

Brewing Matcha

Ingredients

1/2 tsp Matcha powder
8 oz hot water

Directions

Heat water until just under a boil. Add a few drops of hot water to Matcha powder and mix into a paste with a small whisk or spoon. Add more hot water to paste mixture and stir. Adjust measurement to suit taste.



Ginger Matcha Smoothie Bowl

Recipe adapted from Lee From America

Ingredients

1 frozen banana
1/4 cup gluten free oats
1 cup spinach (or kale works great, too!)
1 tsp Organic Matcha
1 oz fresh ginger, peeled
1/4 cup almond milk or water

Topping Suggestions: figs, blueberries, clementines, hemp seeds, chia seeds, coconut flakes, almonds, goji berries, granola, pistachios

Directions

Begin by blending the almond milk, banana, oats and swiss chard together in a high speed blender such as a Vitamix, Blendtec, or a Ninja. You'll want the ratio of solid: liquid very high, which is the reason why this entire recipe only calls for 2 ounces of liquid.

Next, add Matcha and ginger.

Thirdly, add your toppings! I topped mine with figs, blueberries, and plenty of nuts and seeds.

Enjoy!



Cinnamon Spiced Chai Matcha

Serves 4

Ingredients

1/2 cup water
1/2 tsp cloves
1 cinnamon stick
1 tsp high-grade Matcha tea
1/8 tsp stevia or 1 tsp honey (optional)
3 to 4 ounces warm or steamed coconut or almond milk

Directions

Heat water in small pot until it just starts to boil. Turn water down to low, and add all ingredients except the Matcha and the milk. Allow to simmer for three to four minutes. Meanwhile, in another small pot, warm the milk on medium – *do not allow it to boil*. While your liquids are heating up, prepare two mugs, and add 1/2 tsp of Matcha tea to each cup.

Remove water from stovetop and strain it so just the water is available for the tea. Pour 3 ounces of the hot water over the Matcha tea powder in each cup and stir with a whisk or spoon.

Next, top each tea mug with warm milk, and stir well to make it frothy (or use a frother if you're serious about your chai tea!). You can add stevia or honey if you like your chai sweeter.

Serve warm and enjoy!

Variations

Variations include adding a 1/4 teaspoon of additional spices to the water or milk while heating. Choose one or several to add: vanilla; fresh ground pepper; turmeric; ground or fresh ginger; ground nutmeg.

