

MATCHA

Creative and Delicious Matcha Recipes

COOKBOOK



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MATCHA LATTE



Prep time: 5 min
Cook time: 5 min



Serving: 1

INGREDIENTS:

- 1 tsp matchapowder
- 2 tbsp hotwater
- 1 cup milk
- 1 tbsp honey or sweetener
- Ice cubes

NUTRITION

Calories 90, Fat 3g, Fiber
0g, Sugar 12g, Protein 7g,
Carbohydrate 11g



DIRECTIONS:

- In a mug or small bowl, sift the matcha powder to remove any clumps.
- Add the hot (but not boiling) water to the matcha powder and whisk vigorously until the matcha is fully dissolved and frothy.
- In a small saucepan, heat the milk over medium heat until it is steaming but not boiling. Alternatively, you can heat the milk in the microwave.
- Once the milk is heated, pour it into the matcha mixture and stir well to combine.
- If desired, add honey or sweetener to taste and stir until dissolved.
- If making an iced latte, fill a glass with ice cubes and pour the matcha mixture over the ice.
- Serve immediately and enjoy your Matcha Latte!

MATCHA SMOOTHIE



Prep time: 5 min
Cook time: 5 min



Serving: 2

INGREDIENTS:

- 2 tps matcha powder
- 1 banana, frozen
- 1 cup spinach leaves
- 1 cup almond milk
- 1/2 cup Greek yogurt
- 1 tbsp honey or maple syrup
- Ice cubes

NUTRITION

Calories 123, Fat 2g, Fiber
3g, Sugar 14g, Protein 5g,
Carbohydrate 23g



DIRECTIONS:

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Pour into glasses and serve immediately.

MATCHA ICE CREAM



Prep time: 10 min
Cook time: 20 min



Serving: 6

INGREDIENTS:

- 2 cups heavy cream
- 1 cup whole milk
- 3/4 cup granulated sugar
- 2 tbsps matcha powder
- 4 large egg yolks
- 1 tsp vanilla extract

NUTRITION

Calories 375, Fat 29g, Fiber
0g, Sugar 25g, Protein 4g,
Carbohydrate 26g



DIRECTIONS:

- Add heavy cream, whole milk, and matcha powder into the saucepan. Heat over medium heat. Remove from heat.
- Add egg yolks and sugar in another bowl and mix well.
- Pour a small amount of the hot cream mixture into the egg yolks.
- Pour the tempered egg mixture back into the saucepan with the remaining cream mixture. Cook over medium heat for 5-7 minutes. Do not let it boil.
- Remove the mixture from heat and stir in the vanilla extract.
- Strain the mixture through a fine-mesh sieve into a clean bowl.
- Cover the bowl with plastic wrap. Refrigerate for at least 4 hours.
- Once the mixture is chilled, pour it into an ice cream maker and churn for 20-25 minutes.
- Transfer the churned ice cream to a freezer-safe container, cover with a lid, and freeze for at least 2 hours or until firm.
- Serve!

MATCHA PANCAKES

RECIPE



Prep time: 10 min
Cook time: 15 min



Serving: 4

INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 2 tbsp matcha powder
- 2 tbsp granulated sugar
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 1/4 cups milk
- 2 eggs
- 1/4 cup unsalted butter, melted
- 1 tsp vanilla extract

NUTRITION

Calories 320, Fat 13g, Fiber 1g, Sugar 7g, Protein 9g, Carbohydrate 42g



DIRECTIONS:

- Add the flour, matcha powder, sugar, baking powder, and salt into the bowl and mix well.
- Add milk, eggs, melted butter, and vanilla extract in another bowl and mix until smooth.
- Pour the wet ingredients into the dry ingredients and stir until just combined.
- Heat a skillet or griddle over medium heat and grease with butter or oil.
- Pour the batter onto the skillet for each pancake. Cook for 2-3 minutes.
- Flip the pancakes and cook for an additional 1-2 minutes on the other side.
- Transfer the cooked pancakes to a plate.
- Serve!

MATCHA CHEESECAKE RECIPE



Prep time: 20 min
Cook time: 1 hour
10 min



Serving: 12

INGREDIENTS:

Crust:

- 1 1/2 cups graham cracker crumbs
- 1/4 cup granulated sugar
- 1/3 cup unsalted butter, melted

Matcha Cheesecake Filling:

- 8 oz packages cream cheese, softened
- 1 cup granulated sugar
- 3 large eggs
- 1 tbsp matcha powder
- 1 tsp vanilla extract
- 1/2 cup heavy cream

NUTRITION

Calories 406, Fat 30g, Fiber 1g, Sugar 21g, Protein 7g, Carbohydrate 29g



DIRECTIONS:

- Preheat your oven to 325°F. Grease a springform pan and set aside.
- Add graham cracker crumbs, sugar, and melted butter into the bowl. Press the mixture into the springform pan.
- Add cream cheese and sugar into the mixing bowl and mix well.
- Add the eggs one at a time, mixing well after each addition.
- Mix in the matcha powder and vanilla extract until combined.
- Finally, add the heavy cream and mix well.
- Pour the cheesecake filling over the prepared crust in the springform pan.
- Bake for 60-70 minutes.
- Remove the cheesecake from the oven. Then refrigerate for 4 hours.
- Serve!

MATCHA COOKIES



Prep time: 15 min
Cook time: 10 min



Serving: 24 cookies

INGREDIENTS:

- 1 cup unsalted butter, softened
- 1 cup granulated sugar
- 1 egg
- 2 tsp vanilla extract
- 2 cups all-purpose flour
- 2 tbsps matcha powder
- 1/2 tsp baking powder
- 1/4 tsp salt

NUTRITION

Calories 130, Fat 7g, Fiber
0.5g, Sugar 8g, Protein
1.5g, Carbohydrate 16g



DIRECTIONS:

- Preheat your oven to 350°F and line baking sheets with parchment paper.
- Add softened butter and granulated sugar into the mixing bowl.
- Add the egg and vanilla extract to the creamed mixture, and beat until well combined.
- Sift the all-purpose flour, matcha powder, baking powder, and salt in another bowl.
- Add the dry ingredients to the wet ingredients, mixing until a dough forms.
- Scoop the dough and roll them into balls. Place them onto the prepared baking sheets.
- Bake for 10-12 minutes.
- Remove from the oven.
- Serve!

MATCHA MUFFINS

RECIPE



Prep time: 10 min
Cook time: 20 min



Serving: 12 muffins

INGREDIENTS:

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 2 tbsp matcha powder
- 1 tbsp baking powder
- 1/4 tsp salt
- 1 cup
- 1/2 cup unsalted butter, melted and cooled
- 2 eggs
- 1 tsp vanilla extract

NUTRITION

Calories 198, Fat 8g, Fiber 1g, Sugar 10g, Protein 4g, Carbohydrate 28g



DIRECTIONS:

- Preheat your oven to 375°F. Line a muffin tin with paper liners or grease the cups with butter or cooking spray.
- In a large mixing bowl, whisk together the flour, sugar, matcha powder, baking powder, and salt until well combined.
- In another bowl, whisk together the milk, melted butter, eggs, and vanilla extract until smooth.
- Pour the wet ingredients into the dry ingredients and stir until just combined.
- Spoon the batter into the prepared muffin tin.
- Bake for 18-20 minutes.
- Remove the muffin tin from the oven and allow the muffins to cool in the tin for 5 minutes.
- Serve!

MATCHA BROWNIES

RECIPE



Prep time: 15 min
Cook time: 25 min



Serving: 12
brownies

INGREDIENTS:

- 1/2 cup unsalted butter
- 1 cup granulated sugar
- 2 eggs
- 1 tsp vanilla extract
- 1/2 cup all-purpose flour
- 1/3 cup matcha powder
- 1/4 tsp salt
- 1/2 cup white chocolate chips

NUTRITION

Calories 208, Fat 11g, Fiber 1g, Sugar 19g, Protein 3g, Carbohydrate 26g



DIRECTIONS:

- Preheat your oven to 350°F. Grease a baking pan with cooking spray or butter and line it with parchment paper.
- In a microwave-safe bowl, melt the butter in the microwave in 30-second.
- Add the granulated sugar, eggs, and vanilla extract in another bowl and mix until well combined.
- Pour the melted butter into the sugar and egg mixture and stir until smooth.
- Sift in the all-purpose flour, matcha powder, and salt. Fold the dry ingredients into the wet ingredients.
- Fold in the white chocolate chips.
- Pour the batter into the prepared baking pan.
- Bake for 20-25 minutes.
- Remove the brownies from the oven.
- Serve!

MATCHA CHIA PUDDING RECIPE



Prep time: 5 min
Cook time: 4 hours



Serving: 4

INGREDIENTS:

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 2 tsp matcha powder
- 1 tbsp honey or maple syrup
- 1/2 tsp vanilla extract

NUTRITION

Calories 85, Fat 4g, Fiber
5g, Sugar 4g, Protein 3g,
Carbohydrate 11g



DIRECTIONS:

- Add the chia seeds, matcha powder, almond milk, honey or maple syrup, and vanilla extract into the mixing bowl and mix well.
- Cover the bowl or jar and refrigerate for 4 hours.
- Serve!

MATCHA CAKE RECIPE



Prep time: 15 min
Cook time: 30 min



Serving: 12

INGREDIENTS:

- 2 cups all-purpose flour
- 2 tbsp matcha powder
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup unsalted butter, softened
- 1 1/2 cups granulated sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 cup milk

NUTRITION

Calories 256, Fat 9g, Fiber 1g, Sugar 24g, Protein 4g, Carbohydrate 41g



DIRECTIONS:

- Preheat your oven to 350°F. Grease and flour a round cake pan.
- Add flour, matcha powder, baking powder, baking soda, and salt into the bowl. Set aside.
- Add softened butter and granulated sugar into the mixing bowl and mix until light and fluffy.
- Beat in the eggs. Stir in the vanilla extract.
- Add the dry ingredients to the wet ingredients.
- Pour the batter into the prepared cake pan.
- Bake for 25-30 minutes.
- Remove the cake from the oven.
- Serve!

MATCHA TRUFFLES



Prep time: 20 min
Cook time: 2 hours



Serving: Makes
about 20 truffles

INGREDIENTS:

- 1/2 cup heavy cream
- 8 oz white chocolate, chopped
- 2 tbsp unsalted butter
- 2 tsp matcha powder, plus extra for dusting
- 1/2 tsp vanilla extract

NUTRITION

Calories 97, Fat 8g, Fiber
0g, Sugar 7g, Protein 1g,
Carbohydrate 7g



DIRECTIONS:

- Add heavy cream into the saucepan and put over medium heat until it begins to simmer. Remove from heat.
- Place the chopped white chocolate in a heatproof bowl. Pour the hot cream over the chocolate and let it sit for 1-2 minutes.
- Add chocolate and cream and mix well.
- Once smooth, stir in the butter.
- Sift the matcha powder into the mixture and whisk it well.
- Add vanilla and mix well.
- Cover the bowl and refrigerate the mixture for 2 hours.
- Scoop to portion out the truffle mixture and roll it into balls. Place the truffles on a parchment-lined baking sheet.
- Roll the truffles in additional matcha powder, cocoa powder, powdered sugar, crushed nuts, or shredded coconut to coat.
- Return the coated truffles to the refrigerator for 15 minutes.
- Serve!

MATCHA GRANOLA

RECIPE



Prep time: 10 min
Cook time: 30 min



Serving: 8

INGREDIENTS:

- 3 cups old-fashioned rolled oats
- 1 cup chopped nuts
- 1/4 cup maple syrup or honey
- 2 tbsp coconut oil, melted
- 1 tbsp matcha powder
- 1/2 tsp vanilla extract
- 1/4 tsp salt

NUTRITION

Calories 250, Fat 13g, Fiber 4g, Sugar 9g, Protein 6g, Carbohydrate 29g



DIRECTIONS:

- Preheat your oven to 300°F. Line a baking sheet with parchment paper.
- Add rolled oats, chopped nuts, matcha powder, and salt into the mixing bowl.
- Add the maple syrup, melted coconut oil, and vanilla extract in another bowl.
- Pour the wet ingredients over the dry ingredients in the large mixing bowl.
- Spread the granola mixture in an even layer on the prepared baking sheet.
- Bake for 25-30 minutes.
- Remove from the oven.
- Serve!

MATCHA FRAPPUCCINO RECIPE



Prep time: 5 min
Cook time: 5 min



Serving: 2

INGREDIENTS:

- 2 cups ice cubes
- 1 cup milk
- 2 tbsp matcha powder
- 2 tbsp honey
- 1/2 tsp vanilla extract
- Whipped cream for topping

NUTRITION

Calories 106, Fat 2g, Fiber
1g, Sugar 17g, Protein 3g,
Carbohydrate 20g



DIRECTIONS:

- Add the ice cubes, milk, matcha powder, honey, and vanilla extract to a blender. Blend until smooth.
- Top with whipped cream and a sprinkle of matcha powder.
- Serve and enjoy!

MATCHA OATMEAL RECIPE



Prep time: 5 min
Cook time: 10 min



Serving: 2

INGREDIENTS:

- 1 cup rolled oats
- 2 cups water or milk
- 1 tbsp matcha powder
- 2 tbsps honey or maple syrup
- 1 tsp vanilla extract
- Pinch of salt

NUTRITION

Calories 210, Fat 3g, Fiber 5g, Sugar 12g, Protein 6g, Carbohydrate 42g



DIRECTIONS:

- In a small saucepan, bring the water or milk to a gentle boil.
- Stir in the rolled oats and reduce the heat to low. Let the oats simmer for about 5 minutes, stirring occasionally, until they reach your desired consistency.
- In a small bowl, whisk together the matcha powder and a few tbsp of hot water to create a smooth paste.
- Add the matcha paste, honey or maple syrup, vanilla extract, and a pinch of salt to the cooked oats. Stir well to combine.
- Continue to cook the oatmeal for another 2-3 minutes.
- Remove the oatmeal from the heat.
- Top the matcha oatmeal with sliced bananas, berries, nuts, seeds, or coconut flakes.
- Serve warm and enjoy!

MATCHA ENERGY BALLS



Prep time: 15 min
Cook time: 0 min



Serving: Makes
about 12 energy
balls

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup almond flour
- 2 tbsps matcha powder
- 1/4 cup honey or maple syrup
- 1/4 cup almond butter or any nut butter of your choice
- 1 tsp vanilla extract
- 1/4 cup dark chocolate chips
- 2 tbsps chia seeds

NUTRITION

Calories 110, Fat 6g, Fiber
2g, Sugar 5g, Protein 3g,
Carbohydrate 13g



DIRECTIONS:

- Add rolled oats, almond flour, and matcha powder into the mixing bowl. Stir until well mixed.
- Add honey or maple syrup, almond butter, and vanilla extract to the dry ingredients.
- Fold in the dark chocolate chips and chia seeds.
- Once the mixture is well combined, take about 1 tbsp of the mixture at a time and roll it into balls.
- Place the energy balls on a baking sheet lined with parchment paper and refrigerate for 30 minutes.
- Serve!

MATCHA TIRAMISU

RECIPE



Prep time: 20 min
Chill time: 4 hours



Serving: 8

INGREDIENTS:

- 1 cup heavy cream
- 1 cup mascarpone cheese
- 1/4 cup granulated sugar
- 1 tsp vanilla extract
- 2 tbsp matcha powder
- 1 cup hot water
- 2 tbsp matcha powder
- 2 tbsp granulated sugar
- 24 ladyfinger cookies

NUTRITION

Calories 350, Fat 25g, Fiber
1g, Sugar 12g, Protein 5g,
Carbohydrate 27g



DIRECTIONS:

- Add heavy cream into the mixing bowl and mix well.
- Add mascarpone cheese, granulated sugar, vanilla extract, and matcha powder in another bowl. Mix well.
- Fold the whipped cream into the matcha mixture until fully incorporated.
- In a shallow dish, combine the hot water, matcha powder, and granulated sugar for soaking.
- Dip each ladyfinger cookie into the matcha soaking mixture.
- Arrange a layer of soaked ladyfinger cookies in the bottom of the dish.
- Spread half of the matcha mascarpone mixture over the soaked ladyfingers.
- Repeat the layers with another layer of soaked ladyfingers and the remaining matcha mascarpone mixture.
- Cover and refrigerate the tiramisu for 4 hours.
- Serve!

MATCHA YOGURT BOWL

Prep time: 5 min



Serving: 1

INGREDIENTS:

- 1 cup Greek yogurt
- 1 tsp matcha powder
- 1 tbsp honey or maple syrup
- 1/4 cup granola
- Fresh berries
- Sliced banana
- Chia seeds or flax seeds
- Sliced almonds or other nuts

NUTRITION

Calories 350, Fat 9g, Fiber
5g, Sugar 29g, Protein 24g,
Carbohydrate 45g



DIRECTIONS:

- Add Greek yogurt and matcha powder into the bowl and mix well.
- Add matcha yogurt with honey or maple syrup.
- Top the matcha yogurt with granola, fresh berries, sliced banana, chia seeds or sliced almonds.
- Serve and enjoy!

MATCHA POPSICLES

RECIPE



Prep time: 10min

Cook time: 4-6
hours



Serving: 6
popsicles

INGREDIENTS:

- 2 tps matcha powder
- 1 ½ cups coconut milk
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract

NUTRITION

Calories 116, Fat 8g, Fiber
0g, Sugar 10g, Protein 1g,
Carbohydrate 12g



DIRECTIONS:

- Add matcha powder and a small amount of milk into the bowl and mix well.
- Add the remaining milk, honey or maple syrup, and vanilla extract. Whisk until well combined and smooth.
- Pour the matcha mixture into popsicle molds, filling each one almost to the top.
- Insert popsicle sticks into the molds.
- Place the popsicle molds in the freezer and let them freeze for at least 4-6 hours.
- Serve and enjoy!

MATCHA

SHORTBREAD RECIPE



Prep time: 15 min
Cook time: 12 min



Serving: 24 cookies

INGREDIENTS:

- 1 cup unsalted butter, softened
- 1/2 cup granulated sugar
- 2 cups all-purpose flour
- 2 tbsp matcha powder
- 1/4 tsp salt

NUTRITION

Calories 120, Fat 8g, Fiber
0.5g, Sugar 4g, Protein 1g,
Carbohydrate 11g



DIRECTIONS:

- Preheat the oven to 350°F. Line a baking sheet with parchment paper.
- Add softened butter and granulated sugar into the mixing bowl and mix well.
- Add all-purpose flour, matcha powder, and salt in another bowl and mix well.
- Add the dry ingredients to the creamed butter and sugar mixture, mixing until a dough forms.
- Roll out the dough onto floured surface.
- Use cookie cutters to cut out shapes from the dough into squares or rectangles using a knife.
- Place the cut-out cookies onto the prepared baking sheet.
- Bake for 10-12 minutes.
- Remove from the oven.
- Serve!

MATCHA RICE



Prep time: 10 min
Cook time: 10 min



Serving: 12
squares

INGREDIENTS:

- 3 tbsp unsalted butter
- 10 oz marshmallows
- 1 tbsp matcha powder
- 6 cups crispy rice cereal

NUTRITION

Calories 160, Fat 3g, Fiber
0g, Sugar 15g, Protein 1g,
Carbohydrate 32g



DIRECTIONS:

- Grease a baking dish with butter or cooking spray. Set aside.
- In a large saucepan, melt the butter over low heat.
- Add the marshmallows to the saucepan and stir until melted and smooth.
- Remove the saucepan from heat and quickly stir in the matcha powder until evenly combined.
- Add the crispy rice cereal to the saucepan and stir well.
- Transfer the mixture to the prepared baking dish/
- Once cooled and set, cut into squares and serve.

MATCHA SCONES

RECIPE



Prep time: 15 min

Cook time: 15 min



Serving: 8 scones

INGREDIENTS:

- 2 cups all-purpose flour
- 1/4 cup granulated sugar
- 2 tbsp matcha powder
- 1 tbsp baking powder
- 1/2 tsp salt
- 1/2 cup unsalted butter, cold and cut into small pieces
- 1/2 cup heavy cream, plus extra for brushing
- 1 egg
- 1 tsp vanilla extract

NUTRITION

Calories 294, Fat 16g, Fiber 1g, Sugar 7g, Protein 4g, Carbohydrate 32g



DIRECTIONS:

- Preheat your oven to 400°F. Line a baking sheet with parchment paper.
- Add flour, sugar, matcha powder, baking powder, and salt into the mixing bowl.
- Add the cold butter pieces to the flour mixture. Using a pastry cutter or your fingertips, cut the butter into the flour until the mixture resembles coarse crumbs.
- Add heavy cream, egg, and vanilla extract in another bowl and mix well.
- Pour the wet ingredients into the dry ingredients and mix well.
- Transfer the dough onto a lightly floured surface. Shape the dough into a circle. Using a sharp knife, cut the dough into 8 equal wedges.
- Place the scones onto the prepared baking sheet.
- Brush the tops of the scones with a little heavy cream.
- Bake for 12-15 minutes.
- Remove from the oven and let the scones cool.
- Serve!

MATCHA BANANA BREAD RECIPE



Prep time: 15min

Cook time: 50-60
min



Serving: 10 slices

INGREDIENTS:

- 2 ripe bananas, mashed
- 1/3 cup vegetable oil or melted coconut oil
- 1/2 cup granulated sugar
- 1/4 cup maple syrup or honey
- 2 eggs
- 1 tsp vanilla extract
- 1 3/4 cups all-purpose flour
- 1 tbsp matcha powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

NUTRITION

Calories 284, Fat 10g, Fiber
1g, Sugar 17g, Protein 4g,
Carbohydrate 37g



DIRECTIONS:

- Preheat the oven to 350°F. Grease a loafpan or line it with parchment paper.
- Add bananas until smooth. Add the vegetable oil, sugar, maple syrup (or honey), eggs, and vanilla extract into the mixing bowl. Mix until well combined.
- Add all-purpose flour, matcha powder, baking powder, baking soda, and salt in another bowl and mix well.
- Add the dry ingredients to the wet ingredients.
- Fold in the chopped nuts or chocolate chips.
- Pour the batter into the prepared loaf pan and spread it.
- Bake for 50 to 60 minutes.
- Serve!

MATCHA AVOCADO TOAST RECIPE



Prep time: 5 min
Cook time: 5 min



Serving: 2

INGREDIENTS:

- 2 ripe avocados
- 4 slices of whole grain bread
- 1 tsp matcha powder
- 1 tbsp lemon juice
- Salt and pepper to taste

NUTRITION

Calories 255, Fat 15g, Fiber
9g, Sugar 2g, Protein 7g,
Carbohydrate 27g



DIRECTIONS:

- Toast the slices of whole grain bread.
- While the bread is toasting, cut the avocados in half, remove the pits, and scoop the flesh into a bowl.
- Mash the avocado with a fork until smooth, then stir in the matcha powder and lemon juice until well combined. Season with salt and pepper to taste.
- Once the bread is toasted, spread the matcha avocado mixture evenly onto each slice.
- Top the avocado toast with sliced tomatoes, red pepper flakes, sesame seeds, or microgreens.
- Serve and enjoy!

MATCHA PROTEIN SHAKE



Prep time: 5 min
Cook time: 5 min



Serving: 1

INGREDIENTS:

- 1 tsp matcha powder
- 1 scoop vanilla or unflavored protein powder
- 1 cup unsweetened almond milk
- 1/2 frozen banana
- 1 tbsp honey or maple syrup
- Ice cubes

NUTRITION

Calories 220, Fat 4g, Fiber
3g, Sugar 15g, Protein 25g,
Carbohydrate 26g



DIRECTIONS:

- Add matcha powder, protein powder, almond milk, frozen banana, and honey or maple syrup into the blender. Blend on high speed until smooth and creamy.
- Add ice cubes and blend again.
- Pour into a glass and serve immediately.

MATCHA FRENCH TOAST RECIPE



Prep time: 10 min
Cook time: 10 min



Serving: 4

INGREDIENTS:

- 8 slices of bread
- 4 large eggs
- 1 cup milk
- 2 tbsps matcha powder
- 1 tsp vanilla extract
- 2 tbsps unsalted butter

NUTRITION

Calories 290, Fat 12g, Fiber 2g, Sugar 5g, Protein 14g, Carbohydrate 30g



DIRECTIONS:

- Add eggs, milk, matcha powder, and vanilla extract into the shallow dish and mix well.
- until well combined.
- Heat a large skillet or griddle over medium heat. Add 1 tbsp of butter and let it melt and coat the surface of the skillet.
- Dip each slice of bread into the matcha mixture.
- Place the coated bread slices onto the skillet and cook for 2-3 minutes on each side.
- Repeat with the remaining slices of bread.
- Once cooked, transfer the Matcha French Toast to serving plates.
- Serve!

MATCHA MACARONS

RECIPE



Prep time: 15 min
Cook time: 30 min



Serving: Makes
about 20 filled
macarons

INGREDIENTS:

For the Macarons:

- 1 cup almond flour
- 1 cup powdered sugar
- 2 tbsp matcha powder
- 2 egg whites
- 1/4 cup granulated sugar

For the Filling:

- 1/2 cup unsalted butter, softened
- 1 cup powdered sugar
- 1 tsp vanilla extract

NUTRITION

Calories 130, Fat 9g, Fiber 1g, Sugar 10g, Protein 2g, Carbohydrate 12g.



DIRECTIONS:

- Line two baking sheets with parchment paper. Set aside.
- Add almond flour, powdered sugar, and matcha powder into the bowl. Mix and keep it aside.
- Add egg whites into the dry mixing bowl and mix with an electric mixer on medium speed.
- Add the granulated sugar. Increase speed to high and continue beating until stiff peaks form.
- Fold the dry ingredients into the whipped egg whites using a spatula.
- Transfer the batter to a piping bag fitted with a round tip. Pipe small circles onto the prepared baking sheets. Allow it to rest for 30 minutes.
- Preheat the oven to 300°F.
- Bake for 12-15 minutes.
- Prepare the filling: Add softened butter into the mixing bowl and mix well. Then, add powdered sugar and vanilla and beat well.
- Pipe or spread a small amount of filling onto the flat side of one macaron, then sandwich it with another macaron.
- Serve!

MATCHA WAFFLES



Prep time: 10 min
Cook time: 10 min



Serving: 4

INGREDIENTS:

- 2 cups all-purpose flour
- 2 tbsps matcha powder
- 1/4 cup granulated sugar
- 1 tbsp baking powder
- 1/4 tsp salt
- 2 large eggs
- 1 3/4 cups milk
- 1/2 cup unsalted butter, melted
- 1 tsp vanilla extract

NUTRITION

Calories 450, Fat 20g, Fiber 2g, Sugar 13g, Protein 12g, Carbohydrate 55g.



DIRECTIONS:

- Preheat your waffle iron according to the manufacturer's instructions.
- Add flour, matcha powder, sugar, baking powder, and salt into the mixing bowl.
- Add eggs and then add the milk, melted butter, and vanilla extract in another bowl. Whisk until smooth.
- Pour the wet ingredients into the dry ingredients and stir until just combined.
- Lightly grease the waffle iron with non-stick cooking spray or brush with melted butter.
- Pour enough batter onto the preheated waffle iron to cover the waffle grid. Close the lid and cook according to the manufacturer's instructions.
- Remove the waffles from the iron and place them on a wire rack to cool slightly. Repeat with the remaining batter.
- Serve!

MATCHA TRIFLE

RECIPE



Prep time: 20 min

Cook time: 0 min



Serving: 8

INGREDIENTS:

- 3 oz instant vanilla pudding mix
- 2 cups cold milk
- 1 tbsp matcha powder
- 1 pound cake, cut into cubes
- 2 cups fresh strawberries, sliced
- 1 cup whipped cream

NUTRITION

Calories 270, Fat 12g, Fiber 1g, Sugar 21g, Protein 5g, Carbohydrate 35g.



DIRECTIONS:

- Add instant vanilla pudding mix and cold milk into the mixing bowl and mix until smooth and thickened.
- Add matcha powder in another bowl.
- Add the sifted matcha powder to the prepared vanilla pudding mixture.
- In a glass bowl, layer half of the pound cake cubes on the bottom.
- Spread half of the matcha pudding mixture over the pound cake layer.
- Add a layer of sliced strawberries on top of the matcha pudding layer.
- Repeat the layers with the remaining pound cake cubes, matcha pudding, and sliced strawberries.
- Finish with a layer of whipped cream or whipped topping on top.
- Cover the trifle dish with plastic wrap and refrigerate for at least 2 hours.
- Serve!

MATCHA MARGARITA



Prep time: 5 min
Cook time: 5 min



Serving: 1

INGREDIENTS:

- 1 1/2 oz tequila
- 1 oz freshly squeezed lime juice
- 3/4 oz matcha syrup
- 1/2 oz triple sec or orange liqueur
- Ice cubes
- Lime wedge, for garnish
- Matcha powder, for rimming

For the Matcha Syrup:

- 1/2 cup water
- 1/2 cup granulated sugar
- 1 tbsp matcha powder

NUTRITION

Calories 186, Fat 0g, Fiber 0g, Sugar 17g, Protein 0g, Carbohydrate 20g.



DIRECTIONS:

- Add water and sugar into the saucepan. Heat over medium heat. Remove from heat and whisk in matcha powder until smooth.
- Rim the edge of a margarita glass with matcha powder. Run a lime wedge around the rim of the glass, then dip it into the matcha powder to coat.
- Add tequila, lime juice, matcha syrup, and triple sec into the shaker. Add ice cubes. Shake well until chilled.
- Strain the margarita into the prepared glass filled with ice.
- Serve!

MATCHA PINEAPPLE PUNCH



Prep time: 10 min

Cook time: 0 min



Serving: 2

INGREDIENTS:

- 2 tsp matcha powder
- 1 cup pineapple juice
- 1/2 cup coconut water
- 1/4 cup coconut milk
- 1 tbsp honey
- Ice cubes

NUTRITION

Calories 120, Protein 1g,
Carbohydrate 23g, Fat 4g,
Sugar 18g



DIRECTIONS:

- Add matcha powder and pineapple juice into the bowl and mix well.
- Pour the matcha pineapple mixture into a pitcher.
- Add coconut water, coconut milk, and honey. Stir until well combined.
- Fill two glasses with ice cubes.
- Pour the matcha pineapple punch over the ice cubes.
- Garnish with pineapple slices.
- Serve and enjoy!

MATCHA MOJITO



Prep time: 5 min
Cook time: 5 min



Serving: 1

INGREDIENTS:

- 1 tsp matcha powder
- 1 tbsp hot water
- 6-8 fresh mint leaves
- 1 tbsp granulated sugar
- 1 oz fresh lime juice
- 2 oz white rum
- Ice cubes
- Soda water

NUTRITION

Calories 129, Fat 0g, Fiber 1g, Sugar 7g, Protein g, Carbohydrate 11g



DIRECTIONS:

- Dissolve the matcha powder in hot water into the glass.
- Add the mint leaves and sugar to the glass. Muddle the mint leaves to release their flavor and aroma, and to dissolve the sugar.
- Pour in the fresh lime juice and white rum.
- Fill the glass with ice cubes.
- Top off the glass with soda water, and stir to combine all ingredients.
- Serve!

MATCHA SWISS ROLLS



Prep time: 20 min
Cook time: 15 min



Serving: 10-12

INGREDIENTS:

For the Cake:

- 4 eggs
- ¾ cup granulated sugar
- 1 tsp vanilla extract
- ¾ cup all-purpose flour
- 2 tbsp matcha powder
- 1 tsp baking powder
- ¼ tsp salt

For the Filling:

- 1 ½ cups heavy cream
- 3 tbsp powdered sugar
- 1 tsp vanilla extract

NUTRITION

Calories 250, Protein 4g,
Carbohydrate 23g, Fiber 1g,
Sugar 16g



DIRECTIONS:

- Preheat the oven to 350°F. Grease and line a jelly roll pan with parchment paper.
- Add sugar and eggs into the mixing bowl and mix well. Then, add vanilla and stir well.
- Add salt, baking powder, matcha powder, and flour in another bowl and mix well.
- Fold the dry ingredients into the egg mixture and mix well.
- Pour the batter into the jelly roll pan. Bake for 12-15 minutes.
- While the cake is still warm, carefully invert it onto a clean kitchen towel dusted with powdered sugar. Peel off the parchment paper.
- Starting from one of the short ends, gently roll the cake and the towel together.
- Allow the cake to cool completely while rolled.
- Prepare the filling: Add vanilla extract, powder sugar, and heavy cream into the mixing bowl and mix well. Carefully unroll the cake. Spread the whipped cream evenly over the surface of the cake.
- Wrap the roll in plastic wrap and refrigerate for 1 hour.
- Serve!

MATCHA FUDGE

RECIPE



Prep time: 10 min
Cook time: 10 min



Serving: 16
squares

INGREDIENTS:

- 2 cups white chocolate chips
- 1/2 cup sweetened condensed milk
- 2 tsp matcha powder
- 1/2 tsp vanilla extract
- Pinch of salt

NUTRITION

Calories 173, Fat 9g, Fiber 0g, Sugar 19g, Protein 3g, Carbohydrate 20g



DIRECTIONS:

- Line a baking dish with parchment paper.
- Add white chocolate chips and sweetened condensed milk into the microwave-safe bowl.
- Microwave the mixture for 30 seconds.
- Stir in the matcha powder, vanilla extract, and salt.
- Pour the matcha fudge mixture into the prepared baking dish and spread it out using a spatula.
- Refrigerate the fudge for 2 hours.
- Serve!

MATCHA FRUIT SALAD



Prep time: 10 min

Cook time: 0 min



Serving: 4

INGREDIENTS:

- 2 tbsp matchapowder
- 1 cup sliced strawberries
- 1 cup cubed watermelon
- 1 cup green grapes, halved
- 1 cup pineapple chunks
- 1 tbsp honey
- 1 tbsp fresh lime juice

NUTRITION

Calories 120, Fat 0g,
Carbohydrate 31g, Fiber 4g,
Sugar 24g, Protein 1g



DIRECTIONS:

- Add the strawberries, watermelon, grapes, and pineapple into the mixing bowl and mix well.
- Add the honey, matcha and fresh lime juice into the small bowl and mix well.
- Pour the honey-lime dressing over the fruit and toss until well combined.
- Refrigerate the fruit salad for at least 30 minutes.
- Serve!

MATCHA ALMOND BUTTER



Prep time: 10 min
Cook time: 10 min



Serving: Makes about 1 cup

INGREDIENTS:

- 2 cups raw almonds
- 2 tbsp matcha powder
- 1-2 tbsp honey or maple syrup
- 1/4 tsp salt

NUTRITION

Calories 90, Fat 7g, Fiber 2g, Sugar 1g, Protein 3g, Carbohydrate 5g.



DIRECTIONS:

- Preheat the oven to 350°F.
- Spread the almonds in a single layer on a baking sheet and roast them in the preheated oven for 8-10 minutes.
- Allow the almonds to cool, then transfer them to a food processor.
- Add the matcha powder to the almonds in the food processor.
- Add honey or maple syrup and salt.
- Process the almonds and matcha until smooth and creamy.
- Serve!

MATCHA PANNA COTTA



Prep time: 10 min
Cook time: 10 min



Serving: 4

INGREDIENTS:

- 1 cup whole milk
- 1 cup heavy cream
- 1/4 cup granulated sugar
- 2 tsp matcha powder
- 1 tsp vanilla extract
- 2 tsp powdered gelatin
- 2 tbsp cold water

NUTRITION

Calories 318, Fat 24g, Fiber
0g, Sugar 19g, Protein 5g,
Carbohydrate 20g



DIRECTIONS:

- Add the gelatin over the cold water into the bowl. Let it sit for 5 minutes.
- Add whole milk, heavy cream, sugar, matcha powder, and vanilla extract into the saucepan and put over medium heat.
- Once the mixture is warm and well combined, remove it from the heat.
- Add the softened gelatin to the warm mixture and whisk until the gelatin is completely dissolved.
- Divide the mixture evenly among glasses or ramekins.
- Cover each glass with plastic wrap and refrigerate for 4 hours.
- Once set, remove the plastic wrap from the glasses and garnish with fresh berries or fruit.

MATCHA ENERGY BARS



Prep time: 15 min
Cook time: 0 min



Serving: 12 bars

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup almonds, chopped
- 1/2 cup shredded coconut
- 1/4 cup honey or maple syrup
- 1/4 cup almond butter
- 2 tbsps matcha powder
- 1/4 cup dark chocolate chips
- 1 tbsp chia seeds
- 1 tbsp hemp seeds

NUTRITION

Calories 160, Fat 9g, Fiber
3g, Sugar 8g, Protein 4g,
Carbohydrate 17g.



DIRECTIONS:

- Add rolled oats, chopped almonds, shredded coconut, matcha powder, and chia seeds, hemp seeds into the mixing bowl and mix well.
- Add honey or maple syrup and almond butter into the saucepan and put over low heat until melted and well combined.
- Pour the melted mixture over the dry ingredients in the mixing bowl. well.
- Line a baking dish with parchment paper.
- Transfer the mixture into the prepared baking dish.
- Sprinkle dark chocolate chips over the mixture and press them into the bars.
- Place the baking dish in the refrigerator for 1 hour.
- Serve!

MATCHA POPCORN



Prep time: 5 min
Cook time: 5 min



Serving: 4

INGREDIENTS:

- 1/4cup popcorn kernels
- 2 tbsp coconut oil
- 2 tbsp powdered matcha green tea
- 2 tbsp granulated sugar
- Salt to taste

NUTRITION

Calories 155, Fat 9g, Fiber 3g, Sugar 5g, Protein 2g, Carbohydrate 19g.



DIRECTIONS:

- Add coconut oil in a pot over medium-high heat.
- Add the popcorn kernels to the pot, cover with a lid, and shake the pot.
- Remove the pot from the heat and let it sit for a minute.
- Add powdered matcha green tea with granulated sugar into the bowl and mix until well combined.
- Transfer the popped popcorn to a bowl and sprinkle the matcha sugar mixture over it.
- Toss the popcorn to coat it with the matcha sugar mixture.
- Season with salt to taste.
- Serve!

MATCHA HUMMUS



Prep time: 10 min
Cook time: 10 min



Serving: 8

INGREDIENTS:

- 15 oz chickpeas, drained and rinsed
- 2 tbsp tahini
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tsp matcha powder
- 1 clove garlic, minced
- Salt to taste
- Water

NUTRITION

Calories 106, Fat 6g, Fiber 3g, Sugar 1g, Protein 4g, Carbohydrate 10g



DIRECTIONS:

- Add chickpeas, tahini, olive oil, lemon juice, matcha powder, garlic, and a pinch of salt into the blender.
- Blend the ingredients until smooth.
- Transfer the hummus to a bowl and drizzle with olive oil.
- Serve!

MATCHA PESTO



Prep time: 10 min
Cook time: 5 min



Serving: Makes
about 1 cup of
pesto

INGREDIENTS:

- 2 cups fresh basil leaves
- 1/3 cup pine nuts
- 2 cloves garlic, minced
- 1/2 cup olive oil
- 1/2 cup grated Parmesan cheese
- 1 tbsp matcha powder
- Salt and pepper to taste

NUTRITION

Calories 134, Fat 14g, Fiber
1g, Sugar 0g, Protein 2g,
Carbohydrate 1g



DIRECTIONS:

- Toast the pine nuts into the dry skillet over medium heat until golden brown and fragrant. Remove from heat and let cool.
- Add basil leaves, toasted pine nuts, minced garlic, and matcha powder into the blender. Blend until smooth.
- Drizzle in the olive oil until the mixture is smooth and well combined.
- Add the grated Parmesan cheese and blend it.
- Serve!