

# 20 ORGANIC MATCHA RECIPES



Buy Zi Chun Organic Premium Culinary Matcha on [Amazon](#)

Contact us by email at: [sales@zi-chun.com](mailto:sales@zi-chun.com)

# Introduction to Matcha

Matcha is a finely ground power of specially grown and processed green tea. Matcha is considered one of the few 'super foods' because of it's incredible health benefits. Some of these benefits include:

- Lowers cholesterol and blood sugar.
- Can boost metabolism and burn calories
- Provides vitamin C, selenium, chromium, zinc and more!
- Prevents some diseases and can raise your immune system.

If you are going to add Matcha into your diet, why not make it fun and delicious with these simple and healthy recipes.

# Matcha Drinks



# Matcha Green Tea Smoothie

Makes One Serving

## Ingredients

- *1 Cup Almond milk or coconut milk*
- *1 Banana*
- *5 Ice cubes*
- *1 Teaspoon Matcha Green Tea powder.*

## Instructions

- *Slice the banana into small one-inch pieces.*
- *Blend the banana pieces and ice cubes together*
- *Add Milk and Matcha powder to the blender and blend until smooth.*
- *Enjoy!*



# Matcha Green Tea Latte (Iced or Hot)

## Ingredients

- 1 tsp. Matcha green tea powder
- 2 tsp. Sugar
- 3 tbsp. warm water
- 250ml cold milk OR 300ml hot milk

## Instructions

- *Spoon the Matcha green tea powder and sugar into a mug or cup.*
- *Add the warm water and mix with a spoon or whisk until it's a smooth, dark green paste.*
- *Warm the milk into a small saucepan and then pour into the mug until it is nearly full. (Use cold milk for an iced latte)*
- *Use a whisk to mix the paste and milk together until smooth and light green in colour.*
- *Add a few sprinkles of Matcha green tea powder on the top for decoration.*



# Chocolate Matcha Smoothie

Makes One Serving

## Ingredients

- 2 tsp. Cocoa powder
- ½ cup of Oats
- 1 Banana
- 1 cup Almond milk
- 2 tsp. Matcha Green Tea Powder
- Pinch of vanilla extract

## Instructions

- Slice the banana into one-inch pieces
- Blend all the ingredients until smooth
- Enjoy!



# Matcha Orange Cocktail

## Ingredients

- 1 tsp. Matcha powder
- ½ tsp. Sugar
- 4 ice cubes
- ¼ cup hot water
- ½ cup 100% orange juice (chilled)

## Instructions

- Place ice cubes in a tall glass, set aside.
- In a bowl, combine Matcha powder and sugar. Then add hot water and mix until the sugar is dissolved.
- Pour Matcha mixture over ice and let it sit for one minute.
- Top with orange juice.



# Protein Avocado Matcha Smoothie

## Ingredients

- *1 tsp. Green tea Matcha powder*
- *1 tbsp. Hot water*
- *½ cup Greek yogurt.*
- *¼ cup Vanilla Flavoured Whey protein powder*
- *1 ¼ cup Almond milk, unsweetened.*
- *Half an Avocado*
- *2 tbsp. Sugar or Sweetener*

## Instructions

- In a small bowl, whisk together the hot water and powdered Matcha tea. Set aside.
- Cut up the Avocado into small chunks.
- Put the Avocado into the blender and then add the remaining ingredients
- Blend the mixture until smooth.



# Minty Matcha Mojito

## Ingredients

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

## Instructions

- Add Matcha, mint leaves, sugar and lime juice to the bottom of a glass and use a muddler to mix. Muddle until sugar has been dissolved.
- Add ice to the glass then top with soda and rum
- Garnish with additional mint leaves to decorate.



# Mint Matcha Milkshake

## Ingredients

- 1 tsp. Matcha powder
- 2 tsp. warm water
- 4 mint leaves, washed and dried
- ½ cup mint ice cream
- 2 tbsp. milk
- 1 tbsp. mint chocolate chips

## Instructions

- Combine warm water and Matcha, stir until blended
- Add remaining ingredients into a blender and blend until smooth
- Pour Matcha mixture on top and run for 7 additional seconds, or until the milkshake turns green
- Stir in the chocolate chips.
- Enjoy!



# Sparkling Matcha Drink

## Ingredients

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

## Instructions

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



# Matcha Recipes



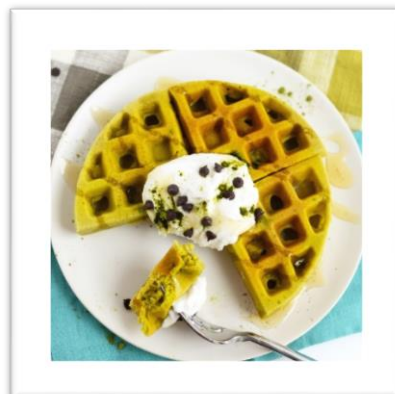
# Lemon Matcha Waffles

## 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

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



# Nutty Matcha Brownies

Makes 9 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.

## Instructions

- Preheat oven to 200F and toast nuts for 3-5 minutes
- Grease a 8x8 square pan with butter. Line with flour.
- Melt butter and white chocolate over low heat, then remove from heat.
- Whisk in sugar and then let the mixture cool to room temperature
- Add eggs on at a time, then add rum.
- In a bowl, mix together flour, salt, matcha and baking powder.
- Add the dry ingredients in batches to wet ingredients, then stir in nuts.
- Transfer to baking dish and bake for 20-30 minutes or until toothpick clean.



# Matcha Tiramisu

## Ingredients

- 25 Lady Fingers
- 6 Egg yolks
- 16oz. Mascarpone Cheese
- 1 tbsp. Matcha Powder
- 1 tbsp. powdered sugar
- 1 cup hot matcha tea, cooled
- 1 tbsp. rum

## Instructions

- Using a electric meter, beat egg yolks and sugar until thick.
- Add the Mascarpone and beat until smooth, then add 1 tbsp. of green tea.
- In a shallow dish combine remaining tea and rum
- Dip each lady finger into green tea mixture for about 5 seconds and place in the bottom of a 9 x 13 baking dish.
- Spread ½ Mascarpone mixture over the bottom layer of lady fingers, and continue to dip the rest of the lady fingers for the second layer.
- Spread remaining mixture.
- Combine matcha and powdered sugar into a sifter and spread evenly on top of the top layer of mascarpone.
- Cover and chill for 2 hours.



# Matcha Butter Cookies

## Ingredients

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

## Instructions

- *Preheat oven to 350 f*
- *In a large bowl, cream together butter, fine sugar, water and Matcha.*
- *Add vanilla extract and eggs, one at a time.*
- *Add in the flour slowly to the wet mixture.*
- *Chill cookie dough for 10 minutes*
- *Scoop cookie dough out in rounded teaspoons onto non-stick baking sheet.*
- *Bake for 10-12 minutes or until cookies are set. Remove and let cool.*



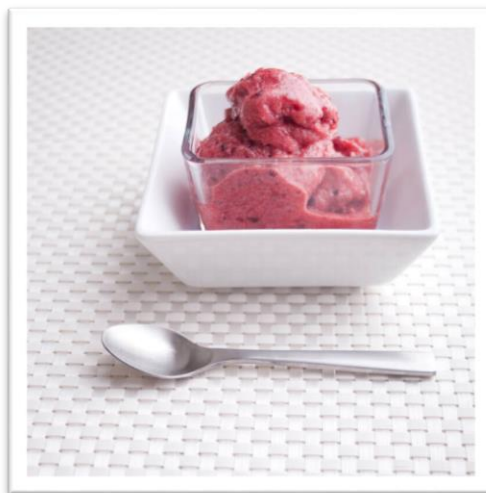
# Strawberry Matcha Sorbet

## Ingredients

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

## Ingredients

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



# Panna Cotta

## Ingredients

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

## Instructions

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



# Matcha Herb Baked Salmon

## Ingredients

- *4 salmon fillets*
- *1 tsp. oregano*
- *1 tsp. basil*
- *1 tsp. thyme*
- *1 tsp. matcha*
- *1 ½ tbsp. olive oil*
- *2 garlic cloves, minced*
- *Salt and pepper*
- *1 tsp cumin*

## Instructions

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

# Matcha & Mushroom Gravy

## Ingredients

- 1 lb. crimini mushrooms, chopped
- 6 tbsp. unsalted butter
- 4 tbsp. flour
- 1 tbsp. matcha powder
- 1 onion, chopped finely
- 2 garlic cloves, minced
- 2 cup beef stock.
- 2 tbsp. Worcestershire sauce
- Salt & Black Pepper
- ¼ cup heavy cream

## Instructions

- Place 2 tbsp. butter in a skillet over medium-high heat and add onions & mushrooms
- Cook about 5 minutes until onions and mushrooms are golden brown and begin to crisp. Set aside
- In the same Skillet, add remaining butter over medium heat until melted
- Whisk in flour and matcha, stirring until mixture is near chocolate coloured (about 15 minutes)
- Add in garlic and cook for about 3 minutes then add in mushrooms and whisk in stock and cream. Cook until thick, about 15 minutes.

