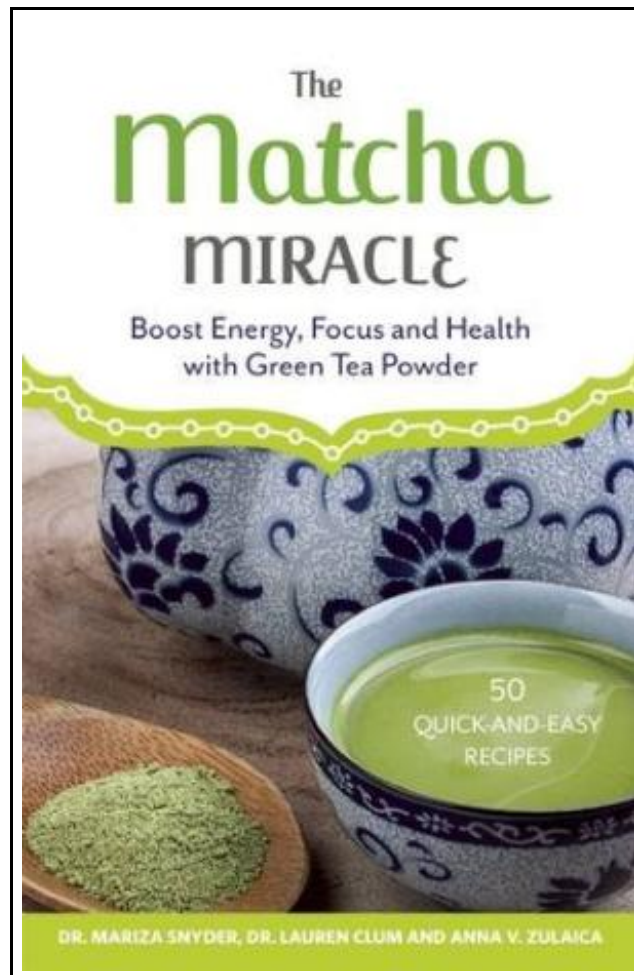


The Matcha Miracle: Boost Energy, Focus and Health with Green Tea Powder



Filesize: 6.52 MB

Reviews

Merely no terms to spell out. We have read through and i also am confident that i will gonna read yet again again in the future. You will not sense monotony at anytime of your own time (that's what catalogs are for about should you question me).

(Pasquale Larkin I)

THE MATCHA MIRACLE: BOOST ENERGY, FOCUS AND HEALTH WITH GREEN TEA POWDER



Ulysses Press. Paperback. Condition: New. 208 pages. Dimensions: 5.5in. x 0.0in. x 8.5in. The ultimate guide to the nutritional powerhouse supplement praised as green gold for its curative, health-boosting qualities. Although it's been consumed for thousands of years, matcha green tea is only now getting its turn in the spotlight. It's easy to see why: this humble green powder is an antioxidant-packed, energy-boosting, calorie-torching detox superstar! Now, this helpful handbook serves up comprehensive information on the popular supplement plus 50 delicious and healthy recipes. Monks in Japan consume matcha as an aid for meditation since it keeps users awake and alert, yet relaxed. More than just a healthy replacement for a morning cup of coffee, it can be added to far more than just tea. This book's wide range of tasty recipes including smoothies, breakfast items, dinner sides, and even desserts shows how to utilize matcha for a healthy boost any time of day. With guidance from the team of expert authors, readers can learn how to use matcha as part of a new fitness and health plan, taking advantage of its unique properties that help the body burn calories and detox harmful elements with none of the side effects found in pharmaceuticals or energy supplements. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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