



BY JESSICA FLINT AND ANNA KAVALIUNAS

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Matcha: A Lifestyle Guide



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Yes, you can go through an entire book about tea. Why? Because matcha is no ordinary tea. Because this powdered green tea's caffeine kick creates no jitters, no crash, and if that's not really convincing enough, provides you flow-state energy in conjunction with mental clarity. Why? And, if cultural media is certainly any indication, it really is quickly unseating espresso as the energy-boosting drink of choice. Sound too good to be true? Matcha: A Lifestyle Instruction offers everything one needs to benefit from the green goodness at a matcha bar or in the home kitchen. It isn't. Featuring a large number of recipes for sweet and savory foods in addition to matcha-based beverages and cocktails, this is actually the first book to cover both sides of matcha—ancient beverage and contemporary superfood—and can be an essential guide for both matcha novices and the already converted.



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LOVE THIS Reserve- Hardcover- Great read MUST HAVE Simply put- in case you have the slightest interest in reading anything related to Matcha - BUY IT Today!.You can stop here as that's the essence of my review, or read on." AM I GOING TO read on?.The Hardcover book is good plenty of to use as a 'coffee table book' if people still do this.The info is well researched, wonderfully organized, and a straightforward enjoyable read. I LOVE it.... I have highlighted things during it - I'm outdated school- that is just my style. It's a pleasant book, nonetheless it just comes across extremely "We're hip New Yorkers who've traveled to Japan, why don't we tell you everything. These days I seldom buy a book despite the fact that I adore keeping a good hardcover and gradually perusing. Looks like an item from Pottery Barn or an Anthropologie. great coffee table book it was great, until I spilled matcha on the book. If you place it down for a month, you pick it up again ... Five Stars GREAT BOOK! Lovely book that condescends to its readers Gorgeous pink and green book about one of my favorite things . However the tone of the composing is sadly nearly condescending to the reader. The contents are interesting but it's a headache to need to return this book. Pick it up, absorb interesting brand-new info.and just jump in!! Good book nothing special Good book Gorgeous and fun book to read! Certainly love the physical feel of the book combined with the way it was written! Easy to digest and in hip manner! The picture taking in this book is BEAUTIFUL too by the way. Matcha This book and the pictures capture the mystic of matcha tea. Gorgeous photography and a genuine bargain as of this price. You will not be disappointed. Neat Book Here Neat book- nice photos and just enough text message to keep it interesting and manageable. Priced properly for a coffee desk book too. That is just that type of book. Best for the soul & Value looking into - esp if into Matcha... your body. Super cute gift Have as a gift to friend who love matcha! Super cute. Author's actually did a fab work organizationally So pleased I purchased this. No I didn't understand this free of charge or discounted for a great review. It was directed at me as a gift, as I'm a little obsessed with matcha and even more enthusiastic about pink and green. And you may quote me on that Binding of reserve was poor The copy of the book that I received is defective, several of the pages are cut off and the binding was carried out poorly. It's the most basic facts about matcha that a simple Google search will develop, but delivered in a fluffy, cutesy, multiple-references-to Gweneth-Paltrow sort of way. I honestly can't tell whether it's a bit tongue-in-cheek or whether it's fully taking itself significantly.. But am I going to find myself disappointed like I'm getting spoken down to?Many thanks to the authors- well done Finally, as avid reader I have been an 'audiobook fan' for years now, so easier. And we'll relate it to pop culture, so we are able to simplify it for you to understand.. Probably, because sometimes it's actually interesting. I'll admit I've discovered a few things, but this mainly reads as the authors getting a book deal and realizing they had

to stretch out it into 175+ web pages. Yes.



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