

THE MATCHA COOKBOOK

Discover the health benefits and uses
of matcha, with 50 delicious recipes



Aster

The Matcha Cookbook



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As an ingredient, matcha keeps growing in popularity with health foodies and wellness seekers, with over 2. the traditional matcha tea alone provides the nutritional exact carbon copy of 10 cups of regular green tea extract, with 137 times even more antioxidants, acting as the body's defence brokers. Discover the health advantages and uses of matcha, with 50 delicious recipes. 7 million articles on Instagram. Research demonstrates matcha can decrease the risk of cancer, improve heart health, help recovery from exercise and assist in preventing ageing; From a simple matcha latte to ice cream, infused salt, smoothie bowls, tea loaves and homemade beauty dishes, The Matcha Cookbook explores the annals, health benefits of matcha and offers 50 delicious recipes by using this super healthy ingredient.



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