**Matcha**

According to *Cambridge Dictionary*, *matcha* is “a type of green tea in the form of a powder that is dissolved in hot water or milk,” and this makes it sound boring when it in fact is an amazing beverage. Matcha is a type of green tea that can be made by getting young tea leaves grinded until it turns into a bright green powder. Unlike other kinds of tea, matcha is the only form of green tea which its whole leaves can be consumed. It is also known for its particularly strong and unique flavor. Therefore, it has been used in a variety of sweets such as different kinds of cake, cookies, or even brownies. Similarly, with its increase in popularity in recent years, we can generally see many adaptations of matcha in several different forms of modern western sweets like ice cream, latte, chocolate and so on. More importantly, matcha contains concentrated amount of antioxidants, which can reduce cell damage and prevent chronic diseases. Moreover, studies have shown that matcha could prevent liver damage and decrease the risk of liver disease. Altogether, the tea has many possible health benefits and packs with antioxidants. It is just simple but delicious with almost everything you make with it.