



Matcha Recipes



Pistachio Matcha Ice Cream Popsicles



Perfect healthy ice cream popsicles- these would be an ideal gourmet treat at the end of a meal to surprise your family with.

INGREDIENTS

- 2 teaspoons Zen Green Tea matcha powder
- 1/2 cup pistachios, shelled (85g shelled weight)
- 1/2 cup (85g) cashews
- 1/2 cup coconut milk
- 1 cup coconut flesh
- 2 teaspoons vanilla bean paste
- 1/4 cup maple syrup
- 3 tablespoons coconut oil melted
- 100g good quality dark chocolate or raw chocolate, melted (opt)

Makes 8 small ice creams

Gluten free; dairy free; sugar free; vegan; paleo; raw

PROCEDURE

1. Mix pistachios and cashews in food processor or high-powered blender and blitz to a fine crumb.
2. Add coconut milk, coconut flesh, vanilla, Zen Green Tea matcha powder and maple and blitz until smooth.
3. Keep blender running whilst pouring in melted coconut oil. This should create a beautiful creamy consistency in the blend.
4. Pour into ice cream moulds or ramekins and freeze 2-3 hours to set.
5. To serve, remove ice creams from moulds, place on a tray lined with baking paper and drizzle over molten chocolate.
6. Place back in the fridge to set for a minute or two and then serve.

Pistachio & Matcha Bliss Balls



This is a simple and absolutely gorgeous recipe which also makes for a delicious gift. The stunning green colour comes both from the pistachios and also the Zen Green Tea matcha powder.

INGREDIENTS

- 1 teaspoon Zen Green Tea matcha
- 1/2 cup raw cashew nuts
- 1/2 cup unsweetened desiccated coconut
- 2 x 20ml tablespoons almond meal
- 2 x 20ml tablespoons coconut flour
- 2 x 20ml tablespoons water
- 2 x 20ml tablespoons rice malt syrup
- 1 x 20ml tablespoon extra-virgin coconut oil, melted
- 1/4 cup shelled pistachio nuts, chopped

PROCEDURE

1. In a food processor, blend the cashew nuts, coconut, almond meal, coconut flour and Zen Green Tea matcha powder until you get the texture of fine crumbs.
2. Add the water, rice malt syrup and melted coconut oil and blend until everything is well combined. The mixture should be sticky enough to hold together, but not so sticky that you can't roll it into balls. If the mixture is too sticky, add a tiny bit more coconut flour. If it's too dry, add a touch more water.
3. Roll the mixture into balls and coat in the chopped pistachio nuts, pressing the nuts lightly into the balls to make them stay. Leave the balls in the fridge to set. Store in the fridge in an airtight container.

Strawberry, Oat and Matcha Muffin



This is one of my all time favourite matcha recipes by Thirsty for Tea. The muffins are deliciously moist.

INGREDIENTS

1 cup old-fashioned oats
2 1/4 cups all-purpose flour
2/3 cups sugar
1 Tbsp baking powder
2 Tbsp Zen Green Tea matcha, sifted
1/2 tsp salt
1 1/4 cup milk (I used unsweetened almond milk)
2 tsp vanilla extract
2 eggs, beaten
6 oz container of non-fat Greek yogurt
1/3 cup coconut oil, in liquid state
1 lb organic strawberries, diced into 1/4" pieces

Con'd..
Non-stick spray
sanding sugar, to finish (optional)

Equipment:
2 mixing bowls
mixing spoon
2- 12 cavity standard muffin tins
16 cupcake liners
ice cream scoop (optional)
toothpick
cooling rack

PROCEDURE

1. Preheat the oven to 200 degrees Celsius. Place 8 cupcake liners in each tin, then lightly spray a coating of non-stick spray on them.
2. In one mixing bowl, mix together all the dry ingredients. In another mixing bowl, mix together all the wet ingredients. Slowly mix the wet ingredients into the dry until just mixed through. Gently mix in the diced strawberries. Use a spoon or ice cream scoop to fill the liners until the batter is just shy of the top rim of the liner (pretty much to the top). Sprinkle the tops with sanding sugar for a crunchy muffin crust.
3. Bake the muffins at 200 degrees Celsius for the first 10 minutes, then lower the heat to 80 degrees Celsius for approximately another 12-15 minutes until the tops are very lightly golden and a toothpick comes out clean. When the muffins are cool enough to handle, transfer them to a cooling rack. If you serve the muffins immediately they may tend to stick to the liners. Wait until they cool completely and they should easily release.

Matcha & Banana Nice Cream



Beautiful, easy and healthy recipe written by our lovely customer and Instagram star @naturally.tess



INGREDIENTS

- 5 frozen bananas
- Coconut water
- 2 Dates
- 1 Tablespoon Zen Green Tea matcha powder
- Topped with Raspberries and Seed Sprinkle



PROCEDURE

1. Place all ingredients through your food processor
2. Serve in a pretty bowl
3. Decorate with the topping of your choice- Enjoy!!

Two Ingredient Nice Cream



Another beautiful and easy nice cream recipe

INGREDIENTS

2 large (or 3 small) bananas, peeled, cut into chunks, and then frozen in a freezer bag
1 tsp Zen Green Tea matcha powder

PROCEDURE

1. Place banana chunks into a food processor fitted with the S blade and turn machine on. Let the motor run until the bananas have a super creamy texture, just like soft serve ice cream. It might take a little time and the processor may make loud noises but it will work – don't worry :)
2. After the bananas become creamy, add Zen Green Tea matcha powder and blend. Serve immediately. Makes 2-3 servings. Leftover can be refrozen and then re-blended for a perfect texture. I love to serve topped with fresh summer berries!
You can make an amazing array of flavours too for example vanilla bean, orange peel and cacao:)

The matcha will give you an amazing energy kick and it's packed full of antioxidants

Matcha Granola Bars



These are hands down my favourite things to make using matcha!

INGREDIENTS

- 2 cups / 200g rolled oats, gluten-free if desired
- 1 cup / 135g Pepitas
- 1 ½ cups unsweetened puffed rice cereal (rice, millet, quinoa etc.)
- ½ cup dried fruit (raisins, dates, figs, prunes, goji berries), roughly chopped
- ¼ tsp. flaky sea salt
- 1 - 1 ½ Tbsp. Zen Green Tea matcha green tea powder (to your taste)
- 1/3 cup / 80ml brown rice syrup
- 3 Tbsp. / 45 ml maple syrup
- ½ cup / 125ml tahini
- 2 Tbsp. coconut oil
- 1 tsp. vanilla extract

PROCEDURE

1. Preheat oven to 325°F/160°C. Combine oats and pepitas on a baking sheet and bake for 10-15 minutes, stirring once or twice, until the oats are golden and have a nutty aroma.
2. In a small saucepan combine the brown rice syrup, maple syrup, tahini, coconut oil, vanilla. Whisk to combine. Do not overheat.
3. In a large bowl, combine the cooled oats and pumpkin seeds with the chopped dried fruit, rice puffs, salt, and matcha. Pour the wet ingredients over the dry ingredients and stir quickly to mix.
4. Pour the mix into a brownie pan lined with plastic wrap or baking paper. Press the mixture firmly, especially into the corners. Place in the fridge for a couple hours to firm up, then remove from fridge and slice into bars. Keep leftovers in the fridge for up to two weeks.

Note: As you can see we wrapped ours up in some parchment paper and brown twine- perfect for a special occasion or to give as a gift

Easy Matcha Latte



There are lots of different ways to make a matcha latte depending on what equipment you have- I've written a guide below which is perfect for those with or without equipment.

INGREDIENTS

½ a teaspoon of Zen Green Tea matcha (1 teaspoon if you like a strong matcha taste)
1 cup of milk (dairy, almond, soy are all great)

Optional: Honey

PROCEDURE

1. Dissolve the matcha powder with a splash of hot water to form a syrup (you could use a bamboo whisk if you have one or a teaspoon)
2. Froth hot milk: You can use a milk frother or heat in a saucepan and add the milk to a blender with the syrup to create the frothy effect.

Hint: You can Serve with a hint of honey or a sprinkle of matcha on top. Enjoy!!!

Matcha Smoothie Bowl



This is a beautiful, antioxidant packed breakfast or snack idea!

INGREDIENTS

- 2 bananas
- 1/2 cup almond milk
- 1/2 cup water
- 1/4 avocado
- 1 teaspoon Zen Green Tea matcha
- Drizzle of honey

PROCEDURE

1. Blend your ingredients together
2. Pour into a pretty bowl
3. Decorate with your fave fruits: We love using what's in season so for summers its all about mango, pomegranate, berries and Winter is melons, strawberries and toasted nuts

Matcha Energy Drink



Matcha is a natural energy booster!

The scope and scale of “energy” drinks on the market today never cease to amaze me. They’re everywhere, in local markets, gas station minimarts, supermarket chains, department stores, even in vending machines.

Why do people buy these things? They contain so many controversial ingredients – taurine, theophylline, theobromine – and are known to interfere with sleep, and are associated with all kinds of health problems. Red Bull, Monster, and Rock Star: the marketing is mind-boggling.

I suspect it’s really the caffeine blast in them that makes them “work”. Then again all the added sugar in them is always good for a quick-but detrimental-energy boost.

For a real energy drink on the go, just fill a water bottle most of the way with icy cold filtered water, add a teaspoon or so of Zen Green Tea matcha, and shake it vigorously. Voila! You can also do it in a blender with ice (my preferred method). You can then keep it in your purse/bag, take it in the car with you, or take it on your bike ride or to the gym. I keep a small supply of them in the fridge. Just be sure to shake up well before sipping (matcha never fully dissolves; it will eventually settle at the bottom of the bottle). It keeps its vibrancy, flavour, and colour for a few days. Adding a splash of lemon juice/yuzu juice can be nice, too.

The killer combo of l-theanine and small amounts (25mg) of caffeine found in matcha will give you more energy than you know what to do with. You’ll never go back to purchasing fake industrial drinks.

Matcha Yogurt Smoothie



There are a million smoothie recipes that are perfect with matcha added or as the star ingredient!



INGREDIENTS

Half a cup of yogurt
Two tablespoons of honey or sugar
Half a cup of ice cubes
A teaspoon of Zen Green Tea matcha



PROCEDURE

Just put all the ingredients in the blender and mix them together. And... that's it! Enjoy your delicious simple matcha smoothie.

Matcha Fruit Smoothie



There are a million smoothie recipes that are perfect with matcha added or as the star ingredient!



INGREDIENTS

A quarter of a cup of berries (raspberries, blueberries or blackberries)
Half a cup of yogurt
Half a cup of ice cubes
A teaspoon of Zen Green Tea matcha



PROCEDURE

Blend ingredients together in an electric blender and then pour the mixture into a tall glass. It is preferably to drink it immediately after preparation. You can add kiwis, bananas, mangos and flavours of mint or ginger, it is all up to you and your own preferences.

Banana Matcha Smoothie



There are a million smoothie recipes that are perfect with matcha added or as the star ingredient!



INGREDIENTS

One peeled, frozen banana, preferably an over-ripe banana
Half of cup of milk
Half of teaspoon of Zen Green Tea matcha
If you choose to, you can also add vanilla extract and sweeteners to taste



PROCEDURE

Mix all the above ingredients in the blender and blend until the mixture becomes smooth. You can also stir if necessary.

Honey Matcha Smoothie



There are a million smoothie recipes that are perfect with matcha added or as the star ingredient!

INGREDIENTS

- A teaspoon of Zen Green Tea matcha
- Two teaspoons of hot water
- One cup of milk
- A ripe banana
- A tablespoon of honey
- 4 ice cubs
- One peeled, frozen banana, preferably an over-ripe banana
- Half of cup of milk
- Half of teaspoon of Zen Green Tea matcha
- If you choose to, you can also add vanilla extract and sweeteners to taste

PROCEDURE

Start by dissolving the matcha powder in hot water. Then combine all the ingredients in the blender and blend until the mixture is smooth.

Matcha and Raspberry Friands



This is a Japanese inspired version of one of my favourite tea cakes. I love how the cake is moist and flavourful. You need quite a bit of matcha powder for the flavour and the colour to come through. Raspberries go well with the matcha - it's like the unexpected kick in acidity.



INGREDIENTS

95g unsalted butter, cubed
135g egg whites
150g granulated sugar
100g almond meal
60g flour
12g Zen Green Tea matcha
pinch of salt
Optional: Fresh/frozen raspberries



PROCEDURE

1. Grease your muffin tins thoroughly with butter and dust flour sparingly over it.
2. Heat the butter in a pan over low-medium fire and allow it to cook until it is golden brown in colour. Turn off the fire and take it off the heat once it is golden brown, otherwise, it will go from golden brown to black very quickly. Allow to cool to room temperature while you prepare the rest of the ingredients.
3. In a bowl, place sugar, flour and ground almond, matcha powder and salt together. Whisk the dry ingredients a little. Add in the (cooled) butter (including the brown sediments) and whisk to combine.
4. Add in the egg whites slowly while whisking till incorporated. You do not need to create too much volume in the egg whites. I do all this by hand as you just need the batter to come together.
5. Spoon the friands batter into the greased muffin moulds. Place a raspberry into the centre of the friand. Bake in a 190 degrees preheated oven for about 15 minutes, or until it springs back to touch.
6. Allow it to cool slightly in the muffin tins before unmoulding. Cool them completely on wire racks before serving.

Matcha Truffles



These little gems take only a few minutes of prep time, some cooling down time in the fridge, then a few more minutes to shape the chocolate into balls. Wrapped up in a pretty box, they make beautiful gifts for friends. Makes about 50 truffles.



INGREDIENTS

225 grams of heavy cream
¼ cup maple syrup
2 tablespoons brown sugar
1 tablespoon Zen Green Tea Matcha, plus another tablespoon for dusting
340 grams bittersweet chocolate, chopped finely
Pinch of Matcha Salt or kosher salt



PROCEDURE

1. Bring cream to a simmer in a small saucepan over gentle heat, add the maple syrup and brown sugar, and stir until dissolved, about 2 minutes. Add 1 tablespoon of matcha, stir until dissolved, and set aside.
2. Place the chocolate in a large mixing bowl and pour in the cream mixture. Mix thoroughly, and pour into a baking sheet lined with parchment paper. Smooth it out with a rubber spatula. Cool in the refrigerator for about an hour.
3. Using a spoon, scoop out a heaping teaspoon, and make a ball using the palms of your hands. Repeat until all the chocolate is used –you should wind up with about 50 truffles. Line them up on a tray or plate, and dust them with the additional matcha, using a fine sieve. Top with a very light sprinkling of matcha.

Matcha Chocolate with Macadamia Nuts and Goji Berries



Simply gorgeous! Such a vibrant colour and a tasty treat

INGREDIENTS

- 10g cacao butter
- 3 TBSP solid coconut oil
- 2 tsp matcha powder
- 1 tsp raw cacao powder
- 2.5 TBSP liquid sweetener (raw honey, pure agave, maple syrup)
- pinch of vanilla extract
- pinch sea salt
- 1 tsp lemon zest
- Toppings of choice. I went for macadamia nuts, pepitas and goji berries.

PROCEDURE

1. Line a pan with baking paper.
2. Add cacao butter to a bowl and place the bowl on top of a small pot of boiling water.
3. Melt the cacao butter and add the coconut oil.
4. Allow to melt and stir using a wooden or silicone spatula.
5. Add matcha and cacao powders and stir.
6. Add vanilla, sea salt and sweetener of choice and stir until everything is combined.
7. Remove bowl from heat and continue to stir slowly until the chocolate begins to slightly set.
8. Add lemon zest and continue to stir to distribute it evenly.
9. Pour the chocolate in the prepared pan and add your toppings.
10. Place in fridge and allow it to fully set.