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# Cooking with Green Tea: Delicious dishes enhanced by the miraculous healing powers of green tea

*Ying Chang Compestine*

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**Cooking with Green Tea: Delicious dishes enhanced by the miraculous healing powers of green tea**
Ying Chang Compestine
Green tea contains the most effective antioxidant known, something more powerful than even vitamins C and E. The compound is known as polyphenol, and in **Cooking with Green Tea**, you'll learn how to put this potent protector to work in your cooking. Meet the different kinds of tea and learn why green tea is favored among the rest. Step-by-step guidelines describe how to brew and cook with tea. More than 50 creative, delicious recipes are included.

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