MATCHA TEA
The Ultimate Matcha Tea Recipe Book

Teaologists.co.uk
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Written by

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Foreword

This recipe book is dedicated to all those who love drinking, mixing, blending, baking and cooking Matcha Green Tea. There’s a mix of sweet and savoury dishes here, chosen carefully to appeal to many kinds of taste, preference and palate.

If you like to cook and experiment with different recipes, then you should love the opportunities that Matcha powder provides to create unique and beautiful looking (and tasting) dishes, drinks, condiments and bakes.

Introduction

Matcha Green Tea powder makes a stunning superfood drink that detoxes and energises the body whilst focusing the mind. Consumed in Japan and China for nearly 900 years, Matcha is a vibrant and beautiful green colour. The bright, vivid hue is perfect to cook and bake eye catching deserts and dishes with and this recipe book provides my all-time favourites. Matcha is a premium tea with a premium price tag, but quality Culinary Grade Matcha such as Teaologists Organic Matcha for Baking has the perfect flavour and colour at a most reasonable price.

Matcha tea provides a healthy dose of antioxidants and cancer-fighting power. The Catechins in Matcha are recognised to have many beneficial health properties and can help to support weight-loss and anti-aging goals.

The dedicated team at Teaologists regularly posts new exciting recipes at www.matchatearecipes.co.uk.

It is always an honour to see new and existing customers at www.teaologists.co.uk and if you would like to cook with Teaologists Matcha, then you can procure our Organic Culinary Grade Matcha Green Tea Powder for Baking at www.matchaforbaking.com.

We hope that you enjoy these recipes. We would love to see your bakes, dishes, drinks or whatever else you make with Matcha tea. You can share them with us at
www.twitter.com/teaologists, www.facebook.com/teaologists or on Instagram by tagging @teaologistsuk.

Feedback always appreciated at social@teaologists.co.uk
Part 1: Baking and Deserts

1. **Matcha Melt Chocolate**

Matcha and chocolate were made to go together. Both are antioxidant rich and the cocoa bean and the green tea leaf are as complimentary in taste as they are in vibrant looks.

In Japan, you will find several varieties of green tea chocolate in stores, including green tea Pocky’s, Melty Kiss, Kit Kat and the popular ROYCE’ Chocolate. The West is playing catch up, so here’s a melt-in-the-mouth Matcha Chocolate recipe to make at home.

Slightly sweet and very rich, Matcha Melt Chocolate is a luxurious truffle-like green tea chocolate that you will enjoy making as much as you will eating.

- **Preparation time: 25 Minutes**
- **Cook time: 5 Minutes**
- **Total time: 30 Minutes**
- **Serves: 36 Pieces**

**Ingredients:**

- 400 g (14 oz.) white chocolate
- 125 ml (1/2 cup) heavy whipping cream
- 25 g (2 Tbsp.) unsalted butter
- 2 tablespoons of Matcha tea powder plus 2 teaspoons of Matcha tea powder for sprinkling
- 8” x 8” (20 x 20 cm) baking dish lined with parchment paper
Instructions:

1. Cut the white chocolate into small pieces. So that it melts quickly
2. Chop the butter into small pieces
3. Add the heavy whipping cream into a small saucepan and bring it almost to boil over a medium heat. As soon as you see bubbles remove from the heat
4. Immediately add the white chocolate and butter. Using a rubber spatula, mix all the ingredients together
5. The mixture will start to solidify, so melt the chocolate and butter while the cream is still warm
6. Once the mixture is smooth, sift and add 2 tablespoons of Matcha tea powder into the mixture
7. Mix and combine together until the vibrant green colour is consistent
8. Line the 8” x 8” baking dish with parchment paper and then pour the green tea chocolate mixture into a baking dish
9. Tap the baking dish a few times on the kitchen countertop to remove any air bubbles. Flatten the surface with the rubber spatula if necessary. Refrigerate for 4-5 hours
10. Lift the parchment paper to remove the Matcha green tea chocolate from the baking dish. Run the sharp knife under hot water to warm up the knife and wipe it dry completely
11. Slice the chocolate block into 4 blocks and then cut each block into 9 small pieces
12. Dust 2 teaspoons of Matcha tea powder on top of the chocolate. Store the chocolate in the refrigerator until serving. Serve chilled

2. Matcha and White Chocolate Truffles

These Matcha and White Chocolate Truffles are surprisingly easy to make. They a fast to prepare, but don’t let this fool you into thinking that they don’t taste amazing. Which they do.

Be warned, you might even 5 before you even realise what’s happening.

Here’s a tip; the longer you keep the truffles in the fridge, the more the Matcha flavour comes through. So it’s worth experimenting with each batch to see what the ideal storage time is for you is.
- Preparation time: 5 Minutes
- Cook time: 2 Minutes
- Total time: 7 Minutes
- Serves: 20-25 Truffles

Ingredients:
- 150 g high quality white chocolate
- 100 ml liquid cream "medium/coffee cream" (at least 25% fat)
- 2 heaped teaspoons of Matcha tea powder
- 2 tablespoons of cocoa
- 2 tablespoons of ground almonds
- 2 tablespoons of desiccated coconut

Instructions:
1. Break the chocolate into small pieces. Put into a small pan with Matcha and cream
2. Let the chocolate melt on a very low heat, constantly stirring
3. Pour into a food processor and mix until very smooth
4. Transfer the mixture into a container, close tightly with a lid and refrigerate until the ganache has thickened (at least 3 hours or it can also stay in the fridge overnight or even for several days)
5. Prepare small, deep bowls with the coatings you have chosen
6. Run your hands under cold water every five or six truffles and clean them quickly with a paper towel. Your hands shouldn't be too warm, otherwise the ganache melts and truffles are impossible to form
7. Dust the inside of your hands with the chosen coating, quickly form a truffle, but using only the fingers (the palm of your hand is always much warmer), put it into a bowl with coating and, moving the bowl, coat the truffle thoroughly.
8. Repeat until you want to switch to another coating
9. Place the truffles on a plate or in paper cases and refrigerate a couple of hours before serving or before offering them
10. The truffles should always be kept in the fridge (it can be the warmest part, but the fridge is obligatory)

3. Almond Matcha Shortbread

- Preparation time: 15 Minutes
- Cook time: 12 Minutes
- Total time: 27 Minutes
- Serves: 20 Cookies
Ingredients:

- 30 g (1 oz.) of powdered almonds
- 2 teaspoons of Matcha tea powder
- 100 g (3.5 oz.) of flour
- 1 teaspoon of salt
- 1 egg yolk
- 30 g (1 oz.) of powdered sugar
- 35 g (1.2 oz.) of room temperature unsalted butter
- 2 tablespoons of demerara sugar

Method

1. Beat the butter and powdered sugar until they become fluffy, soft and lighter in colour
2. Add in the egg yolk and mix well until there’s no residue of the egg
3. In a medium-sized mixing bowl, sift the flour, almond meal, salt and Matcha. Make sure there are no lumps
4. Make dough of the flour mixture and form cohesive balls out of it
5. Throw the dough onto a sheet of plastic wrap, and form a log out of it with a diameter of 2 inches (approx.)
6. Wrap the log firmly with plastic wrap. Freeze it until it becomes firm
7. Preheat the oven to 175°C / 350°F
8. Using parchment paper, line a cookie sheet.
9. Sprinkle the demerara sugar onto your kitchen surface, unwrap the log and roll it in the sugar. Make sure that the sugar sticks to the log.
10. Cut ¼ inch slices of the log with a very sharp knife. Arrange the slices onto the baking sheet.
11. Bake for 9 minutes (approx.) or until you’ve seen the bottoms of the cookies starting to turn brown.
12. Shift the cookies onto a cooling rack.
4. Matcha Swiss Roll

- Preparation time: 35 Minutes
- Cook time: 8 Minutes
- Total time: 43 Minutes
- Serves: 4 Persons

Ingredients:

- 3 Egg whites
- 3 Egg yolks
- 2 tablespoons of melted butter
- 2 tablespoons of Matcha green tea powder
- ¼ cup of fine sugar
- half a cup of cake flour
1 tablespoon of sugar
half a cup of whipped cream
Canned red bean filling

Method

1. Make the filling by whipping the cream with sugar until it becomes thick.
2. Refrigerate it for a while.
3. Preheat the oven to 230°C / 440°F
4. Take a rectangle pan of 10” x 12” dimensions.
5. Line and grease it.
6. Add half of the sugar to the egg yolks and beat until it turns pale and thick.
7. Take another bowl for mixing the egg whites with the remaining sugar. Beat until stiff.
8. Now, fold the flour mixture with melted butter into a batter.
9. Pour it into the pan and bake for about 10 minutes.
10. Remove the cake from the oven and let it cool for another 10 minutes.
11. Now, it’s time to assemble the cake. Lay a sheet of parchment paper and place the cake onto it. Spread a layer of cream evenly on the cake and top it with red beans. Begin rolling the cake up from the long end and when you’ve firmly rolled it, wrap it up with the parchment and keep it in the fridge for an hour or two.

5. Green Tea and Banana Loaf Cake

Would you believe it, the green tea and banana flavours combine really nicely to create a unique and delicious loaf.

- Preparation time: 15 Minutes
- Cook time: 25-30 Minutes
• Total time: 40-45 Minutes
• Serves: 1 Loaf, that serves 4-8 Persons

Ingredients

• 1-2 teaspoons of Matcha Green Tea
• 60 ml of milk
• 125 g (4.4 oz.) of butter
• 150 g of caster sugar
• 190 g of self-raising flour
• 1 beaten egg
• 2 (mashed) very ripe bananas
• Pod of vanilla (optional ingredient)

Method

1. Melt the butter, vanilla and sugar over medium heat in a saucepan
2. When you are done, remove the saucepan from the heat and add the bananas
3. Then combine the banana well with the melted mixture, add the beaten egg and mix again
4. Now, add the Matcha, milk and flour
5. Pour the mixture into a cake tin and bake for about half an hour at 170°C
6. Let it cool
6. Matcha White Chocolate Gateau

- Preparation time: 15 Minutes
- Cook time: 40 Minutes
- Total time: 55 Minutes
- Serves: 1 Cake serves 4-8 persons

Ingredients

- 3 medium egg yolks
- 90g of white chocolate
- 40 g of cake flour
- 7 g of Matcha
- 80 g of butter
- 35 g of sugar
• 20 g of cornflour
• 3 medium egg white

Method

1. In the microwave, melt the butter and white chocolate
2. Then sift the cake flour, cornflour and Matcha tea together
3. Mix the egg whites and sugar to make a moist as well as slick meringue.
4. Preheat the oven to 160°C / 320°F
5. Now whisk the egg yolks and sugar
6. Add the chocolate butter mix and flour Matcha mix to it, followed by the meringue
7. Add only one third of the meringue at a time and then fold every time you add it
8. Now, pour the batter into the pan and bake it for about 50 minutes
9. Remove the gateau from the oven and dust with powdered sugar for garnishing

7. Matcha Superfood Cupcakes with Matcha Green Tea Icing

Make teatime super, with these Matcha Super-food cupcakes. Perfect for self-indulgence or for sharing with the family.

Ingredients

For the cupcakes:

• 1 tablespoon of Matcha green tea
• 1 1/4 cups of all-purpose flour
• 2 eggs
• ¾ cup of Greek yoghurt
• half a teaspoon of baking powder
• half a cup of sugar
• half a teaspoon of vanilla extract
• ¼ teaspoon of baking soda
• half a cup (at room temperature) of unsalted butter
• Pinch of salt

For the icing:

• 2 to 3 tablespoons of Greek yoghurt
• 1 cup of powdered sugar
• 1 slab of softened cream cheese
• 2 teaspoons of Matcha green tea

Method

1. Preheat the oven to 175°C / 350°F
2. Line a cupcake tin with a dozen muffin liners
3. Now, take a medium bowl and mix Matcha, baking soda, flour, and salt. Set the mixture aside
4. In another bowl (preferably large), beat the eggs with sugar until it becomes a creamy blend
5. Now add butter and vanilla extract to it and keep blending for a couple more minutes
6. Add the Greek yoghurt and blend again for a few minutes
7. Slowly, add the dry ingredients and mix well until it becomes homogeneous.
8. Fill each of the muffin liners with 3/4th batter
9. Then bake for about 20 minutes
10. Try inserting a toothpick into the cupcakes to see if it comes out clean. If it doesn’t, bake for some more time
11. Let the cupcakes cool before icing
12. Now make the icing by beating all the ingredients of icing together until it becomes light and fluffy
13. Garnish the cupcakes with icing

8. Matcha Cheesecake Bars

The lemon juice, whilst optional in this recipe, adds a sunny high-note that balances the earthy flavour of the Matcha. These Matcha cheesecakes bar are fun to make, delightful to look at, and yummy to eat.
• **Preparation time:** 25 Minutes  
• **Cook time:** 0 Minutes (but needs 3 hours in the fridge to set)  
• **Total time:** 25 Minutes  
• **Serves:** 14-16 Bars

**Ingredients**

- 60 grams of butter  
- 90 grams of sugar  
- 2 tablespoons of cornflour  
- 100 ml of heavy cream  
- 2 tablespoons and 1 teaspoon (separately) of **Matcha**  
- 100 grams of digestive biscuits  
- 100 ml of plain yoghurt  
- 200 grams (at room temperature) of cream cheese  
- 2 (at room temperature) eggs  
- Fresh lemon juice (optional ingredient)

**Method**

1. In a colander, lay a cheese cloth (you can also use a coffee filter if you want) and pour the yoghurt into it  
2. Let the yoghurt drain for 6 hours (approx.)  
3. Preheat the oven to **170°C** or **340°F**  
4. Lay parchment paper in a **7” x 8”** square-shaped pan  
5. Then crush the digestive biscuits into a mixing bowl  
6. Add melted butter and combine the two  
7. Put the blend into the square pan and press with your hand
8. In a food processor, put the cream cheese, drained yoghurt, heavy cream and sugar and mix
9. Now, add the eggs one by one
10. Add the Matcha blend and cornflour
11. Now strain the blend through a strainer and pour the blend into the pan
12. Immerse it in water and let it bake there for about half an hour
13. Let it sit in room temperature until it cools down and keep it in the fridge for at least 3 hours
14. Cut the cheesecake into 14-16 bars and cover the bars with wax paper
15. Twist both ends of the wax paper
16. Matcha cheesecake bars are now ready to be enjoyed

9. Matcha Sprinkles

Matcha sprinkles have a strong, deep green flavour, so make sure you match them up as a topping on the right desert. Our recommendation is vanilla shake, chocolate cake, or pretty much any cupcake!

- Preparation time: 10 Minutes
- Cook time: 0 Minutes (Need to dry out overnight though)
- Total time: 10 Minutes
- Serves: 1 pint-sized jar of sprinkles

Ingredients
• 1 Egg white
• 1 teaspoon of Matcha powder
• 2½ teaspoons of water
• half a teaspoon of salt
• 2 cups (sifted) of powdered sugar

Method

1. Combine all the ingredients well
2. Lay a sheet of parchment paper
3. Pipe the ingredients into long lines onto the paper. Not all of them will be perfect. But that’s OK
4. Let them cool overnight
5. The next morning, break them up into sprinkle-sized pieces, which you can do using a knife or even your hands
6. Enjoy your Matcha Sprinkles!

10. Matcha Chia Seed Pudding

These puds are so easy to make and look stunning with the chia seeds and frothy Matcha. Here’s a serving tip, top with a dusting of Matcha powder, a drizzle of maple syrup and some crushed roasted hazelnuts.

• Preparation time: 15 Minutes
• Cook time: 0 Minutes (one hour in the fridge to set)
• Total time: 15 Minutes
**Serves: 1-2 Persons**

**Ingredients**

- half a cup of chia seeds
- half a teaspoon of **Matcha green tea powder**
- 1-2 tablespoons of honey or maple syrup
- 2 cups (unsweetened) of almond milk
- Some seasonal fruits for topping

**Method**

1. Whisk the milk and chia seeds in a large bowl
2. Take another bowl and stir the **Matcha** in it along with the sweetener. Keep stirring until there are no lumps in the mix
3. Now, add this to the chia seed mix and stir well to make sure it combines well
4. Cover the bowl and let it sit in the fridge overnight
5. When you remove it, thin it out by adding more milk or water to taste
6. Garnish it with seasonal fruit toppings

**11. No Churn Matcha Ice Cream with Matcha Cookies**

A creamy, no churn ice cream, pairing Matcha green tea with crushed Oreos. What a combination!
• Preparation time: 20 Minutes  
• Cook time: 20 Minutes  
• Total time: 0 Minutes (Need to freeze overnight)  
• Serves: 5-6 portions

Ingredients

• 3-4 tablespoons (depending on how much bitterness in taste you prefer) of Matcha green tea powder  
• 1 can (sweetened) of full fat condensed milk  
• 2 cups (cold) of heavy cream  
• 8 crushed Oreo cookies

Method

1. Add the heavy cream to a stand mixer and start whipping it until stiff peaks rise  
2. Pour the condensed milk, followed by Matcha in a large mixing bowl and mix well until there’s no powder lumps  
3. Use a spatula to fold in whipped cream gingerly and uniformly  
4. Fold the Oreos in, keep only a little bit aside  
5. In a loaf pan of 9 x 5 dimensions, pour the ice cream and even out the surface using a spatula  
6. Sprinkle the remaining crushed Oreos and over it and refrigerate it overnight

12. Gluten-Free Matcha Crepes

This recipe can be pared with pretty much all of my favourite things: a white chocolate filling, blueberries, raspberries, strawberries. The list goes on. And it’s a perfect breakfast if you are hosting gluten free guests.
• Preparation time: 5 Minutes
• Cook time: 10 Minutes
• Total time: 15 Minutes
• Serves: 4-6 Persons

Ingredients

• half a teaspoon of vanilla extract
• 1 ½ tablespoon of sugar
• 2 (medium) Eggs
• 1 cup+1 tablespoon of milk
• 1 ¼ cup of gluten-free flour blend
• 1 ½ teaspoon of Matcha
• 2 tablespoons of butter (melted)

Method

1. Put all the ingredients into a blender. Blend until smooth
2. Set it aside. Put a small non-stick skillet over low-heat and pour sufficient batter on it so that the bottom is coated
3. Twirl the batter so that the batter smooths out evenly throughout the skillet
4. Cook for about 2 minutes or until the top of the crepes start to dry and the edges start to turn brown
5. Flip the crepe gently (and flip it fast) and let it cook for one more minute
6. Then serve onto a plate and lay sheets of wax paper between each crepe to keep them fresh. Based on the size of your skillet, make sure that there are around a dozen crepes
7. Serve the crepes hot with strawberry sauce, blueberries and white chocolate filling

Part 2: Drinks
13. Hot Cinnamon Buttered Matcha

We love this recipe from @mylifecookbook. Denise thought about the flavours of a buttery piece of cinnamon toast and decided to try these out in a hot Matcha mix. It's a very simple recipe, and the simplest things are often the best.

We’ve used hot water in this recipe, however you may enjoy using hot almond or coconut milk the next time that you make it.

- **Preparation time:** 2 Minutes
- **Cook time:** 1 Minutes
- **Total time:** 3 Minutes
- **Serves:** 1 cup of hot cinnamon buttered Matcha

**Ingredients:**
- 230 ml (8 oz.) boiling water
- 2 teaspoons of unsalted butter
- ½ teaspoon of Matcha tea powder
- ½ teaspoon of cinnamon
- 2 teaspoons of coconut sugar or sweetener

**Instructions:**
1. Add the ingredients into the blender
2. Blend on a high speed for 30 seconds to a minute until frothy
3. Pour into a mug
14. Matcha Martini

- Preparation time: 4 Minutes
- Cook time: 0 Minutes
- Total time: 4 Minutes
- Serves: 1 Person

Ingredients

- Half a teaspoon of Matcha green tea
- 2 jiggers of vodka (44ml aka. a shot!)
- Half a jigger of Grand Marnier (22ml aka. half a shot!)

Method

1. Add ice in a shaker and blend all the ingredients well
2. Quickly shake it once more for it to chill, then pour into a martini glass and enjoy!
15. Iced Matcha Arnold Palmer

- Preparation time: 3 Minutes
- Cook time: 0 Minutes
- Total time: 3 Minutes
- Serves: 1 Person

Ingredients

- 1 heaping scoop of Matcha green tea
- ¾ cup of water
- half a cup of lemonade

Method

1. In a cocktail shaker, add all these and a handful of ice
2. Shake well and serve on the rocks

16. Vegan Matcha Ice Cream Milkshake

A bit naughty, but at least it is vegan! This ice cream Matcha milkshake is exclusively for summer, so another thing to look forward to when the sun comes out.
Preparation time: 5 Minutes  
Cook time: 0 Minutes  
Total time: 5 Minutes  
Serves: 1-2 Persons

Ingredients

- 1 cup of vanilla ice cream
- 1 tablespoon of Matcha green tea powder
- half a cup of milk

Method

1. Strain your Matcha powder into a bowl or chawan
2. Whisk your almond milk and Matcha together
3. Pour your "Matcha milk" into a jar, add the ice cream.
4. Shake. Let it soften a little and then stir
17. Sparkling Matcha Mint Cocktail

- Preparation time: 7 Minutes
- Cook time: 0 Minutes
- Total time: 7 Minutes
- Serves: 1-2 Persons

Ingredients

- 1 teaspoon of Matcha
- About 8 fresh sprigs of mint
- 2 tablespoons of lime juice
- 2 tablespoons of cane sugar
- 1 bottle of dry sparkling wine or white champagne
- Ice

Method

1. In a blender, grind the mint and sugar
2. Then add the Matcha, lime juice and grind once again
3. Pour the blend into a pitcher, and gently pour the champagne or sparkling wine over it. Stir to combine it with the blend
4. Serve on the rocks

18. Orange Matcha Sherbet

If you’re looking for something different than ice cream after dinner, then this recipe offers a sherbet-like sensation with Matcha. A powerful blender and plenty of ice will create a texture that is similar to ice cream.
• Preparation time: 5 Minutes  
• Cook time: 2 Minutes in the blender  
• Total time: 7 Minutes  
• Serves: 1 Person

Ingredients
- half a cup of freshly squeezed orange juice
- 1 tablespoon of honey, maple syrup or sugar
- 1 teaspoon of Matcha powder
- half a cup of almond milk or rice milk

Method
1. Put some ice in a large blender  
2. Add in the Matcha, followed by the juice, milk and sweetener  
3. Blend well and serve

Part 3: Breakfasts, Condiments and Sides

19. Matcha Mint Breakfast Bowl

Vegan, healthy, tasty. How many reasons do you need to make this Matcha mint breakfast bowl? There’s some variations on offer here, you can add kale leaves for a stronger flavour or spinach or chard for a milder alternative. If you’re an avocado fan, be sure to chop one up and add it as well.
• Preparation time: 10 Minutes
• Cook time: 0 Minutes
• Total time: 10 Minutes
• Serves: 3-5 Persons

Ingredients

• 1/3rd cup soaked and drained raw cashews
• 2 or 3 frozen bananas
• 2 tablespoons of Matcha
• one and a half teaspoons of vanilla extract or powder
• three and a half cups (unsweetened) of almond milk
• 3 cups of loose-packed greens
• a few sprigs of mint leaves
• 1 tablespoon of cacao nibs

Method

1. Put all these ingredients in a blender
2. Leave the cacao nibs out
3. Keep blending until it becomes absolutely smooth.

Then you can drink it right from the blender. If you want, you can also pour it in a small bowl and use a topping of your choice

4. Remember, it needs to be served cold
20. Matcha Granola with Blueberries

The deep flavour of Matcha is wonderfully balanced by the nuttiness of the roasted almonds and walnuts in this granola recipe. Add in the sweetness of the brown sugar and real maple syrup and you’ve got a delicious and hearty breakfast.

- **Preparation time:** 15 Minutes
- **Cook time:** 60 Minutes
- **Total time:** 75 Minutes
- **Serves:** 8

**Ingredients**

- 2½ teaspoon of [Matcha powder](#)
- 3 cups of rolled oats
- 1 cup of dried blueberries
- ¼ cup of brown sugar
- 2 teaspoons of vanilla extract
- 2 cups of a mix of almonds and/or walnuts
- 1 tablespoon + 1/4 cup of maple syrup
- A large pinch of salt
- 2 tablespoons (melted) of coconut oil
Method

1. Preheat the oven to 120°C / 250°F
2. Mix the brown sugar with oats and nuts in a large bowl
3. Now mix the vanilla and salt with maple syrup and coconut oil in another bowl
4. Pour the oat mixture onto it and toss. Make sure that the mixture is coated in oil
5. Now take two baking sheets and spread the mixture onto them
6. Bake for 1 hour and stir it every 15 minutes
7. Remove it from the oven and transfer it into a large bowl
8. Let it cool for a couple of minutes and then sprinkle a pinch of Matcha powder over it. Toss to make sure that the Matcha combines with the granola
9. Now add the blueberries and toss again to make sure they combine

You can keep this preparation in an airtight container for a few weeks.

21. Frozen Matcha Yogurt

Matcha frozen yogurt has an alluring taste and a blissful smell. It’s striking and tastes much smoother than Matcha ice cream. And it’s much healthier than ice cream.

- Preparation time: 20 Minutes
- Cook time: 0 Minutes (Freeze for one hour)
- Total time: 20 Minutes
- Serves: 2 Persons

Ingredients

- 1 teaspoon of Matcha green tea
- one and a half cup of plain yoghurt
- half a cup of sugar
- 1/8 teaspoon of salt
- ¼ cup of corn syrup
• 2 1/4 cup of milk
• 1 envelope of plain gelatine

Method
1. Combine the Matcha with 4 tablespoons of warm water and let it dissolve
2. Set it aside
3. Mix the milk with salt and gelatine
4. Let it sit for 1 minute and then cook it on low heat until the gelatine dissolves
5. Let it sit and cool down
6. Once completely cool, add the Matcha mixture, corn syrup and yoghurt
7. Pour the mixture into a bowl and cover the bowl and freeze it for no less than 1 hour
8. Remove it from the refrigerator and serve chilled

22. Matcha Broccoli Pesto

Loaded with nutrients, this one takes only about 15 minutes to make.

• Preparation time: 15 Minutes
• Cook time: 0 Minutes
• Total time: 15 Minutes
• Serves: 1-2 Persons
Ingredients

- 2 full cups of broccoli florets
- 2 cloves of garlic
- half a teaspoon of Matcha green tea powder
- ¼ cup of parmesan cheese
- 1 tablespoon of lemon juice
- ¼ cup of olive oil
- ¼ teaspoon of salt

You can also add any or all of these:

- Cilantro
- Basil
- Sage

Just make sure that the herbs are fresh.

Method

1. For a couple of minutes, steam the broccoli
2. Then put all the ingredients into a food processor and blend until smooth
3. The pesto is ready
4. You can now serve it on pasta or use it as a sandwich spread

23. Matcha Guacamole

Low-carb, filling and fast to make, the Matcha Guacamole is great for lunch and dinner.
• Preparation time: 10 Minutes
• Cook time: 0 Minutes
• Total time: 10 Minutes
• Serves: 2-4 Persons

Ingredients

• 2 avocados
• 1 large, diced tomato
• Juice of 1 lemon
• 1 teaspoon of lime juice
• 1 teaspoon of Matcha green tea
• half, diced white onion
• half a teaspoon of pepper
• half a teaspoon of salt
• 1 tablespoon of minced garlic

Method

1. First, slice the entire avocado and pop open it
2. Then throw the pit away in the recycle bin, scrape the inside with a spoon
3. Discard the peel and pit of the avocado, now add lemon juice, Matcha, garlic, pepper, salt and lime juice
4. Mash the avocado with a potato masher and blend the ingredients well with a fork
5. Add the tomato and chopped onions
6. Now, blend everything once again and serve
7. You can make vegetable dip with chopped veggies of your choice. Or you can enjoy your Matcha guacamole without a dip
24. Shiitake Mushrooms with Matcha Wine Sauce

This dish can function as its own side, or as a topping on your choice of meat of protein. It’s very nice on chicken, beef or pork, but if you don’t eat meat, try pouring it on brown rice or couscous. It adds a nice zing to almost any dish.

- Preparation time: 10 Minutes
- Cook time: 3 + 8 Minutes
- Total time: 21 Minutes
- Serves: 4 Persons as a topping and 2 as a side

Ingredients

- 110 grams of shiitake mushrooms
- half a cup of dry white wine
- ¼ teaspoon of crushed and dried tarragon
- half a cup of whipped cream
- 2 tablespoons of butter
- half a teaspoon of Matcha green tea
- ¼ cup of chopped onion
- 1/8 teaspoon of salt
- 1/8 teaspoon of ground black pepper

Method

1. Remove the long stems from the mushrooms
2. Slice the mushrooms into long, thin strips
3. Melt butter in a small saucepan on medium heat
4. Add in the mushroom strips, chopped onion and glaze it for a couple minutes
5. As they are glazing, take a medium bowl and whisk the Matcha with whipped cream, white wine, tarragon, salt and pepper in it
6. Pour this mixture onto the mushrooms and onions and let it cook for about 5 minutes on low-medium heat
7. Serve it over chicken, mashed potatoes or rice

25. Raw Matcha Energy Balls

Going for a hike today? Or maybe braving the busy shopping centre (mall)? Then take some these pure energy Matcha balls with you.

- Preparation time: 20 Minutes
- Cook time: 0 Minutes
- Total time: 20 Minutes
- Serves: 12 – 15 balls

Ingredients

- half a tablespoon of Matcha
- half a cup of peanut butter
- half a tablespoon of ground flax seed
- one and a half cup of unprocessed or “old-fashioned” rolled oats
- half a tablespoon of chia seeds
- ½ cup of honey
- ½ cup of cocoa powder
- 1 tablespoon of coconut oil
- ¼ cup of chocolate chips
- ¼ cup of crushed peanuts

Method

1. Put a small saucepan on medium-low heat
2. Melt peanut butter along with coconut oil and honey on it. Stir constantly until the mixture becomes homogenous
3. Mix the oats with chocolate chips, flax seeds, chia seeds, Matcha and peanuts in a bowl
4. Now, pour the first mixture onto this mixture and mix well
5. Form balls out of this mixture and roll the balls in cocoa powder
6. Keep them in airtight container. You can enjoy them for up to 1 hour

Afterword

Thank you for reading the Teaologists Matcha Recipes eBook.

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