



MATCHA & MINT GREEN TEA

A REFRESHING JAPANESE HERBAL TEA

A vibrant and invigorating blend of ceremonial matcha and fresh mint leaves. This antioxidant-rich tea supports focus, digestion, and natural energy without the jitters.

INGREDIENTS

- 1 tsp ceremonial matcha powder
- 2 cups hot water (175°F / 80°C)
- 1 tbsp fresh mint leaves (or 1 tsp dried mint)
- 1 tsp honey or maple syrup (optional)
- Slice of lemon (optional)
- Ice cubes (for iced version)

EQUIPMENT:

- Bowl or large mug
- Matcha whisk (chasen) or fork
- Fine mesh strainer (optional)

A perfect balance of earthy matcha and cool, refreshing mint!

DIRECTIONS

- 1 In a bowl, sift matcha powder to remove any clumps.
- 2 Add hot water (not boiling) to the bowl.
- 3 Whisk briskly in a "M" or "W" motion until smooth and frothy.
- 4 In a teapot or mug, add fresh mint leaves.
- 5 Pour the whisked matcha over the mint.
- 6 Let steep for 2–3 minutes for a stronger mint flavor. Strain if desired.
- 7 Sweeten with honey or maple syrup if using. Add lemon slice for a bright citrus note. Enjoy hot or pour over ice for a refreshing iced tea!

BENEFITS

- ✿ Matcha is rich in antioxidants that support overall health.
- ✿ Boosts focus, calm, and mental clarity naturally.
- ✿ Mint aids digestion and soothes the stomach.
- ✿ Supports a healthy metabolism and natural detoxification.
- ✿ Provides gentle, long-lasting energy without the crash.

CHERYL'S TIPS

- ✿ Use ceremonial grade matcha for the best flavor and nutrients.
- ✿ Do not use boiling water; it can make matcha bitter.
- ✿ Add a few drops of lemon for extra vitamin C and brightness.
- ✿ Great iced! Let cool and serve over ice with mint and lemon.

Proverbs 3:5–6 (KJV)

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."



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