WHAT IS CLAIMED IS:

1. A granular composition comprising processed green tea having an insoluble dietary fiber content of 70% by weight or more; and a sugar alcohol,

wherein the processed green tea is green tea from which catechin, the water-soluble substances and the proteins are removed.

2. The granular composition of claim 1, wherein the content of insoluble dietary fibers included in the processed green tea is greater than or equal to 90% by weight.

3. The granular composition of claim 1, wherein the granular composition comprises 50 to 85% by weight of the processed green tea and 15 to 85% by weight of the sugar alcohol.

4. The granular composition of claim 1, wherein the sugar alcohol comprises one or more selected from the group consisting of xylitol, erythritol, isomalt, maltitol, sorbitol, mannitol, lactitol, and mannitol.

5. The granular composition of claim 1, wherein the granular composition has a particle size of 0.5 to 2 mm.

6. A method for preparing the granular composition of claim 1, the method comprising:

(a) sequentially extracting green tea with spirits and purified water to prepare processed green tea having an insoluble dietary fiber content of 70% by weight or more, wherein the processed green tea is green tea from which catechin, the water-soluble substances and the proteins are removed; and

(b) mixing the processed green tea and a sugar alcohol and then extrusion-molding the resulting mixture to form granules comprising the processed green tea and the sugar alcohol.

7. The method of claim 6, wherein the step (a) comprises the following steps (a1) to (a5):

(a1) primarily extracting the green tea with spirits and secondarily extracting the green tea with purified water;

(a2) extracting a green tea residue remaining after the primary and secondary extractions in the step (a1) with an alkali;

(a3) subjecting the alkali extract obtained in the step (a2) to solid-liquid separation to remove an alkali extract solution and adding an acid to the remaining solid alkali extract to neutralize the solid alkali extract; and

(a4) subjecting the acid extract neutralized in the step (a3) to solid-liquid separation to remove an acid extract solution and washing the remaining solid acid extract; and

(a5) drying and pulverizing the solid extract obtained after the step (a4) to prepare processed green tea.

8. The method of claim 6, wherein the step (b) comprises the following steps (b1) to (b3):

(b1) pulverizing the processed green tea and the sugar alcohol to form a powder raw material having a size of 80 meshes or less;

(b2) adding a binding solution to the powder raw material so that the binding solution is mixed with the powder raw material; and

(b3) subjecting the mixture obtained in the step (b2) to extrusion molding to form the granules.

9. The method of claim 8, wherein the binding solution comprises one or more selected from the group consisting of purified water, spirits, and hydrocolloids.