

PREPARING GREEN TEA

Green tea is a great alternative to coffee and tastes great. The flavour and health benefits are numerous, and are maximized when it is prepared properly. In North America, green tea is often packaged in tea bags, and steeped in boiling water for several minutes. This extracts compounds called tannins, which create a bitter taste and can actually leach minerals from your body.

Prepared the way it should, green tea will provide you with a powerful supply of antioxidants (catechins), vitamin C (more in a cup of green tea than in an orange), cancer and heart disease-fighting compounds (polyphenols), cognitive support, increased fat metabolism, increased immunity (flavonoids), antibacterial properties (polyphenols), reduced anxiety (theanine).

1. Boil enough water in a kettle for quantity of green tea
2. Warm up teapot by pouring boiling water in from kettle
3. Warm up tea cups by pouring water in from teapot
4. Let water cool for a few minutes (water temperature for brewing should be 70-90°C depending on the variety of green tea, *not boiling*)
5. Add loose green tea to teapot (~1 tsp/8 oz water) and steep for 1 minute before serving
6. Serve tea, dispose of remaining tea from teapot and enjoy (the same tea leaves can be re-used up to three times)
7. **For those who are sensitive to caffeine or prefer decaffeinated green tea, dispose of the first steeping of tea, and re-steep with the same tea leaves. Most of the caffeine is extracted in the first steeping.** This is much more effective and healthier than buying “decaf green tea” from the stores. Decaf green tea may be prepared using a chemical extraction process, and can also greatly reduce the antioxidant benefits of the tea.

Get in the habit of having 3-4 cups of green tea every day. There have been several studies verifying the health benefits of regular green tea consumption.