



The Matcha Miracle: Boost Energy, Focus and Health with Green Tea Powder

By Mariza Snyder, Lauren Clum, Anna V. Zulaica

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The Matcha Miracle: Boost Energy, Focus and Health with Green Tea Powder, Mariza Snyder, Lauren Clum, Anna V. Zulaica, FEATURING 50 QUICK-AND-EASY RECIPES The ultimate guide to the nutritional powerhouse supplement praised as "green gold" for its curative, health-boosting qualities Increase energy, torch calories and improve your immunity with the antioxidant-packed magic of matcha green tea powder! This handy book serves up all the vital information on how to maximize the benefits of this miraculous superfood. Go beyond tea with this mouthwatering collection of matcha-boosted recipes for every meal of the day, including: * Matcha Cranberry Scones * Matcha Chia Pudding * Poached Eggs on Matcha Hash * Candied Matcha Carrots * Sriracha Matcha Salmon * Matcha Curry Lentils * Cauliflower Matcha Stir-Fry * Chocolate Matcha Truffles.



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