

CONTENTS

HISTORY OF MATCHA	9
GREEN TEA UTENSILS AND TIPS	10
JAPANESE TEA CEREMONY	11
HOW TO MAKE A CUP OF MATCHA TEA	13
WHY I LOVE MATCHA	15
MATCHA (抹茶): HOW TO RECOGNIZE QUALITY	16

RECIPES

HEALTHY STARTS AND SNACKS	18
DRINKS	34
SAVORY MATCHA	58
SWEET MATCHA	82
BAKING	132
MATCHA SPA	168
INDEX	172
ABOUT THE CREATORS	174