MATCHA MADNESS

This concentrated green tea powder has 137x more antioxidant catechins than green tea itself.

7 ways to enjoy matcha

1. WHIP UP A MATCHA SMOOTHIE
Add matcha powder to your favorite smoothie recipes:
1 cup spinach + 1 banana + ½ tsp. matcha + ½ cup almond milk + additional fruit (berries, apple, pineapple, mango) + ice to taste.

2. BREW UP A MATCHA COCONUT LATTE
Heat ⅔ cup cow's, almond or coconut milk. Mix in 1 tsp. matcha.

3. MUNCH ON MATCHA CHIA SEED PUDDING
Combine chia seeds with cow's, almond or coconut milk. Mix in matcha. Top with fruit, nuts or coconut.

4. MIX UP MATCHA ENERGY BALLS
Combine 2 cups natural, unsalted, chunky peanut butter + 2 Tbsp. ground flaxseed + 1/2 cup dried apricots + 1 Tbsp. amber honey + matcha to taste.

5. SIP ON MATCHA SOUP
Add matcha into homemade soups. It's especially good in cucumber and asparagus soup recipes.

6. TOSS MATCHA INTO A STIR-FRY
Add some matcha into veggie stir-fry recipes.

7. MAKE MATCHA-MOLE
Sprinkle matcha into your homemade guacamole.

P.S. YOU CAN ALSO ADD MATCHA TO:
› A tofu scramble (with other spices)
› Granola and oatmeal recipes
› Coffee
› Popcorn (combine with salt)
› Ice water (add a scoop)

Caution: Matcha is high in caffeine. It has even more than coffee!

Adding milk to matcha appears to lower its antioxidant benefits.

Sources
http://www.ncbi.nlm.nih.gov/pubmed/14518774,
health.clevelandclinic.org

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