

matcha recipes

Welcome to a new world of green tea — a tea not only for sipping but also for enhancing your culinary endeavors with its unique umami flavor. Add into your favorite recipes or try some of ours to give a savory dimension that will awaken your taste buds.



VEGAN MATCHA LATTE

1 SERVING

- ½ tsp **Matcha** powder
- ¼ tsp vanilla extract
- 1½ cup oat milk
- 2 dates



Place all ingredients in a high speed blender and blend until dates are fully incorporated. Heat up or pour over ice.

MATCHA SCHMEAR

1-2 SERVINGS

- 1 tsp **Matcha** powder
- ¼ cup whipped cream cheese
- 1½ tsp honey

Blend all ingredients together and spread on bagels or toast.



MATCHA BERRY PARFAIT

1 SERVING

- ½ tsp **Matcha** powder (or more if desired)
- 1 cup vanilla yogurt
- ½ cup granola
- ½ cup strawberries



Blend matcha into yogurt with a spoon. Place a few spoonfuls into the bottom of a glass then alternately layer with granola and sliced berries.

MATCHA HORCHATA

2 SERVINGS

- ½ tsp **Matcha** powder
- 2 cups rice milk
- 1 Tbs agave nectar
- ¼ tsp cinnamon
- ½ tsp vanilla extract
- Dash of sea salt



Place everything in a large mason jar with some ice. Place lid on and shake till blended. Pour into ice-filled glasses and sprinkle a little cinnamon on top.

HEALTHY MATCHA POPCORN

4 SERVINGS

- 1 tsp **Matcha** powder
- 2 Tbs nutritional yeast
- ¼ tsp onion powder
- ¼ tsp fine sea salt
- Avocado or olive oil spray
- 1 bag microwave popcorn (low oil variety)

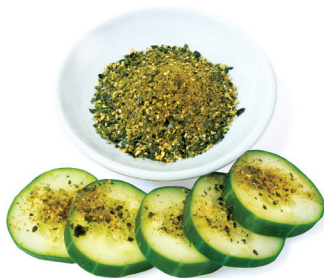


In a large bowl, combine the first four ingredients together and set aside. Make popcorn according to directions, then pour into prepared seasoning bowl. Spray popcorn lightly with oil and toss with a large spoon to coat with the seasonings. Spray more oil if needed and toss till all the popcorn is coated evenly. Enjoy immediately.

MATCHA SUSHI RICE

- 2 tsp **Matcha** powder
- 1¼ cup sushi rice
- 1 tsp salt
- 1 tsp sugar
- 1 Tbs rice vinegar

Rinse sushi rice in a sieve till water runs clear. Drain as much water as possible. Place in a medium saucepan and whisk in 1¼ cup water, matcha powder and salt. Bring to a boil, then reduce heat to low. Cover and cook until all the water is absorbed and the rice is tender (about 20 minutes). Remove from heat and let cool. In a small bowl, mix together the vinegar and sugar till the sugar is dissolved. Fluff the rice and gently fold in the vinegar mixture. Use for sushi or as a base for Buddha bowl.



SPICY MATCHA TOGARASHI SEASONING

MAKES 4 TABLESPOONS

- 1 tsp **Matcha** powder
- 1 sheet nori (around 8"x 8")
- 1 Tbs dried orange zest
- 4 tsp ground cayenne red pepper
- 2 tsp sesame seed
- 1 tsp ground ginger
- 1 tsp poppy seed
- ¼ tsp ground white pepper

Tear nori into smaller pieces and process in a mini food processor or blender until fine flakes form. Mix nori flakes with remaining ingredients till well blended. Use on ramen, miso soup, sushi, rice, noodles, sliced cucumber or wherever else you want to add a little spicy kick.

MATCHA MISO SAUCE

MAKES ¾ CUP

- 1 tsp **Matcha** powder
- ½ cup cashew butter
- 1½ Tbs mellow white miso
- 1 Tbs lemon juice
- ¼ cup water
- ½ tsp sesame oil
- ½ tsp grated ginger root
- Salt and pepper to taste

Blend all ingredients together. Mix in more water as desired for a thinner consistency. Stir into noodles, rice, steamed vegetables, salad or tofu.



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