

ORGANIC MATCHA RECIPES



LATTES



SMOOTHIES



BAKING

50+
RECIPES
INSIDE!



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INTRODUCTION

There's already been so much written about the [benefits of green tea](#), from stress relief to weight loss yet very few people take advantage of warm mug of tea. Maybe it is the perceived bitter taste of green tea, some have called it 'yucky' while others find the mild flavor soothing and delicious, or maybe it is because of the amount of green tea you'd have to drink to get the full benefits. It could just be that the popularity of green tea is causing skeptics to wonder if the green tea products they see in the market are made from actual green tea.

Let's just state for the record that if you are hoping to reap green tea benefits by scarfing down a store bought green tea Kit Kat, cheesecake or green tea macadamia cookies, don't be surprised if you don't feel calmer, healthier or slimmer.

As with all things health and science related, there is something better on the market called matcha green tea. Think of this as *super* green tea, not because it is a super-charged version of regular green tea but because it allows us green tea lovers to reap the rewards in a wider variety of ways.

Matcha...What Is It?

Matcha *is* green tea from the *Camellia sinensis*, but it a very fine powder version of the healthy drink. Unlike other teas derived from *Camellia sinensis*, matcha has not been fermented. Matcha, like other varieties of green tea, can be harvested from anywhere in the world.



But more than simply ground up green tea leaves, matcha is derived from tea leaves grown in the shade so that the leaves achieve a dark green color, which gives matcha its magnificent amino acids. It's quite a long process to produce matcha but serious tea drinkers rely on matcha to enhance their culinary experiences from comfort food like [macaroni & cheese](#) to their happy hour [matcha mojito](#).

Now you know the difference between regular old green tea and matcha, let's talk about why you should be making matcha part of your diet.

Benefits of Matcha Green Tea

The reason matcha is slowly edging out traditional green tea in terms of health benefits is because those who ingest matcha are consuming the entire leaf rather than brewed water. One glass of matcha green tea is equal to 10 glasses of regular green tea as far as antioxidants and nutrients. In fact, a [2003 study](#) published in the *Journal of Chromatography A* found matcha has 137 times *more* of the powerful antioxidant epigallocatechin gallate (EGCG) than other types of green tea.

EGCG has been proven effective in the fight against many forms of cancer, HIV, heart disease and a host of other illnesses and diseases.

Fat Burning. You'll see more and more people skipping coffee or black tea for their afternoon pick me up thanks to the study that found matcha green tea has unique thermogenic properties that nearly quadruple fat burning. Imagine burning as much as 40% more calories simply by adding matcha green tea to your diet! Drink a cup before your daily workout and you'll increase fat burning by 25%.

Pick Me Up. Another reason many people are forsaking their daily cup of java? It turns out that matcha green tea provides a significant energy boost while also providing far less caffeine per cup than coffee. You can enjoy up to 6 hours of clean energy without jitters, nausea and the dreaded caffeine crash associated with highly caffeinated beverages.

Chill Out. You know that regular green tea is advised to those suffering from anxiety or insomnia, but did you know that matcha was originally used to help Buddhist monks during periods of intense meditation? Matcha contains much more L-Theanine, an amino acid that promotes relaxation and well-being within the brain, than other green or black teas.

Best Of All...

Let's face it, not everyone is a tea drinker. Some don't enjoy the slightly bitter taste and some just can't get past the minimal amounts of caffeine found in tea. With matcha green tea you don't have to be Sebastian Beckwith to truly appreciate not only the benefits of matcha, but also the many ways in which you can infuse your food with matcha.

Because matcha is a very finely ground powder it can be used in many culinary endeavors that don't require the skilled hands of a gourmet chef.

You've probably already witnessed tons of so-called green tea products on the market that include (mostly) desserts, non-tea beverages and candies. Unfortunately many of these products contain very little green tea and certainly not the coveted matcha green tea.

In your own kitchen however, you can add matcha green tea powder to homemade pasta, brownies, rolls & breads and cakes just to name a few items. Thanks to the fine ground consistency matcha is easy to add to just about everything in the kitchen...just make sure your measurements are right because matcha isn't your average \$0.99 tea bag!

But before you go dumping tablespoons of matcha into mashed potatoes and vinaigrettes, enjoy a few cups of hot tea so you can understand the flavor profile. This will help you implement our recipes as well as create your own to wow your friends with your green tea prowess!



MATCHA DRINKS & COCKTAILS



KissMe Matcha Green Tea Latte

Ingredients

- 1 tsp. Matcha powder
- $\frac{3}{4}$ cup almond milk (or soy or cow or goat milk)
- $\frac{1}{4}$ cup boiling water
- 1 tsp. agave syrup

Instructions

1. Place matcha in the bottom of a coffee mug or other heat-proof cup.
2. Bring almond milk to a simmer in a small pot.
3. Whisk boiling water slowly with the matcha powder in the mug, then pour in almond milk. Tip the cup to up the foam factor.
4. Sweeten with agave syrup if desired.

Makes 1 latte.



Matcha Orange Cocktail

Ingredients:

- 1 tsp. Matcha
- 2 ½ tsp. sugar
- 4 ice cubes
- ¼ cup hot water
- ½ cup 100% orange juice (cold)

Instructions

1. Place ice cubes in a tall glass, set aside.
2. In a small bowl combine matcha and sugar then add hot water and mix until sugar is dissolved.
3. Pour matcha over ice and let it sit for 1 minute.
4. Top with orange juice.

Makes 1 cocktail.



Sparkling Matcha

Ingredients:

1 tsp. Matcha
4 ice cubes
2 tsp. warm water
 $\frac{3}{4}$ cup sparkling water
1 lime wedge

Instrucions:

1. In a tall glass stir warm water and matcha until blended.
2. Add ice cubes to glass and slowly add sparkling water.
3. Stir until blended and squeeze lime wedge on top.

Makes 1 cocktail.



Iced Ginger Matcha

Ingredients:

2 tbsp. grated ginger
1 tsp. matcha powder
½ lime, juiced
1 tsp. honey
½ cup ice

Instructions:

1. Place all ingredients in a cocktail shaker and shake vigorously for 10 seconds.
2. Pour through cocktail strainer OR pour entire contents into a glass and serve “on the rocks”.
3. Alternatively you may add all ingredients—including ice—into a blender and run until smooth for an iced slushy.

Makes 1 cocktail.

Creamy Green Russian

Ingredients:

1/2 tsp. Matcha

1 oz. Kahlua (or other coffee liqueur)

½ cup vanilla ice cream

1 ½ oz. Vodka

Instructions:

1. Combine vodka, Kahlua and Matcha in a blender and run for 5 seconds.
2. Scoop in ice cream and blend until smooth.
3. Garnish with fruit, if desired.

Makes 1 cocktail.

Minty Matcha Mojito

Ingredients:

1 lime, juiced
1 tbsp. cane sugar
1 tsp. Matcha
5 fresh mint leaves
Crushed Ice
2 oz. sparkling soda water
1 ½ oz. Rum

Instructions:

1. Add matcha, mint leaves, sugar and lime juice to the bottom of a glass and use a muddler to mix. Muddle until sugar is dissolved and you smell the mint.
2. Add ice to the glass then top with soda and rum.
3. Garnish with additional mint leaves if desired.

Makes 1 cocktail.



Ciao Matcha Bella

Ingredients:

4 oz. chilled champagne
1 tsp. Matcha
1 tsp. lime juice
4 fresh mint leaves, chopped
¼ cup lemon sorbet

Instructions:

1. Add matcha, lime juice, mint and sorbet in a blender and run until blended, but not smooth.
2. Pour ingredients into champagne flute and top with champagne.

Makes 1 cocktail.



Refreshing Matcha Cooler

Ingredients:

3 oz. steamed and chilled spinach
3 oz. steamed and chilled broccoli
½ cup seedless cucumber slices
3 oz. fat free yogurt
2 tsp. Matcha
1 tbsp. lime juice
¼ cup carrot juice
¼ cup crushed ice

Instructions:

1. Drain excess liquid from spinach and broccoli and add to blender or food processor.
2. Add in remaining ingredients and blend on a high speed until smooth, about 30 seconds.
3. Refrigerate left over drink.

Makes 2 servings



SMOOTHIES



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Mint Matcha Milkshake

Ingredients:

1 tsp. Matcha
2 tsp. warm water
½ cup mint ice cream
4 mint leaves, washed & dried
2 tbsp. milk
1 tbsp. mint chocolate chips (optional)

Instructions:

1. Combine warm water and matcha, stir until blended.
2. Add remaining ingredients into a blender and run until smooth.
3. Pour matcha mixture on top and run for 5 to 10 additional seconds, or until milkshake turns green.
4. Stir in chocolate chips if desired.
5. Pop in a straw and enjoy!

Makes 1 cocktail.



Berry Good Morning Smoothie

Ingredients:

½ cup cold orange juice
1 tsp. matcha
2 tsp. warm water
1/3 cup chopped strawberries
1/3 cup blueberries
½ banana, sliced

Instructions:

1. Mix matcha and warm water until blended.
2. Add all ingredients into a blender and run until smooth.
3. If needed, add more orange juice or water for a thinner smoothie.

Makes 1 cocktail.



Powerhouse Breakfast Smoothie

Ingredients:

1 cup mango, chopped
1 banana, chopped
2 tsp. Matcha
½ cup pineapple juice
1 ½ cup broccoli
½ cup strawberries

Instructions:

1. Steam broccoli for several minutes, rinse in cold water and drain. Set aside until fruit is chopped and ready to go.
2. Place all ingredients into a blender on high speed for 25 seconds, or until smooth.
3. Drink a glass now and have another glass later!

Makes 2 servings



Soothing Green Smoothie

Ingredients:

2 tsp. Matcha
½ cup spinach
¼ avocado
½ cup banana slices
¼ cup coconut water
¼ cup orange juice
1 tsp. honey (optional)

Instructions:

1. Steam spinach then chill and drain.
2. Add all ingredients to blender and run until smooth. Add more coconut water to change consistency if needed.
3. Refrigerate left over smoothie.

Makes 2 servings



Immune-Boosting Matcha-Berry

Ingredients:

½ cup frozen raspberries
1/3 cup steamed broccoli
½ tsp. Stevia
½ cup frozen strawberries
2 tsp. Matcha
4 oz. 100% real pomegranate juice
1/3 cup fat free yogurt

Instructions:

1. Combine all ingredients into a blender or food processor.
2. Run on high speed until smooth, about 25 seconds.
3. Pour into glass and serve.

Makes 2 servings



MATCHA BREAKFAST RECIPES

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Lemon Matcha Waffles

Ingredients:

1 cup whole wheat flour
1 egg, beaten
¼ cup olive oil
1 tbsp. brown sugar
2 tbsp. matcha
1/8 tsp. salt
2 tsp. baking powder
¾ cup milk
2 tbsp. lemon zest
½ cup heavy cream
2 tbsp. confectioner's sugar

Instructions:

1. Preheat waffle iron and spray with cooking spray.
2. Add beaten egg to large mixing bowl and add in milk, 1 tbsp. matcha, flour, 1 tbsp. lemon zest, oil, brown sugar and salt until combined.
3. Ladle into waffle iron and cook until golden brown.
4. Combine confectioner's sugar and remaining matcha and lemon zest with heavy cream and whip until stiff peaks form.
5. Serve a dollop of matcha cream over waffles.

Makes 3 waffles.



Cran-Lemon Tea Muffins

Ingredients:

2 cups flour
½ cup sugar
2 tsp. baking powder
2 tbsp. matcha
2 eggs, medium
1 lemon, juiced & zested
¼ tsp. baking soda
8 oz. melted butter
½ cup dried cranberries
¼ cup honey
½ cup & 2 tbsp. buttermilk

Instructions:

1. Preheat oven to 375° F and line a muffin tin with cooking spray or muffin cups.
2. In one mixing bowl combine dry ingredients: matcha, sugar, flour, salt, baking soda and powder
3. In another bowl combine wet ingredients: eggs, lemon zest & juice, buttermilk and honey.
4. Pour wet mixture into dry mix, then mix in melted butter gently.
5. Fold in cranberries, batter will be lumpy.
6. Scoop an equal amount of mixture into each muffin cup and bake 18 to 20 minutes or until toothpick comes out clean.
7. Let cool on rack for about 10 minutes, then serve.

Makes 12 muffins.

Matcha Green French Toast

Ingredients:

5 slices French bread, thick-cut
3 eggs
1 cup half & half
1 cup milk
¼ tsp. nutmeg
½ tbsp. cinnamon
2 tsp. vanilla extract (use bourbon-vanilla extract for extra kick!)
½ cup confectioner's sugar
3 tbsp. matcha powder
Olive oil cooking spray



Instructions

1. In a small bowl whisk together eggs, milk, cinnamon, half & half, nutmeg, vanilla extract and 1 tbsp. of matcha.
2. Spray a large skillet and place over medium-high heat.
3. Place 1 slice of bread into the egg/milk mixture, leaving it for 20 seconds before turning for another 20 seconds.
4. Transfer bread to skillet and cook 3 minutes on each side, or until golden brown. Repeat for all 5 slices.
5. Cut each slice in half diagonally.
6. Combine confectioner's sugar and remaining matcha into a sifter and spread over toast.

Makes 5 servings.

Matcha Morning Cakes

Ingredients

½ cup brown sugar
2 ½ cups whole wheat flour
1 ½ tbsp. Matcha
1 tbsp. baking powder
1 tsp. salt
Olive oil cooking spray
3 eggs
2 cups milk
2 tsp. dried mint leaves
1/3 cup butter, softened



Instructions

1. Preheat skillet over medium heat and generously apply cooking spray.
2. Mix flour, baking powder, salt, 1 tbsp. matcha and sugar in a mixing bowl.
3. Gradually stir in egg and milk and beat until you have a smooth batter.
4. Using a ladle, add batter to hot skillet and cook 2 to 3 minutes on each side or until golden brown.
5. In a small mixing bowl combine remaining matcha, mint and butter, then whip with electric mixer until peaks form.
6. Place small amount of matcha butter over pancakes.

Makes 10 pancakes.

MATCHA SWEETS



Basic Matcha Frosting

Ingredients:

1 ½ tsp. matcha
16 oz. cream cheese (use low fat or fat free to reduce fat & calories)
¼ cup unsalted butter
½ cup confectioner's sugar
1 tsp. real vanilla extract

Instructions:

1. In a large mixing bowl, mix cream cheese and butter on a medium speed until whipped smooth.
2. Sprinkle in matcha and ¼ cup sugar and mix until combined.
3. Add vanilla and remaining sugar gradually until fully whipped.
4. Add more sugar to taste.

Frosts 12 large cupcakes or 1, 9x13 cake.



Nutty Green Brownies

Ingredients:

6 oz. white chocolate
½ cup butter
2 eggs
Pinch of salt
1 tbsp. rum
1 tsp. baking powder
¼ cup flour
3 tsp. matcha powder
¼ cup chopped almonds
¼ cup chopped walnuts
¼ tsp. salt
Powdered sugar (optional)



Instructions:

1. Preheat oven to 200 F and toast nuts 3 to 5 minutes.
2. Grease an 8x8 square pan with oil or butter. Line lightly with flour and set aside.
3. Over low heat melt butter and white chocolate, then remove from heat.
4. Whisk in sugar and let cool to room temperature.
5. Add eggs, one at a time then rum.
6. In a bowl, mix together flour, salt, matcha and baking powder.
7. Add dry ingredients in batches to wet ingredients, then stir in nuts.
8. Transfer to baking dish and bake for 20-30 minutes, or until toothpick comes out clean.
9. Sprinkle with powdered sugar if desired.

Makes 9 brownies.

Matcha Oreo Cheesecake

Ingredients:

2 ½ cup Oreo crumbles
4 tbsp. unsalted melted butter
1 ¼ cup heavy cream, chilled
1 cup milk
1 cup + 1 tbsp. brown sugar
2 cup cream cheese, room temperature
1 tbsp. matcha
¼ cup water
2 ¼ tsp. gelatin

Instructions

1. Preheat oven to 325° F.
2. Spray cooking spray on a 10-inch springform pan.
3. Combine 1 tbsp. sugar, butter and Oreo crumbles until moist and press into springform pan to create the crust.
4. Bake 10 minutes, then cool.
5. Whip heavy cream until stiff peaks form then set aside.
6. Whisk together cream cheese until fluffy and gradually add sugar.
7. Heat the milk until it is hot but not boiling and add matcha. Let milk cool then slowly stream into cream cheese mixture, while whisking.
8. Stir water and gelatin until blended.
9. Fold whipped cream into cream cheese mix until combined, then fold in gelatin.
10. Pour into springform pan and refrigerate at least 8 hours.
11. Release from springform before serving.
12. Sift additional matcha on top of cheese cake, if desired.



Makes 1 cheesecake, 8 slices.

Tea Scones

Ingredients:

2 cups flour, all-purpose
1/3 cup brown sugar
½ tsp. salt
1 tsp. baking powder
¼ tsp. baking soda
1 egg
1 tbsp. matcha
8 tbsp. butter, frozen
½ tbsp. Lime zest
1 tbsp. orange zest
½ cup sour cream



Instructions:

1. Preheat oven to 400° F.
2. Adjust oven rack to just below center.
3. Combine sugar, flour, salt, baking soda and baking powder in a mixing bowl.
4. Grate butter into flour using a large grate then work into flour with your fingers.
5. Add in half of the lime and orange zest.
6. In another bowl, combine egg and sour cream until smooth and light yellow.
7. Stir egg mixture into flour until big clumps begin to form.
8. Using fingers, push dough against the bowl until a ball forms.
9. Lightly flour a cool flat surface and pat down ball until it is about ¾-inch thick. Sprinkle top of dough with sugar and remaining orange and lime zest.
10. Cut dough into approximately 8 triangles and place on cookie sheet.
11. Bake 15 to 18 minutes or until golden brown.
12. Cool then serve.

Makes 8 scones.

Green Tea Tiramisu

Ingredients:

Lady fingers (about 24 to 30)
6 egg yolks
16 oz. Mascarpone cheese
1 tbsp. Matcha
1 tbsp. powdered sugar
1 cup hot matcha tea, cooled
3 tbsp. sugar
1 tbsp. rum (optional)



Instructions

1. Using an electric mixer beat egg yolks and sugar until a pale yellow color and thick.
2. Add in mascarpone and beat until smooth, then quickly add 1 tbsp. of green tea.
3. In a shallow dish combine remaining tea and rum.
4. Dip each lady finger into green tea mixture for about 5 seconds and place in the bottom or a 9 x 13 baking dish. You may have to break lady fingers to fit in some areas.
5. Spread 1/2 mascarpone mixture over the bottom layer of lady fingers and continue to dip remaining lady fingers for second layer.
6. Spread remaining mixture.
7. Combine matcha and powdered sugar into a sifter and spread evenly on top of top layer of mascarpone.
8. Cover and chill for at least 2 hours.

Makes 12 servings.

Matcha Dusted Truffles

Ingredients:

¼ cup Real maple syrup
2 tbsp. matcha, divided
2 tbsp. brown sugar
8 oz. heavy cream
12 oz. semi-sweet chocolate, chopped finely
1/8 tsp. kosher salt

Instructions

1. In a small saucepan over low heat bring heavy cream to a simmer, then add syrup and sugar. Stir until sugar is completely dissolved.
2. Add 1 tbsp. of matcha and stir until it is completely dissolved. Remove from heat.
3. Place chocolate in a large glass mixing bowl and slowly pour in the warm cream. Stir until chocolate is melted.
4. Pour chocolate mixture onto a sheet pan lined with parchment paper. Spread mixture evenly with a spatula.
5. Cool mixture in the refrigerator for at least 1 hour.
6. Scoop chocolate out in an overflowing teaspoon and mold into balls and place on a cooled sheet pan.
7. Sprinkle each truffle with remaining matcha powder or roll each one through the matcha in a shallow dish.



Makes 50 truffles.

Chocolate Rum Matcha Truffles

Ingredients

- 1 tbsp. Matcha
- 1 tbsp. each ground almonds, shaved coconut
- 3.5 oz. cream
- 6 oz. white chocolate, chopped
- 2 tsp. rum

Instructions

1. Using a double boiler place white chocolate, cream and matcha over low heat, stirring regularly until melted and blended. Stir in rum off the heat.
2. When cooled slightly, pour chocolate into a sheet pan over parchment paper.
3. Refrigerate between 3 hours and overnight to allow chocolate to set.
4. Place almonds and coconuts in shallow bowls, set aside.
5. Scoop chocolate out in heaping teaspoons and roll gently into balls using the palm of your hands. Be sure to wash hands every few truffles to keep the cool; hot hands will melt the chocolate and make molding difficult.
6. Roll truffles through desired toppings and place on cooled sheet pan.
7. Refrigerate until ready to serve.

Makes 25 truffles.



Matcha Butter Cookies

Ingredients

¾ cups fine sugar
1 tsp. vanilla extract
5 ½ cups flour
3 eggs
1 ½ cup butter
2 tbsp. matcha
¾ cup powdered sugar

Instructions

1. Preheat oven to 350° F.
2. In a large mixing bowl cream together butter, fine sugar, water and Matcha.
3. Add vanilla extract and eggs, one at a time.
4. Slowly add in flour to wet mixture until combined.
5. Chill cookie dough for 10 minutes.
6. Scoop cookie dough out in rounded teaspoons onto non-stick baking sheet.
7. Bake 10 to 12 minutes or until cookies are set. Remove to baking rack to cool.
8. Using a sieve, dust powdered sugar over cookies.

Makes 3 dozen cookies.



Matcha Bruleé

Ingredients

1 tbsp. Grand Marnier
1 pinch of salt
2 tbsp. sugar
2 tsp. matcha
1 cup heavy cream
2 egg yolks – room temperature
1 tsp. grated fresh ginger



Instructions

1. Preheat oven to 300° F.
2. In a mixing bowl, whisk together egg yolks and 2 tsp. sugar until sugar is dissolved and mixture is frothy.
3. In a saucepan over low heat, add heavy cream, matcha, ginger and salt. Bring to a simmer and remove from heat.
4. Stir in Grand Marnier and let cool slightly.
5. Whisk heavy cream mix into egg mix and pour into 2 oven safe ramekins.
6. Place ramekins in a baking dish and bake for 35 to 40 minutes, or until set.
7. Let cool then refrigerate for 4 hours.
8. Let ramekins sit for at least 30 minutes at room temperature before browning the sugar.
9. Sprinkle remaining sugar over each crème bruleé and using a torch, melt the sugar until it becomes crispy over the top.
10. Let sit for 5 minutes, then enjoy!

Makes 2 servings.

Orange-Berry Matcha Mini Cakes

Ingredients

2 1/2 cups flour
1/2 tsp. baking powder
4 eggs at room temperature
1 tsp. vanilla extract
2 sticks unsalted butter, softened
2 tsp. Matcha
1 cup low fat milk
1 1/2 cups brown sugar
2 tbsp. orange zest
1/2 cup dried cranberries

Instructions

1. Preheat oven to 350° F.
2. Grease the inside of a muffin pan or use muffin liners.
3. In one mixing bowl combine flour, matcha and baking powder, set aside.
4. In another bowl cream together butter and sugar until light and fluffy.
5. Beat in eggs one at a time, alternating with milk, flour mixture and vanilla extract. Beat thoroughly after each addition but be careful not to beat too much.
6. Stir in cranberries and 1 tbsp. of orange zest.
7. Pour batter evenly into each muffin cup, sprinkle the top with remaining orange zest and place in the oven.
8. Bake 12 to 15 minutes or until a toothpick comes out clean.
9. Remove to baking rack to cool, and add [frosting](#) if desired.

Makes 12 cupcakes.

Strawberry Matcha Sorbet

Ingredients

4 pints strawberries, sliced & hulled
2 limes, juiced
½ cup light corn syrup
2 cups sugar
2 cups water
2 tsp. Matcha
2 tbsp. pureed ginger

Instructions

1. Bring sugar and water to a boil over medium high heat, then reduce heat and allow mixture to simmer until sugar is fully dissolved. It should take about 3 minutes.
2. Remove from heat to cool completely.
3. In a food processor, combine lime juice and strawberries to puree. Strain to remove seeds.
4. When syrup has cooled, add to strawberry puree along with corn syrup and stir well.
5. Pour into ice cream maker and follow manufacturer's instructions. Place in air tight container and freeze for at least an hour prior to serving.
6. If you don't have an ice cream maker, place mixture in air tight, freezer safe container and refrigerate for at least 4 hours then place in freezer overnight.

Makes 8 cups of sorbet.



Matcha Mousse Pie

Ingredients

2 cups graham crackers, crushed
½ cup melted butter
1 ¼ cup sugar
1 tbsp. Matcha
6 tbsp. key lime juice
2 ½ cups heavy cream, divided
1 envelope unflavored gelatin
1 ½ tbsp. lime zest
1 ½ oz. white chocolate shavings
10 oz. white chocolate, chopped
3 packages light cream cheese, softened



Instructions

1. Mix graham cracker crumbs, melted butter and ¼ cup sugar and press into the bottom and side of a 10-inch springform pan.
2. Over medium heat, whisk gelatin and ½ cup heavy cream into key lime juice and simmer. Remove from heat.
3. Add chopped white chocolate and stir until smooth, then cool.
4. Cream together remaining sugar, cream cheese, ½ tbsp. matcha and lime zest using an electric mixer until smooth. Beat in cooled chocolate slowly.
5. In a separate bowl using clean electric whisk attachments, beat in remaining heavy cream and matcha until thick and stiff peaks have formed. Fold into white chocolate mix and pour into crust.
6. Cover and freeze mixture overnight.
7. Run knife around edges of springform pan before removing the ring. Transfer to pie plate and garnish with white chocolate shavings.

Makes 1 pie with 8 slices.

Lemon Matcha Mousse

Ingredients

4 lemons, juiced
1 cup heavy cream
2 tsp. lemon zest
3 XL eggs
3 tsp. Matcha
3 eggs, separated
1 cup + 2 tbsp. sugar
1/8 tsp. kosher salt
½ cup lemon curd – room temperature
1 lemon, sliced for garnish



Ingredients

1. In heat-proof bowl whisk 3 whole eggs plus 3 egg yolks with 1 cup sugar, lemon juice, a pinch of salt, matcha and lemon zest.
2. Place bowl over a pot of simmering water and stir constantly until mixture thickens, about 10 minutes. Remove from heat and set aside to cool.
3. Cover mixture with plastic wrap and refrigerate for 2 hours.
4. Take ½ of the remaining egg whites and a pinch of salt and whisk on high, then add 2 tbsp. sugar and beat until stiff peaks form.
5. Fold egg white mixture into lemon mixture with a spatula.
6. Whisk heavy cream on high speed until peaks form and fold in the lemon curd before pouring into a deep soufflé dish.
7. Garnish with lemon slices, chill and serve cold.

Makes 6 servings.

Panna Cotta

Ingredients

1 cup milk, fat-free
1/3 cup water
2 tsp. matcha
½ cup sugar
4 tsp. gelatin powder

Instructions

1. Place matcha, milk, water and sugar in a saucepan over low heat until sugar is dissolved. When mixture comes to a slight boil, remove from heat.
2. Whisk gelatin into milk mixture until dissolved.
3. Pour into glass ramekins and refrigerate until set, about 2 hours.
4. Garnish with berries if desired.

Makes 3 servings.



BREADS, DIPS & TOPPERS



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Matcha Biscuits

Ingredients

2 cups flour
1 cup buttermilk, cold
4 tsp. baking powder
¼ tsp. baking soda
¾ kosher salt
4 tbsp. cold butter
2 tsp. matcha



Instructions

1. Preheat oven to 450° F.
2. Combine flour, baking soda, salt and baking powder in a large mixing bowl.
3. Rub butter into flour mix with your fingers until the mix looks crumbly.
4. Create a well in the middle of the mixture and pour in buttermilk then stir until dough comes together; it will be sticky.
5. Turn the dough out onto a cool floured surface and sprinkle flour on top of dough.
6. Fold dough about 5 times on itself and press into a 1-inch thick disk.
7. Using a 2-inch cutter, cut biscuits and place on baking sheet. Rework scraps and form more rounds.
8. Bake 15 to 20 minutes or until biscuits are golden green-brown.

Makes 12 biscuits.

Jalapeno Matcha Cornbread

Ingredients

2 cups yellow cornmeal
¾ cup flour
½ cup butter, cut into cubes
2 tbsp. chopped jalapeno peppers
2 tsp. matcha
2 eggs
1 ¼ cup butter milk
1/3 cup fat free sour cream
1 tbsp. baking powder
½ tsp. baking soda
3 tbsp. brown sugar



Instructions

1. Preheat oven to 400° F.
2. Grease a 9x9-inch baking pan
3. Place flour, cornmeal, sugar, matcha, salt, baking powder & salt in the bowl of a food processor and run for 5 seconds.
4. Add butter and blend until mixture is slightly crumbled.
5. In a mixing bowl whisk together eggs, buttermilk and sour cream, then stir in jalapenos.
6. Add dry ingredients to wet ones and stir until you have a moist batter.
7. Scrap batter into baking pan with rubber spatula and bake for 25 minutes or until golden brown.
8. Top with [Matcha Butter](#) if desired.

Recipe makes 8 servings.

Oh So Green Matcha Dip

Ingredients

2 anchovy fillets, chopped
¼ cup low fat sour cream
1 cup Greek yogurt (or fat free mayo)
1 tbsp. matcha
¼ tsp. Kosher salt
Fresh ground black pepper
1 cup fresh herbs: basil, parsley, thyme, tarragon, mint and sage
1 lime, juiced
2 scallions, chopped
3 roasted garlic cloves

Instructions

1. Combine all ingredients into the bowl of a food processor or blender and run until smooth.
2. Season with additional salt and pepper as needed.
3. Refrigerate for at least 1 hour.
4. Serve with grilled shrimp, veggies or pita triangles.

Makes 8 servings.



Cheesy Spinach & Matcha Dip

Ingredients

1 cup frozen spinach, drained & chopped
2 tsp. matcha
3 roasted garlic cloves, chopped
2 scallions, chopped
1 cup low fat sour cream
1 cup fat free mayonnaise
1 envelope Lipton garlic soup mix
Salt & Pepper to taste
Shaved parmesan

Instructions

1. Squeeze spinach to make sure it is as dry as possible before placing in food processor bowl.
2. Add the rest of the ingredients except parmesan and run until you have a smooth dip.
3. Top with shaved parmesan.
4. Refrigerate for 1 hour before serving.
5. Serve with bread, vegetables, shrimp or chips.

Makes 6 servings.



Matcha-Mole!

Ingredients

4 avocados, pitted
2 limes, juiced
1 tsp. lime zest
2 tsp. matcha
2 garlic cloves, mince
1 tomato, diced
1 tsp. each salt & black pepper
2 scallions, sliced thinly
1 tsp. hot pepper sauce
1 chopped jalapeno (optional)



Instructions

1. Scoop green flesh from avocado into a mixing bowl and gently mash.
2. Add lime juice, matcha, hot sauce, scallions, garlic, lime zest, salt and pepper and stir until blended.
3. Add diced tomato and jalapenos and mix well.
4. Add more salt and pepper as needed.
5. Refrigerate or serve at room temperature with tortilla chips.

Makes 12 servings.

Mushroom & Matcha Gravy

Ingredients

1 lb. crimini mushrooms, chopped
6 tbsp. unsalted butter
4 tbsp. flour
1 tbsp. matcha
1 onion, chopped finely
2 garlic cloves, minced
2 cups beef stock (or vegetable, chicken, lamb or mushroom stock)
2 tbsp. Worcestershire sauce
Salt & black pepper
¼ cup heavy cream



Instructions

1. Place 2 tbsp. butter in a skillet over medium-high heat and add onions and mushrooms.
2. Cook about 5 minutes until onions and mushrooms are golden brown and beginning to crisp. Set aside.
3. In same skillet add remaining butter over medium heat until melted.
4. Whisk in flour and matcha, stirring constantly until mixture is near chocolate colored, about 15 minutes.
5. Add in garlic and cook about 3 minutes then add in mushrooms and whisk in stock and cream and cook until thick, about 15 minutes.
6. Top over your favorite protein or mashed potatoes.

Makes 6 servings.

Whipped Matcha Honey Butter

Ingredients

1 stick unsalted butter, room temperature

2 tbsp. honey

2 tsp. matcha

1 pinch kosher salt

¼ tsp. cinnamon (optional)

¼ tsp. cayenne pepper (optional)

Instructions

1. Combine all ingredients into a small mixing bowl.
2. Whisk together on medium speed until blended.
3. Transfer to air tight container and refrigerate until ready to use.

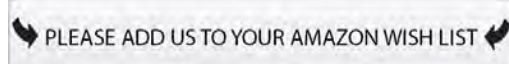
Perfect for: pancakes, muffins, toast and bagels

Makes 10 servings.



PIZZA

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Tomato, Basil & Matcha Pizza

Ingredients

1 lb. whole wheat pizza dough
1 ¼ cups low fat mozzarella cheese (shredded)
¼ cup fresh basil
2 tsp. Matcha
1 tsp. crushed red pepper
1 onion, halved & sliced
4 tomatoes, thinly sliced
2 tsp. balsamic vinegar
1 tsp. dried oregano
½ tbsp. olive oil
1 tsp. thyme
Kosher salt & fresh black pepper
3 garlic cloves, sliced thinly

Instructions

1. Preheat oven to 375° F.
2. Lightly cover a flat surface with flour and cornmeal and turn out pizza dough over it.
3. Using a rolling pin, roll out dough until you have round pizza disk with your desired thickness.
4. Place dough in oven for about 5 minutes to warm and begin to cook; this will prevent a soggy dough as the ingredients cook later.
5. Meanwhile in a skillet heat olive oil over medium high heat and add onions to cook about 5 times or until they are transparent.
6. Add garlic and cook another 3 minutes, then remove from heat.
7. Combine basil, matcha, oregano and thyme into a bowl. Set aside.
8. Toss tomato slices with black pepper and balsamic vinegar and prepare to assemble pizza.

9. Place mozzarella on dough then top with tomatoes and onions and finish off with matcha-herb combination.
10. Top with red pepper flakes and bake 10 additional minutes or until pizza is warmed through.

Makes 1 pizza.



Basic Matcha Chicago Pizza Dough

Ingredients

3 ½ cups bread flour (plus more for rolling)
1 envelope instant dry yeast
2 tsp. kosher salt
1 tsp. sugar
1 ½ cups warm water
2 tbsp. olive oil
2 tsp. olive oil
2 tsp. matcha
¼ cornmeal



Instructions

1. In a bowl add sugar, yeast, flour and kosher salt and mix.
2. Stream water and 2 tbsp. of olive oil until the dough forms into a ball and turn out onto a surface lightly covered in flour.
3. Knead dough into smooth firm ball and turn into a greased bowl using the remaining olive oil.
4. Cover the bowl with a damp towel or plastic wrap for 1 hour, or until the ball has doubled in size.
5. Turn the dough onto a surface covered with flour and cornmeal and divide into 2 equal sections before rolling into desired shapes.
6. Choose your toppings and enjoy!

Makes 2 pizza rounds.

MATCHA POULTRY & SEAFOOD



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Matcha Madras Curry

Ingredients

1 ½ cup chopped chicken breast
2 tbsp. olive oil
1 onion, chopped
2 carrots, chopped
1 tbsp. matcha
2 garlic cloves, grated
1 tsp. kosher salt & black pepper
2 tbsp. Madras curry
1 handful fresh cilantro
2 cups vegetable broth
1 cup coconut milk
1 tsp. each ground cumin & coriander



Instructions

1. Add olive oil, cumin, matcha, coriander and curry to pot over medium-high heat and cook until you can smell spices, 2 or 3 minutes.
2. Stir in chicken, onion and carrots and cook another 7 minutes. Season with salt & pepper and stir regularly.
3. Add garlic and cook 2 more minutes.
4. Mix broth and bring to a boil, then reduce to a simmer for 15 minutes.
5. Add coconut milk and cook until warmed through, 3 to 5 minutes.
6. Chop cilantro and add to each plate before serving.

Serve over rice or enjoy with Naan bread.

Makes 4 servings.

Pan Fried Matcha Chicken

Ingredients

4 chicken breasts (boneless & skinless)
1 cup flour
½ tbsp. cayenne pepper
2 tbsp. olive oil
1 tbsp. kosher salt
2 tsp. matcha
1 tsp. black pepper
½ tbsp. ground cumin
1 tsp. lemon zest

Instructions

1. Cut chicken breast down the middle, or butterfly it so it has a more uniform size.
2. Season chicken with 1 tsp. each black pepper and salt on both sides.
3. In a shallow bowl combine flour, cayenne pepper, matcha, cumin and lemon zest.
4. Dredge each piece through the flour until it is completely covered.
5. Add olive oil to a large skillet over medium-high heat.
6. Place the chicken in skillet and cook on each side 4 to 6 minutes or until a meat thermometer reads 165° F.
7. Transfer to a rack or plate with paper towels to drain excess oil, there won't be much.

Makes 4 servings.



Spice-Rubbed Matcha Duck

Ingredients

4 duck breasts, scored
½ tsp. ground cinnamon
½ tsp. five-spice powder
2 tsp. matcha
½ tbsp. sweet paprika
½ tbsp. smoky paprika
Salt & fresh ground black pepper
½ tsp. ground coriander
1 tbsp. dry mustard
1 tsp. ancho chili powder
Olive oil



Instructions

1. Preheat grill to medium.
2. Mix together cinnamon, matcha, paprika, coriander, mustard, cayenne, ancho and five-spice.
3. Season each breast with salt & pepper then rub with olive oil on both sides until just covered.
4. Rub spices on both sides of duck and place skin side down on grill grates.
5. Cook 3 to 4 minutes and turn breast, cooking further 4 to 5 minutes or until desired doneness is reached.

Makes 4 to 8 servings.

Roasted Turkey-Matcha Roulade

Ingredients

¾ cup dried cranberries
½ cup brandy (optional)
1 turkey breast, boned & butterflied
1 ½ cup diced onions
2 celery stalks, chopped
2 tbsp. pinenuts
1 tbsp. chopped rosemary
3 cups herbed stuffing mix
1 tbsp. matcha
1 egg, beaten
Salt & Pepper
3 tbsp. melted butter, unsalted
1 ½ cup chicken stock

Instructions

1. Preheat oven to 325° F.
2. In a small saucepan add brandy, ½ cup water and cranberries then bring to a boil. Simmer for 2 minutes then set aside.
3. Melt butter in a large skillet over medium heat and add onions and celery and cook for 5 minutes or until vegetables begin to soften.
4. Add rosemary, pinenuts and cranberries (with liquid) and cook 2 more minutes. Make sure to scrape the brown bits from the bottom of the skillet to blend those flavors!
5. In a large bowl place stuffing mix, matcha, chicken stock, egg, salt & pepper plus sautéed vegetables.
6. Season butterflied turkey breast with salt & pepper.
7. Spread stuffing around the inside of turkey breasts, but leave enough border on the ends so it doesn't spill over.

8. Roll up the breast and tie with kitchen twine if necessary.
9. Place it seam side down on a baking dish and brush with olive oil.
10. Roast for 2 hours or until the center reads 150° F.

Makes 6 servings.



Tuna Burger w/Matcha Ginger Sauce

Ingredients

1 cup Greek yogurt
2 tbsp. grated ginger
1 scallion sliced
½ tbsp. red pepper flakes
2 tsp. matcha
1 tbsp. rice wine vinegar
½ lime, juiced
½ tbsp. chipotle chili powder
4 whole wheat burger buns
1 pound Ahi tuna
2 scallions, sliced
Salt & pepper
2 tbsp. roasted red peppers
½ tbsp. soy sauce, low-sodium
2 tbsp. + 2 tsp. olive oil



Instructions

1. In a food processor bowl add yogurt, ginger, 1 scallion, red pepper flakes, matcha, rice wine vinegar, lime juice and chipotle powder and pulse until smooth. Add water for a thinner sauce then set aside in a bowl.
2. Clean and dry food processor.
3. Chop tuna and place in food processor bowl, pulse a few times then add olive oil, soy sauce, red peppers, soy sauce, salt and pepper.
4. Pulse several more times until ingredients are blended.
Create 4 equal size burgers and brush with olive oil.
5. Grill on high heat for 3 to 4 minutes on each side.
6. Place buns on grill for 2 minutes until crisp.
7. Spread sauce on buns and serve.

Makes 4 burgers.

Add tomato, lettuce, onions or avocado to top your burger.

Matcha Herb Baked Salmon

Ingredients

4 salmon fillets (4 to 6 oz. each)
1 tsp. oregano
1 tsp. basil
1 tsp. thyme
1 tsp. matcha
1 ½ tbsp. olive oil
2 garlic cloves, minced
Salt & Pepper to taste
1 tsp. cumin

Instructions

1. Preheat oven to 350° F.
2. Rinse and dry salmon and place in baking dish.
3. Rub olive oil on both sides of each fillet.
4. In a shallow bowl combine herbs and spices, then rub all over salmon until both sides are covered.
5. Cover with aluminum foil and bake 10 minutes. Uncover and bake 5 to 7 more minutes.

Makes 4 servings.



BEEF, SOUP & SIDES

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Pepper Steak & Matcha Gravy

Ingredients

2 New York strip steaks, trimmed & cut into strips
½ cup flour
2 tsp. matcha
2 tsp. each Salt and Black pepper
1 tbsp. olive oil
1 cup [Matcha Mushroom Gravy](#)
½ green bell pepper, sliced
½ red bell pepper sliced
1 yellow onion, sliced



Instructions

1. Season strips with salt & pepper.
2. Add flour and matcha to a bowl and dredge steak slices through.
3. Heat olive oil in a cast iron skillet over medium-high heat.
4. Add onion and bell peppers and cook 5 minutes until softened then add steak.
5. Cook 3 to 5 minutes until meat begins to brown.
6. Add Matcha gravy and simmer for 4 to 6 minutes.

Makes 4 servings.

Melon Matcha Gazpacho

Ingredients

1 cantaloupe, peeled & seeded
1 English cucumber, peeled
1 tbsp. raw honey
1 cup yogurt, plain
¼ tsp. sea salt
¼ tsp. nutmeg
2 tsp. cayenne pepper
2 tsp. Matcha
¾ cup coconut water
Fresh mint leaves (garnish)

Instructions

1. Chop cantaloupe and cucumber.
2. Place half the chopped cantaloupe into a blender with yogurt and run until smooth.
3. Add rest of cantaloupe and cucumber and blend again.
4. Pour cantaloupe and cucumber into a mixing bowl and add cayenne, nutmeg, salt, matcha, salt, honey and coconut water. Stir until blended.
5. Pour into a tureen and chill for at least 1 hour prior to serving.
6. Garnish with mint and serve.

Makes 8 servings.



Welsh Rarebit Matcha & Cheese

Ingredients

2 tbsp. unsalted butter
2 tsp. matcha
1 tsp. Dijon mustard
2 tbsp. flour
1 tsp. Worcestershire sauce
½ tsp. salt
½ tsp. black pepper
¾ cup heavy cream
1 ½ cup shredded cheddar
1/8 tsp. hot sauce
½ cup dark beer
2 cups whole wheat elbow macaroni



Instructions

1. Fill a large pot with salted water and bring to a boil then add macaroni. Follow package instructions.
2. Over low heat melt butter in a medium saucepan.
3. Whisk in flour and matcha for 3 minutes, stirring the entire time.
4. Whisk in mustard, salt & pepper and Worcestershire sauce until smooth then add beer and keep whisking.
5. Pour in heavy cream and whisk until everything is suitably combined.
6. Gradually add cheese until it melts, about 4 or 5 minutes then add hot sauce.
7. Pour over drained macaroni and stir until blended.

Tip: Forego the macaroni and dip your morning toast into this tasty concoction!

Makes 4 servings.

MATCHA SHOTS

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Almond Matcha Shots

Ingredients

1 cup Almond milk (vanilla flavor)

Ice

1 tsp. matcha

Instructions

1. Place all ingredients into a cocktail shaker.
2. Shake vigorously for about 30 seconds.
3. Strain liquid out into shot or rocks glasses.
4. Bottoms up!

Makes 2 shots.



Matcha Power Boosting Shot

Ingredients

1 cup carrot-orange juice

2 tsp. matcha

2 tsp. wheatgrass powder

Instructions

1. Place all ingredients in a blender and run until the powder runs smooth and no clumps appear.

Makes 2 shots.



Organic Green Tea Latte

Ingredients:

1 teaspoon of green tea powder

1/3 cup of warm-hot, but not boiling, water

8 ounces warm-hot milk, soy milk or almond milk—don't boil the milk, either

Optional: 1 teaspoon raw honey, agave or sugar substitute (we prefer the drink unsweetened)

Optional: milk foam for garnish

Small whisk

Optional: Milk frother

*Note: Almond milk only has 80 calories and delivers a sweet taste.

Green Tea Latte



Instructions

1. Whisk green tea powder and water in a small bowl until the tea is dissolved and top slightly foams.
2. Stir in sweetener.
3. Add warm milk to the top of the drink, filling the cup.
4. For a frothier drink, pulse in a blender or use a frothing wand.
5. If you have a milk frother, froth the warm milk first, then pour.

*For an iced drink, prepare recipe to step 3; then add 2-3 ice cubes and mix in a blender.

*Note: Make sure to mix the green tea powder in hot water first (not boiling) to dissolve powder completely.

We invite you to re-post this recipe on your own web site with the following hyper-linked attribution

Makes 1 shot.

Conclusion

Adding matcha green tea powder to your culinary endeavors is a great way to gain the benefits, particularly if you don't enjoy the taste. In fact, Kiss Me Organics is the perfect answer for those seeking more antioxidants, less stress and greater fat burning but who loathe the bitter taste associated with drinking green tea.

Using matcha powder in breads, desserts, meats and cocktails will allow you to enjoy the flavors of the dishes you love...but with a kick.

If you find the taste of the matcha too mild or too strong, simply adjust the measurements until you find the perfect combination for your taste buds. You don't need to make each and every dish a beautiful bright green hue to take advantage of the benefits; as little as one teaspoon provides tremendous benefits.

The founders of Kiss Me Organics, Michael and Anthony, hope that these matcha powder recipes delight your palate and improve your health. Tell us what you think of our recipes by leaving a review on [Amazon.com](https://www.amazon.com).

If you have any questions about recipes or matcha powder please visit [KissMeOrganics.com](https://www.KissMeOrganics.com).