which improves cognitive function and induces a calm soothing effect on the mind. Part of the lure of the tea is that Buddhists monks used it as an aid in meditation as the stimulation from the caffeine kept them alert, while the amino acids kept them relaxed and focused. An excellent alternative to coffee in that morning, matcha tea is also a great energy booster in the afternoon.

Reference

"Health Benefits of Matcha Tea" Matcha Source Jan 2017 - <http://matchasource.com/health-benefits-of-matcha-tea/>

Keep reading for recipes on green tea matcha pancakes, matcha brownies, gluten free matcha green tea banana bread, and matcha tea smoothies.

Green Tea Matcha Pancakes Recipe
<http://www.patesmith.co/matcha-pancakes/>

Ingredients

- 2 cups all-purpose flour
- 2-3 tablespoons sugar - Matcha powder can be a bit bitter, so this green tea pancake recipe uses a bit more sugar
- 3-4 tablespoons matcha powder
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 eggs
- 1 ½ cups 2% or whole milk, plus more as preferred
- 2 tablespoons melted butter, cooled, plus more for cooking

Instructions

1. *Prep batter.* In a large mixing bowl, mix together dry ingredients.
2. In a separate bowl, whisk eggs and add milk and cooled butter.
3. Stir egg mixture into dry ingredients and stir just until mixture is wet (some lumps are okay). Add extra milk if mixture is too thick.
4. *Cook pancakes.* Heat a large skillet over medium heat and add oil or a knob of butter. Once simmering, add 1/3 cup of batter to skillet. After bottom browns and bubbles begin to appear (~1-2 minutes), flip pancake and cook an additional 1-2 minutes.
5. Serve with syrup, whipped cream or fruit.

White chocolate Matcha brownies recipe

<http://epicmatcha.com/white-chocolate-matcha-brownies/>

Ingredients

- 2 eggs
- 2 teaspoons milk
- 70 grams all-purpose flour
- 100 grams white chocolate chips
- 120 grams melted white chocolate
- 30 grams Matcha green tea powder
- 70 grams unsalted butter at room temperature
- 60 grams sugar

Instructions

1. Preheat your oven to 350°F.
2. Prepare an 8×8-inch baking pan lined with parchment paper.
3. Whisk the flour and matcha powder together.
4. Beat the butter and sugar together until fluffy, then add the eggs in one at a time.
5. Stir in the melted white chocolate and milk until well-combined.
6. Gently stir in the flour and matcha powder mixture into the wet batter.
7. Add half of the white chocolate chips into the batter, and mix.
8. Pour the batter into the baking pan, and bake for 10 minutes until halfway done.
9. Take the pan out and sprinkle the other half of the white chocolate chips over the top of the batter.
10. Bake until set, about another 7–10 minutes.

Yield 16 brownies

Gluten free Matcha Green Tea Banana Bread

<http://www.fearlessdining.com/gluten-free-matcha-green-tea-banana-bread/>

Ingredients

- 2 very ripe bananas
- 1 1/4 cup gluten free flour blend (*Note, my flour blend has xanthan gum included. If yours doesn't, add 1 teaspoon.)
- 3/4 cup almond flour
- 2 large eggs
- 1 teaspoon vanilla
- 3 tablespoons matcha powder (*if your matcha isn't sweetened add 3 TBSP of sugar to the recipe.)
- 1/2 cup melted coconut oil
- 3/4 cup sugar (you can use brown sugar but it will make the color of the bread turn out more muddy colored.)
- dash salt

Instructions

1. Preheat the oven to 350 degrees.
 2. Spray coconut oil into a bread loaf pan.
 3. In a mixer, add all wet ingredients.
 4. (I just dropped the bananas in whole because they were so soft and ripe.)
 5. Turn on mixer to slow.
 6. Slowly add in dry ingredients a little at a time.
 7. When the dry ingredients are mixed, increase the speed to medium for 1 minute.
 8. Pour the batter into the loaf pan and bake 25-30 minutes until done.
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Matcha Tea Smoothie

<http://matchasource.com/recipe/matcha-green-tea-smoothies/>

A simple and nutritious breakfast food, made with matcha tea and yogurt.

- 1/2 cup yogurt
- 2 tbsp honey or sugar
- 1/2 cup ice cubes
- 1 tsp ingredient grade matcha

Blend ingredients together in electric blender. Pour into a tall glass.

Matcha Tea Smoothie - Juicy

<http://matchasource.com/recipe/matcha-green-tea-smoothies/>

This is surprisingly delicious and tastes much like a sherbet.

- 1/2 cup orange juice
- 1/2 cup soy or almond milk
- 1 tsp ingredient grade matcha

Blend ingredients together in an electric blender, a martini shaker, or using an electric hand held frother. Pour into a tall glass with or without ice. Experiment with other fruit juices like mango, apricot or pineapple.

Matcha Tea Smoothie Fruity

<http://matchasource.com/recipe/matcha-green-tea-smoothies/>

Boost your daily antioxidants with matcha and assorted berries.

- 1/4 cup blueberries, raspberries or black berries – washed, frozen are OK
- 1/2 cup yogurt
- 1/2 cup ice
- 1 tsp ingredient grade matcha

Blend ingredients together in an electric blender. Pour into a tall glass. Drink immediately. Experiment with kiwis, bananas, mangos and flavors of mint or ginger.

