

MATCHA SOBA

Soba with
Matcha green tea

Non-GMO · Vegan · All Natural · No Preservatives, Additives or Artificial Colors

Two Traditions Meet -- The Perfect Marriage

For over 100 years, the Tanaka Family has been making dried noodles using traditional methods. And for about 100 years, Nanzanji Green Tea & Co has been making stone-ground Matcha, the finely ground green tea powder that is used in traditional Japanese Tea Ceremony. Now, the two become one in a perfect marriage of flavor and texture to create a most delightful soba noodle. Enjoy Matcha soba hot or cold anytime, in any season.

The Many Benefits of Matcha

Matcha soba pleasing appearance and subtle, fresh aroma are sure to stimulate one's appetite. And, the addition of Matcha greatly enhances the nutritional profile of the meal. Matcha is rich in EGCG (Epigallocatechin Gallate), a polyphenol catechin present in green tea leaves. The antioxidant effect of matcha is said to be 33 times more powerful than the antioxidant powerhouse blueberries.

Matcha also contains theanine, a "feel good" amino acid, is high in fiber, and registers zero on the Glycemic Index. A 200 gram serving of Matcha soba contains about 116 μ Vitamin K, as much as is found in 70 grams of broccoli.

APPLICATIONS

Noodle Bowl
Noodle Salad
Substitution for Pasta

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Suggested cooking time:
5-6 minutes



From  Japan

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