The Benefits of Drinking Green Tea

Green tea has been drunk by people all over the world for thousands of years. It was first grown and made in China and has been mentioned in Asian books dating back to 600-900 A.D.

Green tea is good for our health for many reasons. It is a good way to start the day and stay hydrated. Buy loose green tea leaves to brew yourself, or buy tea bags at any grocery store. Just boil a pot of water and add a tea bag to let steep for 5 to 10 minutes and enjoy hot or over ice in the summer.

Why it’s good:
• Green tea is a good source of “antioxidants,” a material that protects the body from aging.
• Green tea has less caffeine than coffee. It keeps us hydrated better and will not make you feel jittery.
• Studies have shown it speeds the metabolism and can help with weight loss.
• It may reduce the risk of cancer.
• Some studies have shown that green tea can lower the risk of diabetes, by lowering the body’s blood sugar.

Because green tea contains caffeine, it should be drunk in moderation. To avoid getting extra “empty calories,” don’t add sugar to the finished product.

Simple Matcha Green Tea Latte

Ingredients:
• ¾ cup skim milk (if lactose intolerant use unsweetened almond/rice/soy milk)
• 1 teaspoon matcha powder (found at local food co-ops or Asian Markets)

Directions:
- Turn stove top to medium-high heat and bring milk to a simmer in a small pot.
- In a separate heatproof cup, place 1 teaspoon of matcha powder inside and whisk in ¼ cup boiling water, then the milk. As you pour, tip the cup slightly to create more foam. You can add in a squeeze of lemon juice or sweeten with ½ tsp of Agave syrup or honey. Keep in mind that added sugars should be kept to a minimum in the diet.

Note: Matcha powder is naturally bright green in color. This will cause your finished latte product to appear vibrant green. This green color is the natural antioxidant found in tea leaves which provides anti-cancer and anti-inflammatory properties. It has also been linked to skin, brain, heart, and liver health.