

Green Tea Latte

Non-alcoholic, made with Mighty Leaf Matcha green tea. A Mighty Leaf favorite.



Ingredients

- 1/2 tsp. Mighty Leaf Matcha green tea (or to taste)
- 12 oz. Whole Milk
- 1 tsp. Sugar (or to taste).

Preparation

Heat or steam whole milk on stovetop or with espresso machine steamer until it becomes foamy. Add 1/2 tsp. of Matcha and 1 tsp. of

sugar to the heated whole milk and stir to dissolve with whisk.

Pour beverage into a mug and top with a light dusting of Matcha.

Serves

Serves one 12 oz. cup.

History

Around the early 9th century, a Japanese Buddhist monk, Saicho, is credited with introducing tea to Japan. During this period, Chinese culture significantly influenced and impacted art, politics and religion in the Far East. Consequently, while studying in China, Saicho became exposed to tea and brought back seeds to start growing at his monastery.

Other monks over time followed suit, and soon small tea plantations sprouted up at secluded monasteries. However, due to the isolation, tea's popularity did not blossom until the thirteenth century. At this time in history, people only drank tea in powdered form prepared by grounding tea leaves into a green powder and whipping in water with a whisk. Inspired by Buddhist spiritual philosophy, this marks the origin of the Japanese Tea Ceremony or "Chanoyu."



Origin
Japan