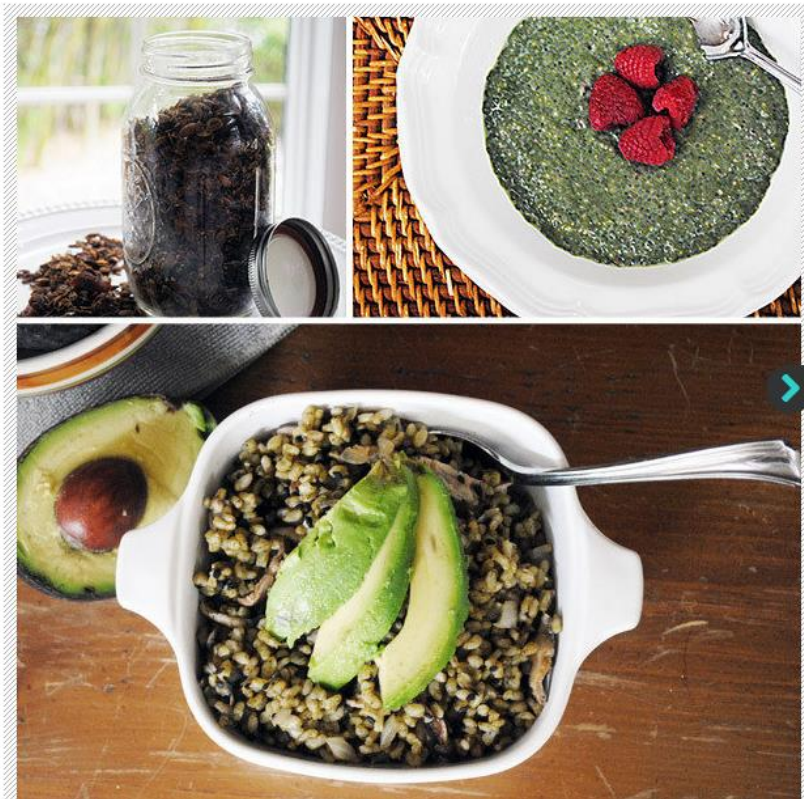


## Cooking With Green Tea Powder: 5 Antioxidant-Rich Recipes

By Marygrace Taylor | June 11th, 2014  
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You may be drawn to matcha's gorgeous green color and rich, earthy flavor, but there are so many more reasons to love the powdered green tea. More so than other teas, matcha is positively packed with antioxidants that are thought to protect against cancer and stroke, boost your brain health and even fire up your metabolism. "You're drinking the whole leaf rather than just steeping or brewing it, which gives you more of the tea's health benefits," says James Oliveira, tea expert and brand ambassador for Japanese Aiya Matcha. And thanks to the potent combo of caffeine and the compound L-theanine, research shows that a cup of matcha helps you stay energized in a calm, focused sort of way.

Best of all, making a mug of matcha is a cinch: Place half a teaspoon of matcha in a bowl or shallow mug and add 2 to 3 ounces of hot (about 185 F) water. Whisk until frothy, and then pour in an additional 2 to 3 ounces of hot water and serve.

Not feeling hot drinks now that the weather is warming up? Add matcha to your meal instead. Need some inspiration? Here are five tea-licious recipes.