



BEVERAGES

Organic Green Tea

Green tea is the mother of all tea!

YIELD: Serves 4–6

INGREDIENTS

1 pint of hot water (185°F)

2 tablespoons of green tea or 1 tablespoon of Matcha powder

Combination Options: 1 tablespoon of green tea and 1 tablespoon of Tulsi, mint, or lemon grass

DIRECTIONS

1. Steep for 4 minutes, remove the leaves, and pour out a cup to drink.
2. Add one teaspoon of raw honey or maple syrup if desired after steeping.
3. You can add a second infusion of water to the same tea leaves for later in the day.



NUTRITION GEM

Health Benefits of Green Tea

Green Tea — Green tea is a healing plant due to its rich antioxidant content, particularly *epigallocatechin gallate* (EGCG) that protects cells from damage, reduces inflammation, improves brain function, supports heart health, aids in weight management, and helps regulate blood sugar levels.