

GREEN TEA POWER

(Extracted from 'Show Daily' magazine at Food & Hotel Asia (FHA 2006) Singapore)

There are more ways to enjoy the anti-oxidant benefits of green tea than drinking the beverage. Taiwan's Ten Ren Tea Company suggests using its green tea powder as a food ingredient. Yoghurt pudding, sponge cake, Japanese rice balls and sea food soup can all be turned into green tea treats using the powder. Ten Ren goes even further, suggesting it can be mixed with tooth paste for healthier teeth or facial masks for smoother skin.

Premium green tea leaves are ground to produce the powder whose active ingredients are said to be vitamins A, B1, B2, C, D, and E, catechins and carotene. It is reputed to enhance metabolism and boost the immune system.

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