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## Eat Your Green Tea!

### How You Can Eat Healthier...

With Easy, Nutritious Green Tea Food Recipes

Most of us are familiar with green tea as a wonderful hot, aromatic beverage, or even as a refreshing chilled treat, such as a cool drink or ice cream flavor. Much gratitude should go to all the coffeehouse and smoothie chains, who have collectively introduced (or re-introduced) the public Quick and Easy Ways to get Antioxidants from Green Tea Recipes to green tea as a healthy, tasty dietary ingredient. But green tea can also be added to a wide variety of dishes, savory as well as sweet. How about trying green tea in ravioli, kung pao chicken, or sautéed vegetables? How about preparing these foods in an average of 30 minutes?

Asian cultures have known the health benefits of green tea for centuries. In fact, China has used green tea as a medicine for over 4,000 years. Only recently, however, within Quick and Easy Ways to get Antioxidants from Green Tea Recipes the last 15 years or so, scientific research has begun to find an Quick and Easy Ways to get Antioxidants from Green Tea Recipes explanation of its attributes.

We have all heard about the benefits of antioxidants and how they work to help slow down the aging process and prevent cancer. The secret ingredient of green tea is a very powerful antioxidant known as *epigallocatechin gallate* or *EGCG*. This *EGCG* is a type of *catechin polyphenol*, which not only inhibits the growth of cancer cells, but also kills cancer cells without harming the healthy tissue.

Besides reducing the risk of cancer, GREEN TEA is also known to aid in:

- **Preventing food poisoning** *catechin* kills bacteria Quick and Easy Ways to get Antioxidants from Green Tea Recipes that causes food poisoning and kills the toxins produced by those bacteria.

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- **Preventing the increase of cholesterol levels** *catechin* helps prevent the excessive buildup of cholesterol. Research indicates that green tea improves the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

- **Helping control high blood pressure** *catechin* suppresses production of *angiotensin II* which can lead to high blood pressure. Additionally, it inhibits the abnormal formation of blood clots, thrombosis, which often leads Quick and Easy Ways to get Antioxidants from Green Tea Recipes to stroke and heart attacks.

- **Preventing tooth decay** *catechin* helps kill the bacteria that causes dental plaque, and bad breath. Green tea contains natural fluorine, further preventing the development of cavities.

- **Lowering blood sugar** *catechin* is effective in lowering blood sugar

- **Slowing down the aging process** antioxidants, such as *catechin*, slow down the aging process. Green tea has a rich supply of vitamin E that also works like an antioxidant.

Why does GREEN TEA work better than other teas, such as oolong or black teas which all come from the same plant known as *Camellia sinensis*? The answer is in the processing of the teas. The oolong and black teas are made from fermented leaves, Quick and Easy Ways to get Antioxidants from Green Tea Recipes which changes the *EGCG* into other compounds that are not as effective in preventing diseases. The green tea leaves, however, are steamed, which keeps the *EGCG* from becoming oxidized, maintaining the powerful qualities of the antioxidant.

Quick and Easy Ways to get Antioxidants from Green Tea Recipes

In this day and age, we could use all the dietary help we can get. So, why not try to introduce more green tea into our every day diet? Hopefully, this recipe book will encourage you to try something new.

**NOTE:** Green tea does contain caffeine which some individuals may react to, as with any caffeine product, such as insomnia or increased agitation. However, when compared to 8 oz. of

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coffee, which has approximately 100 mg. of caffeine, a similar cup Quick and Easy Ways to get Antioxidants from Green Tea Recipes of green tea has between 30-60 mg. of caffeine.

Our Disclaimer:

This book contains recipes utilizing green tea for both good flavor and as a unique cuisine ingredient. However, we in no way claim that the consumption of green tea in any way will help prevent, cure or treat any diseases, ailments or maladies. Green tea contains caffeine.

## **APPETIZERS AND SIDE DISHES**

### **Green Tea Nachos**

½ tsp. garlic powder

2 Tbl. olive oil

3 Tbl. green tea powder (matcha)

3 Tbl. grated parmesan cheese

Nonstick cooking spray

Wonton pastry wrappers, about Quick and Easy Ways to get Antioxidants from Green Tea Recipes 25-30, sliced in half diagonally Quick and Easy Ways to get Antioxidants from Green Tea Recipes to make triangles

Prep Time: 10 min.

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Cooking Time: 10 Quick and Easy Ways to get Antioxidants from Green Tea Recipes min.

Preheat oven to 350 degrees F.

Spray a baking sheet with Quick and Easy Ways to get Antioxidants from Green Tea Recipes nonstick spray. Spread cut wrappers in a single layer on baking sheet. (You will need to do this in 2-3 batches.)

Mix together the green tea powder, garlic powder and olive oil. Brush over wrappers and sprinkle with cheese. Bake in oven until golden brown, about 7-8 min.

### **Honey Ginger Salad Dressing**

The first 2 ingredients are found mostly in Asian grocery stores, although some American stores with more extensive international sections may have these items, too.

2 tsp. fish sauce (popular in Thai and Vietnamese cuisine)

2 Tbl. rice vinegar (a more mild taste than white vinegar)

2 cloves garlic, minced

1 tsp. fresh ginger, minced

¼ cup brewed green tea

1 Tbl. honey

1 green onion, finely minced, only the green part

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Prep Time: 10 min.

Mix all the ingredients together. Cover and store in the refrigerator.

May also be Quick and Easy Ways to get Antioxidants from Green Tea Recipes Quick and Easy Ways to get Antioxidants from Green Tea Recipes used as a dipping sauce.

### **Cream Cheese Spread**

Makes a great spread for crackers and bagels, as well Quick and Easy Ways to get Antioxidants from Green Tea Recipes as a dip for chips and raw vegetables.

2 Tbl. fresh chives, minced fine

1 cup reduced-fat cream cheese

## **Quick And Easy Ways To Get Antioxidants Quick and Easy Ways to get Antioxidants from Green Tea Recipes From Green Tea Recipes**

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