Ultimate Matcha Recipes Guide

IDEAL MATCHA RECIPES

91 DELICIOUS RECIPES FOR YOUR MIND AND VIBRANT HEALTH
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I’ve been getting questioned about Matcha a whole lot lately, and if you’re curious about this tea, then you need to read this.

#1. Matcha means “powdered tea.”

#2. It’s a finely ground, light emerald-green tea powder.

#3. It’s a natural, organic green tea which has been the essence of Japanese tea ceremonies for over 900 years.

Matcha is made from high-quality shade-grown leaf known as Sencha. The bushes are covered to avoid the exposure of direct sunlight which reduces the speed of photosynthesis and decreases the growth of the plants. Thus providing the leaves with a darker shade of green and stimulating the production of chlorophyll and amino acids. Making Matcha Green Tea the highest quality powdered green tea available on the market today.
Introduction to MATCHA GREEN TEA

Scarcely grown Matcha tea accounts for just 0.6% of total tea yield. Once you drink matcha, you ingest the whole leaf and get 100% of the nutrients of the leaf. Matcha has 137 times other antioxidants than regularly brewed green tea.

Noble Samurai warriors drank Matcha Green Tea before going into battle for the tea's energizing qualities. It does contain a healthy form of caffeine 1 gram has about 35 mg vs. 80-120 mg typically found in 1 teaspoon of brewed coffee. The gradual release of energy due to theophylline helps in supporting the functionality of adrenal glands and maintains optimum hormonal levels. The extended endurance from a cup of Matcha Green Tea can last up to 4 to 6 hours. Matcha drinkers felt none of the usual side-effects of stimulants such as nervousness and hypertension due to the effects of L-Theanine. Which gives you good, clean energy all day.

It's ideal for focusing on whatever comes your way throughout the day. Since it's a powdered, it absorbs gradually by the body than brewed teas and other beverages, the energy boosting benefits are equally distributed over several hours instead of the ultimate rush that disappears just as quickly. Matcha Green Tea is the perfect energy-boosting drink for those early mornings, and late afternoon pick-me-ups, or any other time that you might need an energy boost. Having almost no calories makes it a superior choice over other high sugar beverages. IdealMatcha Green Tea is a proprietary custom blend of the most functionally robust Matcha, together with the finest tasting, smoothest traditional Matcha.
For many years, Matcha Green Tea has been used by Japanese Zen Buddhist monks as a way to relax and meditate while staying alert. Modern science has recently confirmed that this higher state of awareness is due to the rare amino acid L-Theanine held in the leaves used to make Matcha. L-Theanine promotes the generation of alpha waves in the brain which induces relaxation without the basic drowsiness caused by other “downers.” And while L-Theanine is in all teas, matcha contains up to five times more which will improve your mood, enhance memory, and give better concentration something that can benefit everyone.

Matcha Green Tea powder does not raise blood pressure or heart rate. Studies have shown that people who drink Match Green Tea on a daily have lowered their levels of LDL (bad) cholesterol while promoting higher levels of HDL (good) cholesterol. And men who drank Matcha Green Tea are about 11% less likely to develop heart disease than those who don’t drink Matcha. It isn’t a replacement for an unhealthy diet, but it is a much smarter, way to increase your metabolism and gain energy instead of chemical-filled energy drinks and diet pills.

Matcha is a great addition to a weight loss plan it tackles the problem from both sides because it increases metabolism and burns fat. One recent study suggested that matcha help burns calories by four times and does not put any stress on the body. The research found that consuming matcha green tea can increase thermogenesis (the body’s own rate of burning calories) from a normal 8%-10% of daily energy expenditure to between 35% and 43% of daily energy expenditure. IdealMatcha Green Tea is a green tea powder which dissolves instantly in water, milk or liqueur to make the drink of your choice!
Breakfast Recipes

MATCHA BREAKFAST BOWL
MATCHA SCONES
LEMON-CREAMED MATCHA WAFFLES
COCONUT MATCHA ENERGY BARS
MATCHA FRENCH TOAST STICKS
GLUTEN-FREE CRÊPES MATCHA
CHOCOLATE MARBLED MATCHA MUFFINS
CHIA MATCHA PANCAKES WITH STRAWBERRY MAPLE COULIS
BREAKFAST IS THE FOUNDATION IN WHICH YOU BUILD YOUR DAY UPON!

Unfortunately, breakfast tends to be the meal adults skip the most.

**Health Benefits:**

With this recipe, you’re getting all the benefits and nutritional properties of yogurt and Matcha Green Tea Powder. Besides the matcha health benefits, you’ll also benefit from the natural goodness of yogurt which helps support your digestive system.

The natural caffeine in Matcha Green Tea contributes to kick start your energy, while L-theanine reduces physical and mental stress.

**INGREDIENTS:**

- Plain or Vanilla Yogurt of your choice
- Honey
- 1 tsp Ideal Matcha Green Tea Powder
- Granola of your choice

**DIRECTIONS:**

1. Mix yogurt, honey, and Ideal Matcha green tea powder together in a bowl.
2. Sprinkle with granola until desired texture is attained. Then enjoy!

Yield: 1 Matcha Breakfast Bowl
MATCHA SCONES

OUR MATCHA SCONES ARE PERFECT FOR BREAKFAST, AFTER ALL, IT’S THE MOST IMPORTANT MEAL OF THE DAY!

They’re delicious and provide a healthy boost where most fall short.

Health Benefits:

So you can eat these Matcha Scones with the confidence of knowing you get a ton of nutrition. From antioxidants to vitamins and minerals, one serving of Matcha Green Tea is equivalent to drinking ten cups of regular green tea.

Actuality, there are dozens of Matcha Green Tea Powder benefits that can kickstart your day or week.

INGREDIENTS:

- 2 cups All-Purpose Flour
- ½ cup Sour Cream
- ½ cup Frozen Butter
- ½ cup Brown Sugar
- 1 Egg
- 1 tablespoon Ideal Matcha Green Tea Powder
- 1 tablespoon Orange Zest

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Yield: 12 Matcha Scones

**DIRECTIONS:**

1. Prepare a baking sheet by lining with parchment paper.
2. Preheat oven to 400° F.
3. Add flour, sugar, matcha, baking powder, salt and baking soda into a large bowl.
4. Whisk to mix until all ingredients are evenly dispersed.
5. Use a cheese grater to grate the butter into the dry ingredients and mix.
6. Add half of the lemon, lime and orange zest.
7. Work the butter and zest into the dry ingredients with your hands until the butter, and zest is evenly combined with the dry ingredients.
8. In a smaller bowl combine sour cream and the egg. Whisk.
9. Stir egg mixture into the flour until large clumps begin to form.
10. Use your hands to knead the dough in the bowl to form a ball.
11. Flour your work surface and transfer the dough to the floured surface.
12. Roll out the dough until it is about 3/4 inch thick.
13. Sprinkle with remaining zest as well as a little sugar.
14. Cut into triangles and place on the baking sheet.
15. Place the second to lowest rack in the oven and bake for about 15 minutes or until golden.
16. Allow to cool before serving.

- ¼ tablespoon Lime zest
- ¼ tablespoon Lemon zest
- 1 teaspoon Baking powder
- ¼ teaspoon Salt
- ¼ teaspoon Baking Soda
LEMON-CREAMED MATCHA WAFFLES

These matcha waffles are an excellent way to bring something new and nutritious to the breakfast table.

They have a burst of lemon while still maintaining the fresh and light flavor of Matcha Green Tea.

Health Benefits:
In addition to being a full breakfast, these matcha waffles supply a lot of vitamins that gets you equipped to conquer the day ahead.

And the L-theanine that’s naturally found in Matcha Green Tea enhances dopamine and serotonin levels to increase. Which are the brain chemicals responsible for keeping your overall mood balanced.

INGREDIENTS:
- 1 cup Whole Wheat Flour
- ¾ cup Almond Milk, Vanilla flavor
- ½ cup Heavy Cream
- ¼ cup Olive Oil
- 1 Egg
- 2 tablespoons Lemon Zest, divided
- 2 tablespoons Ideal Matcha Green Tea Powder, divided
DIRECTIONS:

1. Preheat waffle iron and coat with cooking spray.
2. Beat egg in a large mixing bowl and add almond milk, olive oil, half of the lemon zest, brown sugar, salt and 1 tablespoon of Ideal Matcha green tea powder.
3. Pulse until blended (the goal is simply to mix the ingredients while avoiding a smooth texture).
4. Mix until combined well.
5. Ladle batter into the waffle iron and cook until golden brown.
6. To make the topping, add heavy cream, confectioner’s sugar and the remaining matcha and lemon zest in a bowl.
7. Mix on high until stiff peaks form.
8. Plate waffles, top with a dollop of the lemon cream topping, and serve.

• 2 tablespoons Confectioners’ Sugar
• 1 tablespoon Brown Sugar
• 2 teaspoons Baking Powder
• ¼ teaspoon Salt
• Cooking Spray
COCONUT MATCHA ENERGY BARS

THESE MATCHA ENERGY BARS WILL HELP INCREASE MEMORY, CONCENTRATION AND FOCUS WITHOUT MAKING YOU FEEL JITTERY THE WAY COFFEE DOES!

The Matcha Green Tea Powder will help you stay both alert and calm.

**Health Benefits:**

These Coconut Matcha Energy Bars are also vegan and gluten-free and flavored with coconut, cacao nibs, vanilla, and of course, matcha green tea.

And with Matcha-based foods, you’ll get the health benefits including anti-aging components, cancer prevention, anti-inflammatory treatment, help with weight loss, and increased immunity.

**INGREDIENTS:**

- 1 ¼ cups Dates, pitted and roughly chopped
- ½ cup Almonds
- ½ cup Cashews
- ¼ cup Hemp Seeds
- 1 teaspoon Pure Vanilla Extract
- 1 tablespoon Ideal Matcha Green Tea Powder, plus additional for sprinkling
- 2 tablespoons Cacao Nibs unsweetened
- ¼ cup Unsweetened Coconut Flakes

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DIRECTIONS:

1. Combine dates, almonds, cashews, hemp seeds, vanilla, and 2 teaspoons Matcha powder in food processor.
2. Pulse until well-blended.
3. The mixture should stick together like a dough when pressed. (If the mixture is falling apart, add a few more dates, and process again until combined.)
4. Add cacao nibs and pulse just enough for the cacao to be dispersed throughout.
5. Line a small baking dish with parchment paper so the bars won’t stick. Add bars to dish.
6. Use your hands or the back of a spoon to press the mixture down until it’s compact and smooth.
7. Sprinkle coconut and the additional Matcha on top, and press down with the back of a spoon.
8. Place dish in the freezer to chill for at least 30 minutes.
9. Remove bars from the dish by pulling out the parchment paper.
10. Cut into bars and enjoy!

Yield: 8 Protein Bars
MATCHA FRENCH TOAST STICKS

THERE’S SOMETHING ABOUT FRENCH TOAST THAT’S SO DELICIOUS, HOMEY, AND COMFORTING!

These Matcha French Toast Sticks are simple, healthy, and tasty!

Health Benefits:

Plus you’ll gain all the benefits of matcha including a calm mental state, sharp focus, and concentration and boosted metabolism.

This recipe includes a blueberry yogurt dip, which is creamy, tangy, and lightly sweet for a more dunkable consistency you will love!

INGREDIENTS:

Matcha French Toast Sticks
- 4 Pieces of Thick Cut White or Wheat Bread
- 2 Eggs
- ½ cup Coconut or Almond Milk
- 2 tablespoons Coconut Milk
- 1 tablespoon Honey
- 2 teaspoons Vanilla Extract
- ½ teaspoon Cinnamon
- ⅛ teaspoon Ground Nutmeg
Blueberry Yogurt Dip
- ½ cup Greek Non-Fat Yogurt
- 3 tablespoons Low Sugar Blueberry Jam
- 1 tablespoon Honey

Garnish
- 1 teaspoon Confectioner’s Sugar
- 1 teaspoon Confectioner’s Sugar

DIRECTIONS:
1. Using a serrated knife, cut each slice of bread into three equal, long sticks, and set aside.
2. In a shallow bowl or casserole dish, mix eggs, coconut/almond milk, heavy coconut milk, honey, vanilla, cinnamon, nutmeg, Ideal Matcha green tea powder, and flax seeds together using a whisk. Hint: You may have to whisk vigorously to get the honey mixed in.
3. In a large skillet, heat two to three teaspoons of coconut oil on medium-high heat.
4. Cook six French Toast Sticks at a time, making sure to cook each piece on all four of its oblong sides.
5. Remove the sticks from the skillet when all sides have cooked to a golden brown.
6. Set them aside on a cooling rack, then repeat this process with the other 6 pieces.
7. To make the blueberry yogurt dip, mix the yogurt, jam, and honey together in a medium bowl.
8. Garnish the French Toast Sticks with some sifted confectioner’s sugar and Matcha powder.

Yield: 12 Matcha French Toast Sticks
OUR GLUTEN-FREE MATCHA CREPES ARE AN AMAZING WAY TO ENJOY MATCHA IN THE MORNINGS!

Matcha Green Tea Powder has plenty of benefits that can kickstart your day and improve your week.

Health Benefits:

Matcha is so versatile and adds a healthy dose of L-Theanine that enhances the production of dopamine and serotonin which helps our mood and increase our ability to concentrate.

INGREDIENTS:

For Crêpes:
- 1 cup Wholemeal Buckwheat Flour
- 1 cup Unsweetened Almond Milk, at room temperature
- ½ cup Warm Water
- 4 Eggs, at room temperature
- ¼ cup Coconut Sugar
- 4 tablespoons Melted Coconut Oil or melted Unsalted Butter
For Chocolate Ganache:

12. Heat up the coconut milk in the top of a double boiler over medium heat.
13. Once the coconut milk begins to warm, add the chocolate and whisk until fully incorporated.
14. In a separate pan, toast the hazelnuts over low heat.
15. Stir occasionally to prevent them from burning.
16. Once fragrant and golden brown put the hazelnuts on a clean kitchen towel.
17. Rub the hazelnuts with the towel, and the skins should slip right off.
18. Drizzle the crêpes with the chocolate ganache and garnish with the hazelnuts.

Yield: 12-14 Matcha Crêpes
These Chocolate Marbled Matcha Muffins are excellent for breakfast.

**INGREDIENTS:**
- 2 tablespoons Butter, melted
- ½ cup Sugar
- 1 ½ cups All-purpose flour
- ¼ cup Dark chocolate
- 4 tablespoons Whole milk
- 3 Eggs
- ½ tablespoon **Ideal Matcha Green Tea Powder**
- ½ teaspoon Baking powder
- 1 Muffin Tin and Paper Liners

**Health Benefits:**
In the morning, it’s more important to get a lot of energy from your food than it is to eat a full breakfast. There are tons of Matcha Green Tea Powder benefits that can kickstart your day and improve your week.

Ideal Matcha Green Tea is packed full of antioxidants that support and act as an immune system booster that helps balance your brain.
DIRECTIONS:

1. Preheat oven to 350° F and prepare the muffin tin with paper liners.
2. In a microwave-safe bowl, melt chocolate at 30-second intervals, stirring in between until smooth.
4. In a separate microwave-safe bowl, melt butter and set aside to cool slightly.
5. Combine flour, baking powder, sugar, melted butter, and lightly beaten eggs.
6. Stir just enough to combine everything to make the batter.
7. Do not over-mix.
8. Divide dough into two halves and place in separate bowls.
9. Dissolve Ideal Matcha green tea powder with two tablespoons of the milk, and mix into one of the batters. This will make it green.
10. Combine the chocolate mixture and remaining 2 tablespoons of milk into the other dough. This will make it brown.
11. Add a spoonful of brown batter and a spoonful of green dough into each cupcake liner, and with a toothpick or butter knife, swirl the batters together slightly to create a marbled effect.
12. Bake 18–22 minutes or until a toothpick inserted in the middle comes out clean.
**CHIA MATCHA PANCAKES WITH STRAWBERRY MAPLE**

These delectable, guilt-free matcha pancakes will brighten your day and mood.

They’re warm, delicious, and combining matcha green tea to pancakes puts a whole new spin on a favorite, that will leave you feeling fantastic.

**INGREDIENTS:**

- 2 Eggs
- ½ cup Mashed Banana
- 1 cup Strawberries, sliced and halved
- 2 tablespoons Ground Chia Seeds
- 1 tablespoon Coconut Flour
- 1 tablespoon Almond Flour
- 1 teaspoon Ideal Matcha Green Tea Powder

**Health Benefits:**

Besides the matcha health benefits, you’ll also benefit from the natural goodness of banana, chia seeds, and strawberries, which are an excellent source of antioxidants, protein, and omega-3s.
• ¼ teaspoon Cinnamon
• ¼ teaspoon Baking Soda
• 1 teaspoon Honey
• 1 tablespoon Maple Syrup

DIRECTIONS:

1. Whisk all ingredients together in a mixing bowl until everything is blended.
2. Before making the pancakes put 1 tablespoon of maple syrup and 1 cup of strawberries into a pan, and heat over medium heat.
3. Stir frequently for 8–10 minutes, then remove from heat and let it cool down a bit.
4. Heat a large pan over medium heat, adding and spreading a little olive oil.
5. Put small amounts of the batter (about 2 tablespoons each) onto the pan.
6. Wait until the mixture starts bubbling (about 2–3 minutes) before flipping.
7. Cook for about 30 seconds to 1 minute on the other side, or until golden brown.

Note:

Every stovetop is different, so these may cook more or less quickly than this recipe.

Just keep an eye on them. Top the pancakes with the strawberry coulis, and chow down!

Yield: 6 Matcha Pancakes
Dessert Recipes

THREE-EGG MATCHA CHIFFON CAKE
MATCHA CAKE COOKIES
MATCHA BISCOTTI
BLACK SESAME MATCHA PUDDING SPHERES
WHITE CHOCOLATE MATCHA BONBONS
GREEN TEA SOUFFLE
CHIA SEED MATCHA PUDDING
GREEN TEA COCONUT ICE CREAM
MATCHA POUND CAKE
LEMON CREME MATCHA MOUSSE
MATCHA BUTTER COOKIES
MATCHA CRÈME BRÛLÉE
MATCHA TIRAMISU
PANNA COTTA MATCHA CUSTARD
OREO MATCHA CHEESECAKE
MATCHA PECAN BROWNIES
WHITE CHOCOLATE MATCHA CREAM PIE
WHITE CHOCOLATE MATCHA TRUFFLES
GLAZED MATCHA BROWNIES
CHOCOLATE CHIP MATCHA COOKIES
MATCHA GREEN TEA SHORTBREAD
CHOCOLATE MATCHA ALMOND TART
COCONUT MATCHA FUDGE
MATCHA LIME SORBET
MATCHA FROZEN YOGURT
MATCHA GREEN TEA YOGURT POPS
HANAMI DANGO MATCHA COOKIES
MATCHA WHITE CHOCOLATE MUFFINS
MATCHA GREEN TEA MACARON WITH CHOCOLATE
GANACHE
CRANBERRY ORANGE MATCHA CUPCAKES
MATCHA COCONUT BALLS
MATCHA GREEN TEA CUPCAKES
SESAME MATCHA CHEESECAKES
MATCHA ROCK CANDY
VEGAN MATCHA GREEN TEA PROTEIN BAR
MATCHA OREOS
CHOCOLATE MATCHA BUTTER CUPS
BAKED SPELT FLOUR MATCHA DONUTS
PALEO THUMBPRINT MATCHA COOKIES
MATCHA CREAM PUFFS
CHOCOLATE-MATCHA MOCHI BUNDT CAKE
VEGAN MATCHA WHITE CHOCOLATE BARK
PALEO MATCHA COCONUT COOKIES
THREE-EGG MATCHA CHIFFON CAKE

Adding Matcha to a chiffon cake will give you a green forest fusion of Japanese and western confectioneries!

It’s lightly sweet, and the Matcha Green Tea makes for a taste that will have you wanting more.

Health Benefits:

Unlike most cakes, a chiffon is made from vegetable oil and eggs, which means this seriously sweet cake brings the best of both batters into one utterly perfect cake.

When you add Matcha Green Tea into the mix, the result is a beautifully textured cake that tastes and smells like green tea.

INGREDIENTS:

- 3 Eggs
- ¼ cup Sugar
- 2 tablespoons Honey
- 3 tablespoons Milk
- 3 tablespoons Oil
- 1 tablespoon of Ideal Matcha Green Tea Powder
DIRECTIONS:

1. Beat the egg whites and half of the sugar until soft peaks appear.
2. This will look like small bubbles rising from the top of the mixture.
3. Combine the yolks, remaining sugar, milk, oil, Ideal Matcha, and honey in a separate bowl and mix together until ingredients are combined well.
4. Add the egg whites and fold with a rubber spatula.
5. Pour the batter into the pan.
6. Bake in an oven at 350°F for 10 minutes, then lower the temperature to 300°F and continue baking for 20 more minutes.
7. Cool upside down. (Large cakes will take about 2 ½ hours.)
8. Use your fingertips to push lightly around the edges.
9. Remove from the pan.
10. If you use light brown or raw cane sugar, it will add a richer flavor to the cake.
MATCHA CAKE COOKIES

THESE MATCHA CAKE COOKIES ARE LIKE HAVING BITE-SIZED PIECES OF CAKE IN YOUR HANDS.

Made with oil, so they’re moist and tender to the touch.

Health Benefits:

And adding Matcha Tea Powder gives the cookies a light, toasty flavor and turns them a pretty green. They’re great plain but even better with matcha frosting.

The matcha tea powder in this recipe has all sorts of healthy benefits like antioxidants and phytochemicals. You get all the advantages of matcha in a sweet treat that doesn’t leave you feeling guilty if you overindulge.

INGREDIENTS:

• 2 cups of All-Purpose Flour
• 2 teaspoons of Baking Powder
• ½ teaspoon of Kosher Salt
• ⅛ teaspoon of Ground Cardamom
• ¾ cup of Granulated Sugar
• ⅓ cup of Canola Oil
• 2 Large Eggs
• ½ teaspoon of Pure Vanilla Extract
DIRECTIONS:

1. Line two baking sheets with parchment paper.
2. Combine flour, baking powder, salt and cardamom in a medium bowl.
3. In a separate bowl, whisk granulated sugar, eggs, oil, and vanilla and almond extracts.
4. In a different bowl (or small glass), stir the Ideal Matcha green tea powder with 2 tablespoons of water.
5. Mix all the ingredients together and combine until dough is formed.
6. Using an ice cream scoop or 2 tablespoons, scoop dough into portions and roll into 1-inch dough balls and refrigerate for at least 20 minutes.
7. Meanwhile, preheat the oven to Once the dough has been chilled, bake for 10 minutes or until the bottoms is lightly browned.
8. Let cookies cool for about 10 minutes before transferring to a cooling rack.
9. Once the matcha cake cookies are completely cool, dust the cookies with the remaining matcha and confectioner’s sugar.

Hint:

If you’re looking to save them overnight, store them in an air-tight container.

Generally speaking, these matcha cake cookies will stay fresh for about three days when sealed well. To extend their shelf life, try putting a piece of fresh bread in with the cookies to stay softer longer.

- ¼ teaspoon of Pure Almond Extract
- 2 tablespoons and a teaspoon of Ideal Matcha Green Tea Powder
- ¼ cup of Confectioner’s sugar
MATCHA BISCOTTI

THIS CRISPY AND CRUNCHY MATCHA BISCOTTI IS JUST THE HEALTHY SNACK YOU NEED TO RELAX.

The cocoa powder mixes beautifully with Matcha chips to create a delicious Italian cookie without being overly sweet.

INGREDIENTS:

- 1 tablespoon of Ideal Matcha Green Tea Powder
- 2 cups All-Purpose Flour
- ¾ cup Best quality Cocoa Powder
- 1 teaspoon Baking Soda
- ½ teaspoon Salt
- 6 tablespoons Butter, at room temperature
- 1 cup Sugar
- 2 Eggs, at room temperature
- 1 teaspoon Vanilla Extract
- ½ teaspoon Almond extract

Health Benefits:

When you combine Matcha Tea Powder with white chocolate, it helps balance the sweet and bitter taste.

And don’t forget about all the Matcha health benefits you’re receiving; a huge energy boost, as well as increased concentration, relaxation, and immunity.
• ½ cup dark chocolate chips
• ½ cup Matcha chocolate chips
• 1 cup sliced almonds

DIRECTIONS:

1. Preheat oven to 350°F.
2. Cream butter and sugar together in a large bowl.
3. Blend in eggs and extracts until well mixed.
4. Mix flour, cocoa, baking soda, and salt in a medium bowl.
5. Gradually add this mixture to the butter mixture.
6. Use the stand mixer on low speed or a large spoon to do this.
7. Stir in chocolate chips and almonds.
8. Shape the dough directly on the baking sheet into an 11-inch by 3-inch log.
9. Bake for about 25-30 minutes, until the biscotti log is firm and dry to the touch.
10. Remove from oven and let cool for 10-15 minutes.
11. Put the biscotti log onto a cutting board.
12. Using a serrated knife, cut out diagonal slices of the biscotti, about ¾-inch thick, until you get 30 equal cookie pieces.
13. Place the cut matcha biscotti on the original baking sheet and return to oven to bake for an additional ten minutes, until the cookies are hardened and crisp.
14. Remove the baking sheet from oven and transfer the cookies to cool on a cooling rack.
15. Pack the biscotti into an air-tight container and store at room temperature for up to two weeks.

Yield: 30 Biscotti Cookies
BLACK SESAME MATCHA PUDDING SPHERES

THESE DAIRY FREE BLACK SESAME MATCHA PUDDING SPHERES ARE SO BEAUTIFUL AND HEALTHY!

INGREDIENTS:

- 3 tablespoons Black Sesame Paste
- 5 teaspoons crushed Black Sesame Seeds
- ½ cup Granulated Sugar
- 4 teaspoons Agar (or 2 packets of Gelatin)
- 2 ½ cups Silk almond Milk
- 1 cup Coconut Milk
- 1-2 tsp Ideal Matcha Green Tea Powder

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Health Benefits:

Individually, Matcha Green Tea Powder and Black Sesame flavors can be fairly intense. Adding almond milk is an excellent choice to our rich and smooth, creamy matcha pudding with just the right amount of sweetness.

Matcha Tea Powder is a powerhouse all on its own, and it’s excellent for your digestion, your heart, your immunity, your skin and your teeth.
NOTES:

For a creamy, more traditional pudding texture, use only half of the suggested amount of agar or gelatin, and place the pudding mixture in a small mason jar or bowl.

DIRECTIONS:

1. Bring sugar, sesame paste, seeds, and almond milk to a boil, stirring until all the contents fully dissolve.
2. Once at a boil, add the agar mixture and stir until dissolved.
3. Add coconut milk, stir, and remove from heat.
4. Let the mixture sit for 10–15 minutes until cool.
5. Pour into a mold, such as spherical ice cube trays, and refrigerate overnight.
6. Serve with a dusting of matcha green tea powder on top

Hint:

The sprinkling of black sesame and matcha powder on top of the spheres is what truly gives this dessert its beauty. Fresh bread in with the cookies to stay softer longer.
WHITE CHOCOLATE MATCHA BONBONS

THESE SWEET LITTLE WHITE CHOCOLATE BONBONS WITH SUBTLE MATCHA GREEN TEA FLAVOR OVERTONES ARE PERFECT WHEN SERVING GUEST.

Health Benefits:

Matcha green tea powder is a natural superfood that contains an enormous amount of antioxidants which increases metabolism and help burns fat.

The ganache is intensified with Matcha Green Tea Powder and rum covered in a white chocolate coating, dusted again with matcha tea powder for a delightfully tasty twist on a classic favorite treat!

INGREDIENTS:

- 5 3.5-ounce Vegetarian White Chocolate Bars
- 2 cups Vegetarian White Chocolate Ganache
- 1 tablespoon Ideal Matcha Green Tea Powder
- 1 teaspoon Rum
DIRECTIONS:

1. Make the vegetarian white chocolate as directed on the package, but don’t pour it into molds; just let it remain melted in a large bowl.
   NOTE: If the white chocolate you’re using has been prepared into bars, or you’re using store-bought white chocolate, melt it in a double boiler and set aside.

2. Line two baking sheets with parchment paper and place them in the freezer.

3. Prepare the white chocolate ganache as directed.

4. As it’s cooling, whisk in the matcha powder and rum.

5. The ganache needs to solidify enough so that it can be rolled into balls.

6. To do this, place the ganache in a metal bowl in the refrigerator, and remove it every 5 minutes to whisk.

7. When it has thickened almost too much to whisk, remove the baking sheets that you put in the freezer earlier.
   NOTE: If the ganache thickens too much to use, place the metal bowl over a stove and expose to low heat for a few seconds while whisking to remelt it.

8. Then place it back in the refrigerator and whisk again at 5-minute intervals until it’s solid enough to roll into balls.

9. Using a spoon, scoop out the ganache and form it into a ball by rolling it in between the palms of your hands. Arrange the ganache balls on the baking sheets.

10. When all of your ganache has been rolled into balls, place the baking sheets back in the freezer for at least one hour.

11. Remove the ganache balls from the freezer.

12. Roll each ball in the melted white chocolate and place it back onto the baking sheet.

13. Do this with all remaining ganache balls.

14. Place them back in the freezer for at least one more hour.

15. Remove the bonbons from the freezer, and dust them with matcha powder and enjoy!

Yield: 20–25 Matcha Bonbons
GREEN TEA SOUFFLE

THIS FLUFFY AND HEAVENLY SOUFFLE ACCENTED WITH MATCHA POWDER IS SIMPLY IRRESISTIBLE.

Flavored with the unique rich taste of matcha, this Green Tea Souffle has a warm and fluffy texture.

INGREDIENTS:

**For Coating Ramekins:**
- ½ Tbsp. Unsalted Butter, at room temperature
- 4 tsp. Granulated Sugar

**For The Custard:**
- 150 ml Milk
- 100 ml Heavy Whipping Cream (double cream)
- 3 Large Yolks
- 2 Tbsp Granulated Sugar

**Health Benefits:**

One of the greatest Matcha benefits features very high levels of catechins which are the most potent and beneficial antioxidants.

Vibrant and green, matcha powder also delivers a high amount of L-Theanine, an amino acid that improves mental alertness and overall mood.
• 2 Tbsp. All-Purpose Flour
• 1-2 Tbsp. Ideal Matcha Green Tea Powder

For The Meringue:
• 3 Egg Whites
• 4 Tbsp. Granulated Sugar

For Dusting:
• 1 Tbsp. Powder (icing) Sugar You will also need

DIRECTIONS:

1. Preheat the oven to 390° F.

For The Ramekins:
2. Brush the ramekins with butter, using upward strokes.
3. Put 1 tsp. sugar in each ramekin and rotate the ramekin to dust the insides with sugar.
4. Remove excess sugar from the ramekin and chill in refrigerator to set (This gives the souffles something to grip on to as the batter climbs up the sides of the ramekins during baking).

For The Custard:
5. In a large bowl, beat the egg yolks and sugar together.
6. Sift the flour into the egg mixture and mix well.
7. Heat the milk and heavy cream in a small saucepan until almost boiling.
8. Add a splash of hot milk mixture into the egg mixture and whisk well until the mixture is smooth.
9. Then gradually whisk in the rest of the milk mixture.
10. Pour the mixture back into the saucepan.
11. Whisk the mixture ALL TIMES over a medium-low heat for 3-4 minutes until thickened and smooth.
12. KEEP WHISKING during this process otherwise your custard will overcook and become clumpy. When the custard has thickened, immediately transfer to a bowl (otherwise remaining heat from the saucepan will “overcook” the mixture).
13. Cover with plastic wrap and cool to room temperature (you can put in the fridge to make this process faster).
14. Once the custard has cool down, sift matcha green tea powder into the custard.

For The Meringue:
15. Whisk the egg whites in a clean bowl till bubbles start to form (Kitchen Aid mixer Level 3 for 2 minutes).
16. Start adding sugar gradually a spoonful at a time.
17. Once you add all the sugar, increase the speed to Level 8 and whisk to make a firm, glossy meringue, about 3-4 minutes.
18. Whisk ⅓ of the meringue into the custard and mix until homogenous.
19. Very carefully fold in the rest of the meringue using a rubber spatula.
20. Do not over mix.
21. Divide the souffle mix into 4 ramekins.

22. Tap them on the work surface to level the mixture and run the thumb around the edge. Place the ramekins on a baking tray and bake for 12-15 minutes until well risen and slightly golden on top.

23. The souffle should wobble gently in the middle when it’s ready.

24. Dust with powder sugar and place on a plate.

25. Serve immediately.
CHIA SEED MATCHA PUDDING

GIVE THIS SIMPLE MATCHA CHIA PUDDING A TRY IT WILL CHANGE YOUR DAILY ROUTINE!

INGREDIENTS:
• ¾ cup Cow or Nut Milk
• 2 tablespoons Chia Seeds
• 1 teaspoon Ideal Matcha Green Tea Powder
• 1 teaspoon Maple Syrup

Health Benefits:
This Chia Seed Matcha Pudding is great as a midday snack that will keep you hydrated, and save you from that 2 o’clock fatigue!

Incorporating Matcha Green Tea gives it a powerful, yet mellow caffeine punch along with vitamin C, potassium, and L-Theanine, which is a naturally stress-relieving amino acid that promotes relaxation and peace.

DIRECTIONS:
1. Combine all ingredients – stir well.
2. Chia seeds will begin to gel.
3. Cool in refrigerator for 2 hours or overnight.
4. Then enjoy!
GREEN TEA COCONUT ICE CREAM

THIS GREEN TEA COCONUT ICE CREAM IS A SUPER HEALTHY SUBSTITUTE THAT’S COMPLETELY ACCEPTABLE IN MODERATION!

INGREDIENTS:

- 1 can quality Full-Fat Coconut Milk (splurge on the good stuff)
- 1 cup Unsweetened Vanilla Almond Milk
- 2-3 Tbsp Ideal Matcha Green Tea Powder
- ¼ cup pitted Medjool Dates
- ¼ cup Honey (or maple syrup for vegan)
- ¼ tsp Xanthan Gum

Health Benefits:

It contains no dairy or refined sugar and the rich, full-fat coconut milk, and unsweetened almond milk joins to create a thick, creamy base. The honey and dates add a natural sweetness, and the green tea provides both vibrant color and flavor.

Matcha Green Tea contains some essential vitamins including calcium, iron, potassium, and vitamin A and C that boost your immune system.
DIRECTIONS:

1. Place coconut milk, almond milk, matcha, dates and honey in a blender and blend until well combined.
2. Add xanthan gum and mix again.
3. Taste and adjust flavor as needed, adding more matcha green tea powder, dates or honey.
4. Transfer to a mixing bowl and let chill for at least a few hours.
5. Then pour into a pre-chilled ice cream maker and operate according to manufacturer’s instructions.
6. Once finished churning you can either eat it as soft serve or transfer it to a freezer-safe container and let harden for 4-6 hours.
7. Be sure to set out 20-30 minutes before serving to allow to soften.

Hint:

If you don’t have an ice cream maker, simply pour the “batter” into a freezer-safe container, cover, freeze, and stir/whisk every hour or so to aerate.

Will keep in the freezer for a week or so. Best when consumed fresh.
MATCHA POUND CAKE

THIS MATCHA POUND CAKE IS CRISPY ON THE OUTSIDE AND MOIST ON THE INSIDE AND SO GOOD!

It has a subtle green tea flavor that’s light, yet indulgent at the same time.

INGREDIENTS:

- 1 stick of Butter
- ¾ cups Powdered Sugar (icing sugar)
- 2 Eggs – beaten
- ¾ cups Cake Flour
- ½ tsp Baking Powder
- 1 tbsp Ideal Matcha Green Tea Powder
- ¼ cup White Chocolate (melted and keep lukewarm)
- ¼ cup cooked Azuki Beans (dust with ½ tsp flour)

Health Benefits:

The texture of this cake is sweet, and buttery like a pound cake should be and paired with the chocolate chips it’s light and airy and won’t weigh you down, even after eating a few slices more than you should.

And don’t forget all those benefits that Matcha Green Tea contains.
DIRECTIONS:

1. Preheat oven to 325° F.
2. Greased and lined 1 loaf pan (7x3x3-inch) with parchment paper.
3. In a medium bowl, combined cake flour, baking powder and matcha powder, sieved together and set aside.
4. Cream butter with half portion of sugar till light and pale, then add in the remaining sugar and mix well.
5. Drizzle in beaten egg a little at a time and beat till fluffy.
6. Fold in the sieved flour in batches till incorporated, then in goes the warm melted white chocolate and azuki beans (keep ¼ portion of beans for later use), and gently fold in til combined.
7. Pour the batter into the prepared pan and smooth the top with spatula, sprinkle the remaining azuki beans over the top.
8. Bake in the preheated oven for 50-60 minutes or until a skewer inserted into the center of the loaf comes out clean.

Hint:

You may double the ingredients to make a bigger cake/loaf. It’s best to keep the melted chocolate lukewarm for easy blending into the batter.

Adding flour to azuki beans will prevent the beans from sinking to the bottom of the cake. You may omit the red beans if you like. Cover the cake with aluminum foil if the top brown too quickly.
LEMON CREME MATCHA MOUSSE

MOUSSE IS ONE OF THOSE DESSERTS THAT INSTANTLY MAKE A MEAL FEEL 5 STARS!

This Lemon Creme Matcha Mousse is excellent for someone who’s looking to make a change to their standard desserts.

INGREDIENTS:

Health Benefits:

The Ideal Matcha Green Tea Powder in this mousse intertwines perfectly with the lemon. Much like green tea with lemon, this matcha mousse has a fresh and vibrant tea flavor that balances the sweet citrus of the lemon.

The Matcha Tea Powder in this mousse provides all the quantity antioxidants you need to build your immunity.

- 1 cup plus 2 tablespoons Granulated Sugar
- 1 cup Heavy Cream
- ½ cup Lemon Curd
- 4 large Eggs
- 3 Eggs, separate whites from yolks
- 3 teaspoons Ideal Matcha Green Tea Powder
- pinch of Salt
- 4 Lemons (juice only)
DIRECTIONS:

1. Bring lemon curd to room temperature.
2. In a glass bowl add 1 cup sugar, 4 large eggs, 3 egg yolks, 1 cup of sugar, Ideal Matcha green tea powder, pinch of salt and lemon juice.
3. Mix until ingredients are stirred well.
4. Bring a pot of water to a simmer.
5. Place bowl over pot and stir constantly for about 10 minutes or until mixture thickens.
6. Remove from heat and allow to cool.
7. Cover and refrigerate for 2 hours or until thoroughly chilled. Whip half of the remaining egg whites, sugar and a pinch of salt until stiff peaks form on top of the mixture.
8. Fold whipped egg whites into the cooled lemon mixture, making sure to stir well.
9. On high, slowly add in heavy cream until peaks form.
10. Fold in lemon curd.
11. Chill for up to 1 hour or until cold.
12. Then enjoy!
MATCHA BUTTER COOKIES

THERE’S SOMETHING ABOUT THE SIMPLICITY OF HOMEMADE BUTTER COOKIES.

Health Benefits:
The Matcha Green Tea Powder in these Matcha Butter Cookie provides an immune system booster that fills your body with antioxidants, L-theanine, and fluorine.

You get all the green goodness found in Matcha Tea Powder that adds a flavor that makes them more addictive.

INGREDIENTS:
- 5 ½ cups Flour
- 1 ½ cups Butter
- ¾ cups Granulated Sugar
- ¾ cups Confectioners’ Sugar
- 3 Eggs
- 2 tablespoons Ideal Matcha Green Tea Powder
- 1 tablespoon Water
- 1 ½ teaspoons Pure Vanilla Extract

CONTI. NEXT PAGE
DIRECTIONS:

1. Line a cookie sheet with parchment paper.
2. Preheat oven to 350° F.
3. Mix matcha and water in a small bowl. Stir to combine.
4. Use an electric mixer to cream butter and sugar together.
5. Add green tea mixture.
6. Add one egg at a time along with vanilla extract.
7. Slowly add flour until well combined.
8. Roll cookie dough into logs and wrap in plastic.
10. Slice cookies about ¼-inch thick and place onto cookie sheet.
11. Bake for about 12 minutes or until cookies has set.
12. Allow to cool.
13. Dust with confectioners’ sugar and serve.

Yield: About 24 Butter Cookies
MATCHA CRÈME BRÛLÉE

CREME BRULEE IS A TRADITIONAL FRENCH DESSERT THAT IS ALSO KNOWN AS BURNT CREAM OR CREMA CATALANA.

INGREDIENTS:

• ½ cup Heavy cream
• 1 Egg Yolk, room temperature
• 1 tablespoon Granulated Sugar
• ½ tablespoon Cognac
• 1 teaspoon Ideal Matcha Green Tea Powder
• ½ teaspoon Freshly Grated Ginger
• Pinch of Salt

Health Benefits:

Our Matcha Creme Brulee flavor combines the fascinating taste of matcha green tea which makes a tasty combination that is as unique as it is delicious.

Switching out the vanilla for Matcha give you all the benefits of Ideal Matcha Green Tea Powder in a single dish that tastes unforgettable and that is sure to turn heads.

CONTI. NEXT PAGE
DIRECTIONS:

1. Preheat oven to 300° F.
2. In a bowl, whisk egg yolk and 1 tablespoon of sugar until the sugar is dissolved and the mixture is frothy.
3. Add heavy cream, Ideal Matcha green tea powder grated ginger and salt into a saucepan and bring to a simmer.
4. Stir lightly to prevent clumping.
5. Remove from heat.
6. Stir in cognac and allow to cool.
7. Slowly whisk heavy cream mixture into the eggs, mixing thoroughly.
8. Pour into a ramekin.
9. Place onto a baking dish and bake for about 25–30 minutes or until set.
10. Test with a toothpick to judge thickness.
11. Allow to cool.
12. Refrigerate for 2–3 hours.
13. Allow to sit out for 15 minutes, or just below room temperature.
14. Add remaining sugar on top of Creme Brulee and use a torch to brown the sugar.

Hint:

Don't have a torch? Try browning the sugar with a grill lighter.

Yield: 1 Matcha Creme Brulee
MATCHA TIRAMISU

TIRAMISU IS ONE ITALIAN DESSERT THAT HAS BECOME A FAVORITE AMONGST DESSERTS LOVERS WORLDWIDE!

INGREDIENTS:

- 2 cups Mascarpone Cheese
- 1 cup Ideal Matcha Green Tea, cooled
- Ladyfingers
- 6 Egg Yolks
- 3 tablespoons Granulated Sugar
- 1 tablespoon Ideal Matcha Green Tea Powder plus some for sifting
- 1 tablespoon Confectioners’ Sugar

Health Benefits:

We switched out the espresso for Matcha Green Tea which adds color and a whole new texture to the sweet cocoa of tiramisu. It’s an another way to get all the benefits of Ideal Matcha Green Tea Powder from a tasty dessert that puts a new spin on a classic.

This Matcha Tiramisu is light, airy and blends perfectly with the traditional flavor. The beautiful green tone to the Matcha Tiramisu makes this matcha cake an eye-catcher to even the pickiest eaters.
DIRECTIONS:

1. With an electric mixer combine egg yolks and granulated sugar.
2. Mix until thick and pale yellow in color.
3. Add mascarpone cheese and Ideal Matcha green tea powder to the egg.
4. Mix until smooth.
5. In a bowl or dish add cooled green tea.
6. Dip each ladyfinger into the green tea and create a layer on the bottom of a 9-by-13-inch baking dish.
7. Spread an even layer of the mascarpone mixture on the top.
8. Repeat steps 4–5.
9. Combine matcha and confectioners’ sugar.
10. Sift over tiramisu in an even layer.
11. Cover and allow to chill for a few hours or overnight.
PANNA COTTA MATCHA CUSTARD

WHEN MATCHA GREEN TEA AND PANNA COTTA COLLIDE, IT CREATE A WHOLE NEW DESSERT!

Health Benefits:
Our Ideal Panna Cotta delivers a delicious, nutritious, and refreshing taste. The fascinating taste of matcha complements the sweet and savory texture of panna cotta while providing a ton of antioxidants and fluorine that help your body function at an improved state.

So if you’re looking to wow your guests, look no further than this one-of-a-kind dessert.

INGREDIENTS:
- 1 cup Milk
- ½ cup Granulated Sugar
- ½ cup Water
- 4 teaspoons Gelatin
- 2 teaspoons Ideal Matcha Green Tea Powder
DIRECTIONS:

1. In a saucepan add milk, sugar, water, and matcha.
2. Stir lightly to evenly disperse ingredients.
3. Cook over low heat.
4. Stir and wait for the sugar to dissolve.
5. When mixture begins to boil slightly, remove from heat.
6. Whisk in gelatin until it dissolves, with no clumps or chunks.
7. Pour evenly into ramekins or small glass dishes.
8. Place into the refrigerator to set for at least 2 hours, or until solid. (Test solidity with a toothpick.)
9. Garnish with mint leaf or leave bare.
OREO MATCHA CHEESECAKE

THIS MATCHA CHEESECAKE IS AN EXCELLENT WAY TO PUT A TWIST ON A REGULAR CHEESECAKE AND WOW YOUR GUEST!

INGREDIENTS:

- 2 1/2 cups Oreo Cookie Crumbs
- 2 cups Cream Cheese, softened
- 1 1/4 cups Cold Heavy Cream
- 1 cup plus 1 tablespoon Brown Sugar
- 1 cup Milk
- 1/4 cup Melted Butter
- 1/4 cup Water
- 1 tablespoon Ideal Matcha Green tea Powder
- 2 1/4 teaspoons Gelatin
- Cooking Spray

Health Benefits:

It’s creamy with a ton of antioxidants that will make you feel a lot better.

It’s ideal for get-togethers and birthdays. The green tea taste of this matcha cake balances out the richness of a regular cheesecake. Plus it adds an aroma that entices your senses from the moment you put the cake in the oven.
DIRECTIONS:

1. Preheat oven to 325 °F.
2. Coat a springform pan with cooking spray.
3. Make sure every nook and cranny are coated to ensure your cake crust doesn't stick.
4. Add Oreo crumbles and melted butter into a bowl and mix until Oreo crumbles are evenly coated.
5. Press firmly into the springform pan.
6. Bake crust for 10 minutes. Allow to cool.
7. Use an electric mixer to whip heavy cream until stiff peaks form.
8. Set aside.
9. Mix cream cheese until a fluffy consistency is achieved and slowly add in sugar.
10. In a saucepan, heat milk and add Ideal Matcha green tea powder.
11. Allow milk and matcha mixture to cool, then stir in the cream cheese.
12. In a small bowl combine gelatin and water.
13. Fold whipped cream into the cream cheese.
14. Fold in gelatin, making sure all ingredients are mixed evenly.
15. Pour into the pan and refrigerate overnight.
MATCHA PECAN BROWNIES

THESE MOUTH-WATERING MATCHA PECAN BROWNIES ARE BREATHTAKING.

Health Benefits:
Desserts infused with Matcha Green Tea have a way of stealing our eyes and our hearts. The sheer sight of them begins to seduce our senses and make our stomachs rumble.

Most desserts fall short of flavor, but when it comes to our recipes for matcha desserts, looks and taste go hand in hand. Also, it adds a lovely emerald touch to nearly anything it comes in contact with and a wealth of benefits for your health.

INGREDIENTS:
- 6 ozs White Chocolate Chips
- ½ cup Butter, softened
- ½ cup Chopped Pecans
- ¼ cup Flour
- ¼ cup Raw Sugar
- 2 large Eggs
- 3 tablespoons Ideal Matcha Green Tea Powder
- 1 tablespoon Pure Vanilla Extract
- 1 teaspoon Baking Powder
- ¼ teaspoon Salt
DIRECTIONS:

1. Line a baking sheet with parchment paper.
2. Preheat oven to 300 °F.
3. Spread pecans in an even layer on baking sheet and toast for 3–5 minutes.
4. Grease a square brownie pan and lightly dust with flour.
5. In a small saucepan melt white chocolate chips and butter over low heat.
6. Whisk in raw sugar. Add eggs and vanilla extract. Mix until well combined.
7. Mix flour, matcha, baking powder and salt in a large bowl.
8. Pour wet ingredients into the dry mixture. Mix.
10. Increase oven temperature to 350 °F.
11. Pour batter into the brownie pan and bake for 25–30 minutes.
WHITE CHOCOLATE MATCHA CREAM PIE

THIS WHITE CHOCOLATE MATCHA CREAM PIE IS PERFECT ANY TIME OF THE YEAR.

INGREDIENTS:

- 3 cups Light Cream Cheese, softened
- 2 cups Crushed Graham Crackers
- 2½ cups Heavy Cream, divided
- 1¾ cups Granulated Sugar
- ½ cup Melted Butter
- 10 ounces White Chocolate Chips
- 6 tablespoons Lime Juice
- 1½ tablespoons Lime Zest
- 1 tablespoon Ideal Matcha Green Tea Powder
- 1 envelop Gelatin, unflavored

Health Benefits:

When you eat chocolate, your brain begins to release endorphins that generate a sense of calm and well-being.

One of the primary benefits of Matcha Green Tea Powder is its ability to elevate and balance your overall mood. The excess of L-theanine in matcha green tea has been shown to help lift your mood by protecting against many common mental weaknesses.
DIRECTIONS:

1. In a bowl combine crushed graham crackers, melted butter and ¼ cup of sugar.
2. Mix to combine.
3. Press firmly into a springform pan.
4. In a saucepan over medium heat, whisk ½ cup of heavy cream along with lime juice and gelatin.
5. Bring to a simmer and remove from heat.
6. Add white chocolate chips.
7. Stir until smooth. Cool.
8. Using an electric mixer, mix cream cheese, remaining sugar, lime zest and half of the Ideal Matcha green tea powder until smooth.
9. Slowly add white chocolate mixture.
10. In a separate bowl mix the rest of the heavy cream and matcha on high until stiff peaks form.
11. Fold into the cream cheese and white chocolate mix.
12. Pour into crust. Cover pie and freeze overnight.
13. Remove from springform, slice and serve.

Yield: 1 Cream Pie
THESE TRUFFLES WILL SATISFY YOUR SWEET TOOTH AND GIVE YOUR BODY SOME NATURAL MATCHA ENERGY!

Health Benefits:
The sweet green tea taste of matcha pairs perfectly with white chocolate and the raspberries adds a new flavor to an already irresistible truffle. The rich antioxidants and nutrients in Ideal Matcha Green Tea provide your system with the support it needs to keep you going.

With the proper equipment, these White Chocolate Matcha Truffles are a great alternative to a traditional dessert.

INGREDIENTS:
• 10 ounces of White Chocolate
• ½ cup of Heavy Cream
• ¾ teaspoon of Ideal Matcha Green Tea Powder
• ⅛ teaspoon of Salt
• 2 tablespoons of Unsalted Butter
• 2 teaspoons of Hot Water
• 1 bag of Freeze-Dried Raspberries
DIRECTIONS:

1. In a saucepan, warm the heavy cream and butter over low heat and mix.
2. Add in salt and mix once more.
3. Sift matcha powder until the matcha is even and broken up.
4. In a separate bowl, mix the matcha and warm cream mixture together until the combination is smooth without any lumps. Set aside.
5. Chop the white chocolate into small pieces and put into a large glass bowl.
6. Bring 4 cups of water to a boil, then turn off the heat and place the glass bowl on top of the pot.
7. Stir and mix as the chocolate melt to create an even texture.
8. After the chocolate melts entirely, remove the bowl from the pot and mix in the matcha cream.
9. Stir well until all ingredients are mixed thoroughly. If your mixture looks like it’s trying to separate, add a tablespoon of hot water and the mixture will begin to come together once more.
10. After the mixture is complete, pour the white chocolate matcha ganache into a piping bag.
11. Pour ganache gently into the silicone ice trays.
12. To make the tops of the truffles smooth and even, scrape off the top of the mold with a dull knife.
13. Leave the mixture to set in the refrigerator for about 4–5 hours.
14. Once the mixture is solid throughout, carefully remove the ganache cubes from the ice tray.
15. Crush your freeze-dried raspberries and sift some extra Ideal Matcha green tea powder.
16. Sprinkle on top of your truffles and put them back in the refrigerator, as they melt quickly.
GLAZED MATCHA BROWNIES

BROWNIES ARE PERFECT FOR ANY OCCASION!

Their rich, chocolatey, and a timeless classic for just about any get-together.

Health Benefits:

Our Glazed Matcha Brownies brings the unique leafy, earthy taste of Matcha Green Tea Powder which adds texture to the brownies that make them practically disappear, so you don’t have to feel guilty about enjoying these brownies.

INGREDIENTS:

For The Brownies:
- ½ cup of All-Purpose Flour
- 1 cup Sugar
- ½ cup of Unsweetened Cocoa Powder
- ¼ tablespoon of Kosher Salt
- ¼ tablespoon of Baking Powder
DIRECTIONS:

For The Brownies:
1. Preheat your oven to 350° F.
2. Grease an 8-inch square pan with oil.
3. In a large bowl, combine dry ingredients: flour, sugar, unsweetened cocoa powder, kosher salt, baking powder.
4. Mix in eggs, butter and vanilla extract and knead into dough.
5. Pour evenly into your greased pan.

For The Glaze:
7. Whisk together all ingredients until glaze reaches desired texture.
8. While the brownies are still warm, pour glaze over the brownies and let cool for about 5–10 minutes.
9. Using a knife, cut into servings and enjoy.

Ingredients:

• ½ cup of Melted Butter
• 2 Large Eggs
• 1 teaspoon of Vanilla

For The Glaze:
• 3 tablespoons of Melted Butter
• 1 tablespoon of Ideal Matcha Green Tea Powder
• 1 tablespoon of Honey
• 1 teaspoon of Vanilla Extract
• 1 cup of Powdered Sugar
EVERYONE LOVES CHOCOLATE CHIP COOKIES!

They’re soft, warm, and taste so darn delicious.

**Health Benefits:**

The light and refreshing taste of Matcha Green Tea highlights the sweet and savory flavor of the chocolate chips creating a matcha cookie that is full of antioxidants that support your immune system.

**INGREDIENTS:**

- 2 cups of All-Purpose Flour
- 1 tablespoon of Ideal Matcha Green Tea Powder
- ½ teaspoon of Baking Soda
- ½ teaspoon of Salt
- 1 cup of packed Brown Sugar
- ¾ cup of Melted and Unsalted Butter
- ½ cup of Granulated Sugar
- 1 tablespoon of Pure Vanilla Extract
DIRECTIONS:

1. Preheat the oven to 325 ° F.
2. Grease baking sheets or line with parchment paper.
3. Sift Ideal Matcha green tea powder, flour, baking soda, and salt together in a bowl.
4. Beat brown sugar, butter, and granulated sugar together in a large bowl.
5. Fold in vanilla extract, egg, and egg yolk until the mixture is light, creamy, and free of clumps.
6. Mix flour mixture in with creamed butter.
7. Continuing mixing until dough is blended.
8. Add chocolate chips and mix lightly until chips are found evenly throughout the dough.
9. Use a tablespoon to form cookies, leaving 2–3 inches in between each serving.
10. Bake in the oven until edges are lightly browned, an average of 8–10 minutes.
11. Let cool on baking sheet for a few minutes before moving to a wire rack to cool completely.

Hint:

Store these cookies in an airtight container if you intend on making them last for more than one day.

To stretch the shelf-life a little further, include a piece of bread in the air-tight container. The matcha cookies will absorb the moisture from the bread and stay fresher longer.

- 1 Egg
- 1 Egg Yolk
- 1 ½ cups of chocolate chips
- 1/2 teaspoon Almond extract
MATCHA GREEN TEA SHORTBREAD

IT’S A DELICIOUS, BUTTERY SHORTBREAD WITH THE SUBTLE FLAVOR OF GREEN TEA.
Pairs wonderfully for a dessert with ice cream!

INGREDIENTS:
- ½ stick of Unsalted Butter at room temperature
- 3 tablespoons of Confectioner Sugar
- ½ Egg Yolk
- ¼ teaspoon of Almond Extract
- ½ cup of All-Purpose Flour
- 1 pinch of Baking Powder
- 1 small pinch of Salt
- ½ tsp Ideal Matcha Green Tea Powder

Health Benefits:
The buttery, pure, and not-too-sweet taste makes this a cookie that everyone will love. Adding Matcha gives it a lovely vibrant shade of green and beneficial antioxidants.

Matcha powder also produces a high amount of L-Theanine, an amino acid that improves mental alertness and overall mood.
DIRECTIONS:

1. Whisk butter and powdered sugar together until even and smooth.
2. Fold in half the egg yolk and almond extract until mixture is even and smooth again.
3. In a separate bowl combine flour, Ideal Matcha powder, baking soda, and salt.
4. Fold in butter mixture gradually, mixing the ingredients together vigorously until dough has formed into a thick, rough, and heavy dough.
5. Roll into a ball and place in the refrigerator to cool.

Forming The Cookies:

6. After allowing the doughs to chill, begin rolling the dough out with a rolling pin.
7. Once the dough is rolled to about ⅛ of an inch, cut the dough into squares that are about 5 inches by 5 inches.
8. Layer the squares on top of one another and gently roll the doughs together into a log. (Your logs should end up being about an inch in diameter.)
9. Place the dough logs in the refrigerator and let cool for about an hour.
10. During this time, the dough will harden and form together.

Baking The Matcha Cookies:

11. Once your dough is ready for the oven, preheat your oven to 350 ° F.
12. Line a cookie sheet with parchment paper.
13. Slice the dough into ¼-inch-thick pieces.
14. Place on the lined baking sheet with about an inch of space between the matcha cookies.
15. Bake for about 10 minutes or until the bottoms of the cookies become slightly golden brown.

Yield: About 36 mini cookies that are about 1 inch in diameter
CHOCOLATE MATCHA ALMOND TART

THIS RECIPE IS FOR THOSE WHO LOVE ALMONDS!

Matcha, almonds, and chocolate make a great combination!

Health Benefits:
It has a sweet and bitter taste that your stomach will love. You see the beautiful pattern of colors the moment you slice into it making this matcha dessert perfect for dinner parties and get-togethers.

And all the rich antioxidants and nutrients in Ideal Matcha Green Tea provide your system with the support it needs to keep you going throughout the day.

INGREDIENTS:

FOR THE CHOCOLATE COOKIE CRUST:
• ½ stick of Unsalted Butter
• ½ cup of Powdered Sugar
• 1 Egg Yolk
• ¼ cup of Almond Flour
• ½ cup of Cocoa Powder
• 1 cup of Cake Flour

FOR THE MATCHA ALMOND CREAM:
• ½ stick of Unsalted Butter
• ½ cup of Powdered Sugar
1. Set out butter and eggs to get them to room temperature.
2. Combine the dry ingredients until evenly dispersed.
3. In a separate bowl, beat butter, powdered sugar, and egg yolk together.
4. Sift dry ingredients into the bowl and fold until mixture becomes crumbly.
5. Press dough into a ball, but do not knead.
6. Wrap with plastic and let chill in the refrigerator for at least an hour.
7. Meanwhile, prepare the pan by melting butter and brushing it over the pan’s surface.
8. Use a tea strainer to dust over with flour.
9. Let chill in the refrigerator.

FOR THE MATCHA ALMOND CREAM:
10. Knead butter and powdered sugar together.
11. Gradually add the egg, mixing thoroughly beforehand.
12. This will stop the mixture from separating.
13. Once combined, add the dry ingredients and mix evenly.
14. Let chill in the refrigerator for at least an hour.
15. Bake the almond slices at 230 ° F for 15 minutes.
16. Take the cream out of the refrigerator and begin prepping the cookie crust.

ASSEMBLING THE TART:
17. Line your surface with plastic wrap and place the dough for the cookie crust on top.
18. Put another piece of plastic wrap over the dough to create a sandwich effect.
19. Roll the dough out until you have enough to cover the entire dish.
20. You can cut excess dough off after it’s already laid in the pie shell.
21. Poke holes throughout the dough to aerate.
22. Pour almond cream into the center and smooth the surface.
23. Chill in refrigerator and preheat oven to 350° F.
24. Bake for 45 minutes.

Yield: About 24 Butter Cookies
COCONUT MATCHA FUDGE

IF YOU’RE A TEA DRinker AND IF YOU’RE A DESSERT LOVER THEN THIS COCONUT MATCHA FUDGE IS FOR YOU!

There’s just something about the exotic and rich taste of matcha that makes any dessert a delight.

Health Benefits:

In similarity to regular fudge, our Coconut Matcha Fudge is pretty healthy. Three pieces are only 150 calories!

There’s no heavy sugar or oils just protein, fiber, and all the incredible benefits of Matcha Green Tea Powder. Meaning you can eat this fudge without worrying about your waistline.

INGREDIENTS:

- 4 cups of Lowfat Cottage Cheese at room temperature
- 1 teaspoon of Vanilla Paste
- 2 ¼ cups of Stevia (Stevia in the Raw)
- 2 tablespoons of Ideal Matcha Green Tea Powder
- ½ cup of melted Coconut Butter
- ¼ cup of Powdered Fiber
- ¾ cup of Reduced-Fat Shredded Coconut

CONTI. NEXT PAGE
DIRECTIONS:

1. Line an 8-inch brownie pan with parchment paper.
2. Make sure that every edge of the pan is covered with parchment paper.
3. In a blender combine the cottage cheese, vanilla paste, stevia and matcha powder.
4. Blend until completely smooth, with no lumps or clumps anywhere throughout the mixture.
5. After the mixture is evenly mixed, fold in melted coconut butter and powdered fiber supplement.
6. Scoop and pour the mixture into the parchment-lined brownie pan and spread the surface even with a spatula.
7. Let cool in the freezer for 2 hours.
8. Meanwhile, place the shredded coconut in a large bowl.
9. Slice the fudge however you’d like.
10. Carefully remove the fudge and roll each piece in the shredded coconut.
11. Place the fudge on a serving tray and stick it in the freezer for at least 2 hours.
12. Then enjoy!

Yield: About 24 Butter Cookies
MATCHA LIME SORBET

INGREDIENTS:

• 8 cups sliced Strawberries, fresh
• 2 cups Water
• 2 cups Granulated Sugar
• 1/2 cup Corn Syrup, light
• 2 tablespoons Pureed Ginger
• 2 teaspoons Ideal Matcha Green Tea Powder
• Juice of 2 Limes

SORBET IS USED MOSTLY AS A PALATE CLEANSER BETWEEN COURSES THAT HAVE LITTLE OR NO AFTERTASTE.

It’s also one of the first gluten and dairy-free desserts! It’s light, refreshing and contains little to no fat without sacrificing any flavor.

Health Benefits:

Our Matcha Lime Sorbet is packed with antioxidants and nutrients that help provide and sustain your energy.

The light and airy taste of Ideal Matcha green tea powder complement the sweet and savory blend of strawberry and lime perfectly for a clean taste that instantly refreshes your taste buds.
DIRECTIONS:

1. Over medium-high heat bring sugar and water to a boil, stirring lightly.
2. Reduce to a simmer and allow sugar to dissolve into the water.
3. Remove from heat and allow to cool.
4. In a food processor or blender, puree strawberries and lime juice until the mixture is smooth.
5. Add strawberry puree and corn syrup to the cooled sugar and water.
6. Stir until mixed evenly throughout, without any major clumps.
7. Pour into your ice-cream maker and follow instructions provided by the manufacturer.
8. Place into a freezer-safe container and freeze to set.
MATCHA FROZEN YOGURT

IT’S EXOTIC AND TASTES MUCH CLEANER THAN MATCHA ICE CREAM.

In fact, Matcha Frozen Yogurt is healthier than most of the ice cream you get now.

Health Benefits:
Since ice cream has a lot of heavy creams and matcha frozen yogurt has protein. The Greek yogurt in this Matcha Frozen Yogurt provides 20% of the daily recommended protein intake.

It’s rich in antioxidants and matcha powder provides all the health benefits of 10 cups of green tea in just one cup of yogurt.

INGREDIENTS:
- 4 cups Greek yogurt, plain
- 1 cup of Sugar
- 2 tablespoons Ideal Matcha Green Tea Powder

DIRECTIONS:
1. Place yogurt into a large bowl.

CONTI. NEXT PAGE
2. Add sugar and Ideal Matcha Green Tea Powder.
3. Stir until all ingredients are well mixed.
4. Taste and add a little more sugar if needed.
5. Transfer the yogurt mixture into a freezer-safe mixing bowl.
6. Cover with plastic wrap and freeze for about 2 hours or until firm.
7. Remove from freezer and mix on medium-high speed until soft.
8. Freeze again. Beat with the mixer.
9. You will notice the texture improving.
10. Repeat steps 4 and 5 once again.
11. Once the frozen yogurt is to your desired texture, allow to cool in the freezer for at least 1 hour.
12. Then enjoy!
MATCHA GREEN TEA YOGURT POPS

THESE POPSICLES WILL BE A GAMECHANGER ON A HOT DAY!

Health Benefits:
When you make this Matcha Green Tea Yogurt Pops, you get much more than a sugary treat. You get an abundance of matcha benefits such as antioxidants that give a kick of energy and a ton of vitamins and minerals that help you feel better throughout the entire day.

The sweet mochi bits in this matcha yogurt pops to create a texture that makes your mouth water. It’s chewy and soft, with a taste that makes it a favored ingredient in matcha desserts.

INGREDIENTS:
• 2 cups of plain Yogurt
• 2 tablespoons of Honey
• A pinch of Kosher Salt
• ¼ teaspoon of Vanilla Extract
• ¼ teaspoon of Almond Extract
• 1 cup of Mochi Bits
• 2 tablespoon of Ideal Matcha Green Tea Powder

CONTI. NEXT PAGE
DIRECTIONS:

1. Whisk together all the ingredients except the mochi pieces.
2. Taste the mixture and add more honey if you want a sweeter yogurt pop.
3. Fold in the mochi bits and mix evenly.
4. Once combined, spoon the mixture into popsicle molds and insert popsicle sticks.
5. Freeze for 3–4 hours.

Hint:

If you’re having trouble removing the yogurt pops from the mold, run the molds under warm water for easy removal.
HANAMI DANGO ARE TASTY COOKIES-ON-A-STICK FROM JAPAN THAT IS EATEN DURING HANAMI!

Which is the time of year when people come together to watch the cherry blossoms

Health Benefits:

These colorful matcha cookies look almost cartoonish and taste incredible. They’re pleasant, festive, and have a chewy texture that sets them apart from regular cookies.

And it includes Ideal Matcha Green Tea powder that’s full of antioxidants and vitamins that support your immune system and your mind so you won’t feel guilty after making these cookies.

INGREDIENTS:

- ½ cup of Unsalted Butter
- ¼ cup of Granulated Sugar
- ½ cup of Cake Flour
- 1½ tablespoons of Cornstarch
- 2 teaspoons of Kinako Soybean Flour
- 1 teaspoon of Ideal Matcha Green Tea Powder
DIRECTIONS:

1. Preheat oven to 350° F.
2. Sift together flour and cornstarch.
3. Make sure they are well mixed, so the texture of your cookies is consistent.
4. Microwave the butter until it’s melted.
5. Combine the sugar and melted butter together until even.
6. Combine flour and cornstarch with a spatula, stirring until well combined.
7. Divide the dough into three parts.
8. Add vanilla for one dough, add Kinako for another, and add matcha for the rest.
9. Form each dough into small balls.
10. Place each color of cookie dough through wooden skewers.
11. Place on the parchment paper.
12. Wrap handle of each skewer in aluminum foil so it does not catch fire.
13. Bake about 10 minutes. The old golden brown rule doesn’t apply here, so be careful not to overcook your matcha cookies.
14. Once the matcha cookies are cooled, roll them in confectioner’s sugar.
MATCHA WHITE CHOCOLATE MUFFINS

THESE MATCHA WHITE CHOCOLATE MUFFINS ARE SO DECADENT WITH THAT BEAUTIFUL GREEN COLOR AND AROMA!

There good to have around for a quick breakfast or midday snack.

Health Benefits:

Matcha Green Tea Powder contains natural caffeine, antioxidants, and vitamins that help balance your body and your mind without the crash of traditional coffee.

Despite their dessert-like taste, these muffins will not weigh you down or make you feel groggy.

INGREDIENTS:

- ½ cup Unsalted Butter
- ½ cup Cane Sugar
- 1 Egg
- ½ cup of Milk
- ¾ cup of Cake Flour
- 1 pinch of Salt
- 1 ½ teaspoons of Baking Powder
DIRECTIONS:

1. Preheat the oven to 340° F.
2. Warm milk and butter to room temperature.
3. Sift and combine all dry ingredients together.
4. In a separate bowl, beat butter until it’s fluffy and full.
5. Add in sugar and mix more.
6. Gradually add in the beaten egg and add warmed milk until evenly combined.
7. Fold remaining dry ingredients into the mixture.
8. Pour batter evenly into muffin pan and begin inserting chunked chocolate into each slot.
9. Bake for about 25 minutes or until edges is golden brown.
10. Let the muffins cool for about 5–10 minutes before removing them from the muffin pan.

Hint:

Allow them to cool completely on a cooling rack before serving.

- 2 tablespoons of Ideal Matcha Green Tea Powder
- 1 cup of Chunked Baking White Chocolate
MATCHA GREEN TEA MACARON WITH CHOCOLATE GANACHE

MACARONS ARE JUST AS DELICIOUS AS THEY ARE BEAUTIFUL!

INGREDIENTS:

Macaron Ingredients:
- 1 ½ cup Powdered Sugar, divided
- 1 ⅛ cup Almond Meal
- 1 cup Egg Whites
- ¾ cup Granulated Sugar
- 1 tablespoon Ideal Matcha Green Tea Powder
- Cream of Tartar (only a pinch needed)
- Green Food Coloring (gel or powder coloring only)

Health Benefits:
These Matcha Green Tea Macarons with a Chocolate Ganache is a spectacular variety of flavors resulting in the perfect cookie.

Not only are they delicious, but they’re also full of Matcha Green Tea benefits that act as an immune system booster and they have a lovely green color, and the fresh vegetal flavor makes the cookie taste just as good as it looks.
**Ganache Ingredients:**
- 1/2 cup Whipping Cream
- 4 oz Dark Chocolate, finely chopped
- 1 tablespoon softened butter

**DIRECTIONS:**

**Macaron Directions:**
1. Once you have all of your ingredients for the cookies, preheat your oven to 350° F and prepare two baking sheets by lining with parchment paper.
2. After baking sheets are prepared set them aside and add almond meal and ⅓ of the powdered sugar into the food processor.
3. Pulse until a fine texture is achieved.
4. Follow by adding the remaining powdered sugar and matcha powder to this mixture.
5. Sift twice into a large bowl.
6. To make the meringue, add egg whites into a mixer and mix on medium speed.
7. Mix for about 2 minutes or until meringue is foamy.
8. Increase speed to medium-high and add granulated sugar.
9. Allow to mix for 2-3 minutes or until sugar is fully incorporated and a thick consistency is achieved.
10. Add a pinch of cream of tartar along with food coloring and mix on high until stiff, glossy peaks form.
11. The next step is to combine the dry ingredients into the meringue.
12. Carefully add about ⅓ of the almond meal mix at a time.
13. Fold the almond meal mix into the meringue gently.
14. The result should be a smooth batter that runs off of the spatula in thick ribbons.
16. Now add your mixture into a pastry bag fitted with a 1 ½ inch round tip.
17. Pipe 1 ½ inch rounds onto the prepared baking sheets.
18. When complete, gently tap sheets on the counter to flatten and place into the oven to bake.
20. They are done when the tops are flat and feet have formed on the bottom. Make sure to rotate baking sheet halfway through cook time.
21. Remove from oven and allow to cool completely.

**Ganache Directions:**
22. Heat whipping cream in a small pan over medium heat.
23. Almost bring whipping cream to a boil and remove from heat.
24. Add chocolate. After about 1 minute add softened butter.
25. Whisk until glossy.
26. Allow to cool.
27. When your matcha green tea cookies and the ganache are cool.
28. Match them up in pairs, add the filling and sandwich them together.

**Hint:**
To speed up the process, stick the ganache in the refrigerator. After about 10-15 minutes, the cookies and the ganache will be ready.
CRANBERRY ORANGE MATCHA CUPCAKES

THESE CRANBERRY ORANGE MATCHA CUPCAKES ARE AN EXCELLENT WAY TO KICK START YOUR MORNING WITH CATECHINS!

Health Benefits:
Catechins are the most beneficial and potent antioxidants you can consume. Plus it helps to support your immune system by protecting your body from chemicals which cause certain cancers.

Not only are they delicious, but cranberry and orange complement Matcha Green Tea better than any other fruits and they’re helping your body protect against the day to day damages found in almost everything we eat.

INGREDIENTS:
- 2 ½ cups Flour
- 1 ½ cups Raw Sugar
- 1 cup Milk
- ½ cup Dried Cranberries
- 2 sticks Unsalted Butter, softened
- 4 Eggs, room temperature
- 2 tablespoons Orange Zest
- 2 teaspoons Ideal Matcha Green Tea Powder
- 1 teaspoon Pure Vanilla Extract
- ½ teaspoon Baking Soda

CONTI. NEXT PAGE
DIRECTIONS:

1. Preheat oven to 350° F.
2. Line a cupcake pan with paper liners.
3. In a large bowl combine flour, Ideal Matcha green tea powder, and baking soda.
4. Stir until ingredients are mixed evenly.
5. With an electric mixer, cream butter and sugar until fluffy.
6. Add one egg to the butter followed by ¼ of the milk, followed by the flour mixture.
7. Repeat until all eggs, milk and flour have been incorporated.
8. Add vanilla. Mix until combined.
9. Fold in dried cranberries and 1 tablespoon of orange zest.
10. Pour batter into muffin cups and top each cupcake with a little of the remaining orange zest.
11. Bake for about 15 minutes or until a toothpick comes out clean.
12. Allow to cool.
MATCHA COCONUT BALLS

THESE MATCHA COCONUT BALLS WILL STEAL YOUR HEART!

They’re perfect for potlucks, birthdays, and even holiday parties.

Health Benefits:

Naturally, when you add matcha food gets better and this dessert is no exception!

It’s packed full of matcha greatness, and the taste of green tea is better for a dessert that has the benefits of matcha. Plus this dessert is pretty simple to make.

INGREDIENTS:

FOR ‘TRUFFLE’ PORTION:

• 1 cup firm Coconut Oil (refrigerate if necessary)
• 1 cup creamy Coconut Butter
• ½ cup full-fat Coconut Milk refrigerated overnight
• ½ teaspoon Ideal Matcha Green Tea Powder

CONTI. NEXT PAGE
• ¼ teaspoon Ground Cinnamon
• ¼ teaspoon Himalayan Salt
• 1 teaspoon Pure Vanilla Extract

FOR COCONUT MATCHA COATING:
• 1 cup Finely Shredded Unsweetened Coconut
• 1 tablespoon Ideal Matcha Green Tea Powder

REMEMBER: It’s important that your coconut oil is solid so make sure to refrigerated it previously and do the same with the coconut milk to maintain a level texture.

DIRECTIONS:

1. Mix on high speed with a hand mixer and beat until light and fluffy.
2. While the “truffle” mixture is firming up, combine the coconut and matcha powder in a separate bowl and sift together.
3. With the help of a small ice cream scoop, mold the cold “truffle” mixture into dough balls.
4. Make them whatever size you’d like.
5. Use your hands to roll the dough into perfect spheres before rolling them around in the coating.
6. Transfer your finished matcha coconut balls to an airtight container.
7. You can keep them refrigerated for almost 2 weeks.
CUPCAKES HOLD THE CROWN FOR BEST DESSERT THAT TASTE GOOD YEAR ROUND!

And once you add Ideal Matcha Green Tea Powder to the mix, it makes them irresistible in taste.

**Health Benefits:**

These Matcha Green Tea Cupcakes takes it further by including glutinous rice to create a sweet, chewy texture that you’ll love.

The best part? You can have these matcha cupcakes in the oven in under five minutes.

**INGREDIENTS:**

- 1 lb glutinous Rice Flour
- 2 tablespoons of Ideal Matcha Green Tea Powder
- ½ cup Vegetable Oil
- 2 cups Milk
- 2 cups Sugar
- 3 Eggs, beaten

CONTI. NEXT PAGE
**DIRECTIONS:**

1. Preheat oven to 350° F.
2. Mix all ingredients until evenly combined.
3. Brush the insides of the muffin pan well with vegetable oil.

REMEMBER: It’s a good idea to check your cupcakes towards the end of the baking process. Ovens are chronically off by a few degrees, so test your cupcakes with a toothpick. If it comes out clean, you can remove them from the oven. If not, wait a few minutes and test again.
SESAME MATCHA CHEESECAKES

THIS MATCHA CHEESECAKE WILL EXCITE YOUR TASTE BUDS AND STEAL YOUR HEART!

Desserts seem to get better if Matcha Green Tea is involved.

INGREDIENTS:

FOR THE CRUST:
• 1 cup animal Cracker Crumbs
• 4 tablespoons Butter, melted; plus more, room temperature, for the pans
• 3 tablespoons Granulated Sugar
• ¼ teaspoon Fine Sea Salt
• 3 tablespoons Black Sesame Seeds, toasted
• 2 8-ounce packages Cream Cheese, room temperature
• ⅔ cup Granulated Sugar

Health Benefits:

Ideal Matcha Green Tea Powder adds freshness to sweets that appeal to all your senses.

Although it takes a little while to make, the taste is completely worth it. It’s a great way to put a new twist on a classic dessert as well as the perfect opportunity to introduce your family to matcha tea powder.
DIRECTIONS:

1. Preheat your oven to 350° F.
2. Butter the sides of 4, 4-inch springform pans. Wrap the exterior of the pans in a layer of foil to protect your oven from spills.
3. Press or smash the animal crackers until texture is very fine.
4. Add butter, salt, and sugar and pulsate or mix until well combined.
5. Divide the crumb mixture evenly amongst the pans to create the crust for your cheesecake.
6. Place your pans on a baking sheet and bake until the crust is golden brown.
7. This takes about 15–18 minutes. Set aside to cool.
8. In a separate bowl, beat the cream cheese until it's light and fluffy.
9. In a smaller bowl, combine sugar and flour. Gradually add in sugar mixture to cream cheese and mix until smooth.
10. Divide cream cheese into different bowls.
11. Add Ideal Matcha powder to one and sesame seeds to the other.
12. Stir both gently. Put a layer of the sesame cream cheese into each of the pans.
13. Repeat the process with the matcha cream cheese.
14. Put springform pans inside of roasting pans and surround them with boiling water to the halfway point on the pans.
15. Bake for 15–20 minutes.
16. Turn off the oven and leave the oven door cracked for about 45 minutes.
17. Let cakes cool completely on a wire rack.
18. Refrigerate for 4 hours uncovered. If you want an extra kick, dust the top with matcha.

FOR THE CHEESECAKE FILLING:

- 2 8-ounce packages Cream Cheese, room temperature
- ¾ cup Granulated Sugar
- 2 tablespoons All-Purpose Flour
- ½ cup Sour Cream, room temperature
- ½ teaspoon Pure Vanilla Extract
- ½ teaspoon Pure Almond Extract
- 2 Large Eggs at room temperature
- 2 tablespoons Ideal Matcha Green Tea Powder, plus ¼ cup for dusting
- ½ cup Black Sesame Powder

- 2 tablespoons All-Purpose Flour
- ⅓ cup Sour Cream, room temperature
- ½ teaspoon Pure Vanilla Extract
- ½ teaspoon Pure Almond Extract
- 2 Large Eggs, room temperature
- 2 tablespoons Ideal Matcha Green Tea Powder, plus ¼ cup for dusting
- ½ cup Black Sesame Powder

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- ¾ cup Granulated Sugar
- 2 tablespoons All-Purpose Flour
- ½ cup Sour Cream, room temperature
- ½ teaspoon Pure Vanilla Extract
- ½ teaspoon Pure Almond Extract
- 2 Large Eggs, room temperature
- 2 tablespoons Ideal Matcha Green Tea Powder, plus ¼ cup for dusting
- ½ cup Black Sesame Powder

- 2 tablespoons All-Purpose Flour
- ⅓ cup Sour Cream, room temperature
- ½ teaspoon Pure Vanilla Extract
- ½ teaspoon Pure Almond Extract
- 2 Large Eggs, room temperature
- 2 tablespoons Ideal Matcha Green Tea Powder, plus ¼ cup for dusting
- ½ cup Black Sesame Powder
MATCHA ROCK CANDY

REMEMBER ROCK CANDY?

The classic, looking hard candy that you loved as a kid has a new twist when you make it with Matcha powder!

Health Benefits:

Adding Matcha will give your rock candy a beautiful pale green tone, and a subtle green tea flavor that will rock your socks off!

This literally may be the only candy you’ll ever have that gives you Matcha Green Tea benefits like increased energy, immunity, focus, and relaxation!

INGREDIENTS:

- 1 cup Water
- 2-3 cups Sugar
- 1 teaspoon Ideal Matcha Green Tea Powder

DIRECTIONS:

1. Boil water in a small saucepan.
2. Turn off the heat and add the sugar gradually, ½ a cup at a time, stirring to dissolve.

CONTI. NEXT PAGE
DIRECTIONS:

3. Continue to add sugar until you have a saturated solution, and no more sugar will dissolve—when no more sugar is sitting at the bottom of the pan.

4. Add the Matcha powder and whisk to blend.

5. Divide the sugar solution between the jars.

6. Loosely cover each jar with a small piece of tinfoil.

7. Gently push one or two skewers through the foil (careful not to let the skewers touch each other) and into the sugar solution.

8. Then set these jars on a shelf or counter for seven to ten days.

Hint:

Check after the first few days to make sure the skewers haven’t drifted together.

When the crystals look right, cautiously remove the skewers and turn the crystals up in a different glass to drain. Let them dry overnight.
VEGAN MATCHA GREEN TEA PROTEIN BAR

THESE SWEET MATCHA GREEN TEA PROTEIN BARS ARE SATISFYING, NUTRITIOUS AND WON’T LEAVE YOU HUNGRY!

On top of that, these Vegan Matcha Green Tea Protein Bars are no-bake and easy to prepare for a quick breakfast on a long, busy day.

Health Benefits:

Since they’re made with our Ideal Matcha Green Tea Powder, which has the highest form of concentrated antioxidants of any other green tea, you’ll get all the Matcha benefits of increased immunity, as well as concentration, help with weight loss, cancer prevention, and anti-aging elements.

INGREDIENTS:

- ½ cup Roasted Almond Butter
- 1 ⅛ cup Unsweetened Almond Milk
- 1 teaspoon Stevia Extract Lemon Zest
- 8 scoops Vanilla Brown Rice Protein Powder
- ½ cup Oat Flour

CONTI. NEXT PAGE
DIRECTIONS:

1. Line an 8-inch brownie pan with parchment paper both ways and set aside.
2. In a stand mixer bowl with beater attachment, add the almond butter, milk, stevia extract, and lemon flavor.
3. Mix on low speed.
4. Whisk together the protein powder, oat flour, and Matcha powder in a small bowl, and slowly add this to the mixing stand mixer.
5. Mix until the mixture is even, scraping down the sides of the bowl if necessary. (It should have a cookie dough-like texture.)
6. Scoop the mixture into the prepared pan and flatten the surface with a rubber spatula or pastry roller.
7. Tightly cover the pan with plastic wrap and refrigerate overnight.
8. The next day, slice the protein bars and drizzle them liberally with chocolate.
9. To store, wrap protein bars tightly on a plate in plastic wrap.

Yield: 10 Protein Bars
MATCHA OREOS

AHH, OREOS. AMERICA’S FAVORITE COOKIE!

So why not Matcha makeover those tasty, cream-filled delights!

INGREDIENTS:

• 1 box of Nabisco Famous Chocolate Wafers
• 1 stick of Unsalted Butter, at room temperature
• 3/4 cup Powdered Sugar
• 1/4 cup Cornstarch
• 2 tablespoons Ideal Matcha Green Tea Powder
• 1/2 teaspoon Vanilla Extract
• a pinch of Salt

Health Benefits:

The rich, bold cocoa powder taste matched with our incredible flavor of Ideal Matcha Green Tea is very comforting because this green tea powder is filled with amazing Matcha benefits for your body and mind while helping to reduce stress.
DIRECTIONS:

1. Stir the butter and powdered sugar until it’s light and fluffy.
2. Slowly add the sifted Matcha powder, cornstarch, vanilla, and salt until it’s all evenly blended.
3. Put the mixture into a large Ziploc bag, then snip off half an inch from one corner of the bag.
4. Set out pairs cookies to make “sandwiches,” with every other cookie’s rough side facing up.
5. Using the Ziploc bag, pipe a blob of frosting into the center of each cookie.
6. Put the other cookie on top of the frosting, and apply slow, even pressure so that the filling gets evenly distributed to the edges of the cookies.
7. Store the Matcha Oreos in airtight containers in the refrigerator.

Hint:

They are harder and crunchier on the day that you make them, and softer the days after you make them.
ITS A BEAUTIFUL MATCHA CAKE WITH A GORGEOUS ROULADE FLAVOR!

Aesthetically the roulade is eye-catching and engaging pairing matcha with black sesame.

INGREDIENTS:

(Cake)
- 1 1/2 cup ground Black Sesame
- 1 cup Cake Flour
- 1 1/4 cup White Sugar
- 1/4 teaspoon Salt
- 4 Eggs, Yolks separated from whites in different bowls
- 2/3 cup Water
- 1/3 cup Vegetable Oil
- 1 tablespoon Vanilla
- 1/4 teaspoon Cream of Tartar

Health Benefits:

This Black Sesame Matcha Roulade is sweet, light, fluffy, and spongy.

The whipped cream flavor are prominent and delectable using our Ideal Matcha Green Tea powder which helps with concentration, creativity, and memory.
DIRECTIONS:

1. Preheat oven to 350° F and line the jelly roll pan with the parchment.
2. Mix egg yolks, water, oil, and vanilla extract in a large bowl with a whisk until evenly incorporated.
3. In another bowl, mix black sesame, cake flour, sugar, and salt.
4. In the bowl of a stand mixer or other large bowl, place the egg whites, cream of tartar, and meringue powder.
5. Mix this on medium-high speed until you get a stiff peak to the egg whites (takes five to seven minutes).
6. Gradually add dry ingredients to the wet egg yolk mixture until evenly blended.
7. Add half of the egg white mixture on top of the mixed black sesame batter and lightly fold in using a “J” stroke using a rubber spatula.
8. Add the second half of the egg whites and fold in until the mixture is just barely consistent.
9. Pour the batter into the parchment-lined pan and spread out until the batter is even in the pan.
10. Bake for about 15 minutes, or until a toothpick comes out clean.
11. Cool, the pan to room temperature. While the pan is cooling, prepare the whipped cream filling for the matcha roulade.
12. Put one cup of heavy cream in a medium bowl and scatter one package of stabilizer powder on top.
13. Using the stand mixer or handheld mixer, whip the cream until you get soft peaks, then add the Matcha green tea powder and whip into a stiff peak.
14. Set aside to chill in the refrigerator.
15. Repeat step #10 until you get soft peaks of whipped cream, then add the lavender extract, and again whip to a stiff peak.
16. Set aside to chill in the refrigerator.
17. With a serrated knife, trim hard edges off of the cake, then cut the cake in half to form two 12 x 9-inch rectangles, making sure to cut the bottom parchment under the cake as well.
18. Evenly spread Matcha whipped cream on one piece of the cake, then roll into a roulade using the parchment-lined base to aid in the rolling process.
19. Repeat this process with the second piece of cake using the lavender whipped cream.
20. Wrap roulades tightly in clear plastic wrap and chill in the refrigerator for at least 5 hours before slicing and serving.

Yield: 2-9” Rolled Cake
NO ONE CAN RESIST A CHOCOLATE BUTTER CUP!

INGREDIENTS:

• ½ cup Coconut Butter, softened (not melted)
• 5 tablespoons Almond Flour
• 3 tablespoons Powdered Sugar
• 1 teaspoon Ideal Matcha Green Tea Powder
• 1 cup chopped Dark Chocolate
• 1 teaspoon Coconut Oil
• ⅛ teaspoon Matcha Powder
• ⅛ teaspoon Sea Salt Cacao Nibs

Health Benefits:

And with Ideal Matcha Green Tea Powder included, means lots of amazing Matcha benefits.

Not only that but these Chocolate Matcha Butter Cups are delicious and the ultimate booster to your immune system, supplying you energy and improving your focus plus much more!
DIRECTIONS:

1. Mix coconut butter, almond flour, powdered sugar, and Matcha powder in a small bowl.
2. Chill in the refrigerator for ten minutes.
3. Melt the chocolate by placing it in a glass bowl and putting it over a small pot of boiling water.
4. Add the coconut oil, and stir until melted and smooth.
5. Remove from heat.
6. Line a muffin tin with 8 muffin liners.
7. Spoon two teaspoons of melted chocolate into liners, and use the back of the spoon to push the chocolate about one-fourth of the way up the side of the liner.
8. Scoop one tablespoon of the Matcha mixture into your hands, and roll it into a ball.
9. Place the ball inside one of the liners and use your fingers to flatten it gently.
10. Repeat this until all cups have been filled.
11. Top each cup with one tablespoon of melted chocolate, and use your spoon to spread evenly over the Matcha mixture, making sure that the chocolate meets the edge.
12. If there's extra chocolate, divide it amongst the cups and smooth it out.
13. In a small bowl, mix together the Matcha powder and sea salt for the topping.
14. Mix coconut butter, almond flour, powdered sugar, and Matcha powder in a small bowl.
15. Chill in the refrigerator for ten minutes.
16. Melt the chocolate by placing it in a glass bowl and putting it over a small pot of boiling water.
17. Add the coconut oil, and stir until melted and smooth.

Hint:

For a softer, chewier piece, let it sit at room temperature for about 5 minutes before eating.
BAKED SPELT FLOUR MATCHA DONUTS

TRY THESE MATCHA DONUTS PERFECT FOR BREAKFAST, DESSERT OR A HEALTHY SNACK ON THE GO!

These Baked Spelt Flour Matcha Donuts are like muffins they aren’t too sweet and are very satisfying.

Health Benefits:

Matcha Green Tea Powder is an excellent choice since you don’t have to feel guilty for enjoying your baked goods as you eat them.

Incorporating matcha gives your body an enormous dose of all sorts of great benefits, including antioxidants, EGCG and other catechins, and L-theanine.

INGREDIENTS:

- 1 Egg
- ½ cup Spelt Flour
- ¾ cup White Flour
- ½ cup Turbinado Sugar
- 1 teaspoon Baking Powder
- ½ teaspoon Baking Soda
- 1 teaspoon Vanilla Extract
- ¼ teaspoon Salt
• 1 tablespoon Ideal Matcha Green Tea Powder
• ½ cup Plain Yogurt
• ½ cup Almond Milk

DIRECTIONS:

1. Preheat oven to 400° F.
2. Whisk together spelt flour, white flour, sugar, baking powder, baking soda, salt, and matcha powder.
3. In a separate bowl, whisk together egg, vanilla extract, yogurt, and milk, being careful not to over-mix.
4. Add the wet ingredients into the dry ingredients.
5. Pour the batter into a greased nonstick donut pan and bake for 10–12 minutes, or until cooked through.
6. A muffin pan will also work. Just be careful not to pour too much batter.
7. Let them cool, then sprinkle a little extra matcha powder on top.
8. Serve and enjoy!
PALEO THUMBPRINT MATCHA COOKIES

THE LIGHT FLAVOR OF MATCHA GREEN TEA PAIRS PERFECTLY WITH THE RICH CHOCOLATE CENTERS OF THESE LITTLE MATCHA THUMBPRINT COOKIES!

They're an excellent treat, simple to make, and now with a matcha twist, they are healthy as well.

**INGREDIENTS:**

- 2 cup Blanched Almond Flour
- ¼ teaspoon Sea Salt
- ¼ teaspoon Baking Soda
- 3 tablespoons Melted Coconut Oil
- 2 tablespoons Coconut Nectar
- 1 tablespoon Ideal Matcha Green Tea Powder
- ½ teaspoon Pure Vanilla Extract
- ¼ cup Dark Chocolate Chips

**Health Benefits:**

Matcha Green Tea with its amazing antioxidants that help battle against diabetes, strokes, high cholesterol and high blood pressure. Matcha is a huge de-stressor.

It gives you a “relaxed energy”; it improves focus, and it releases dopamine, which will lift your mood if you’re feeling down.
DIRECTIONS:

1. Heat oven to 350 ° F.
2. In a blender combine the almond flour, green tea, salt, and baking soda together.
3. Stir in coconut oil, nectar, and vanilla extract until the dough comes together.
4. Use a cookie scoop to make tablespoon-sized balls and place onto a lined baking sheet.
5. Use your thumb to make the imprint in the center of the balls.
6. Don’t press too hard you just want to make a nice dip for the chocolate to go inside.
7. Place 3–4 chocolate chips into each thumbprint dip.
8. Bake for 8–10 minutes.
9. Once the cookies are done, use the back of a small spoon to blend the chocolate chips together.
10. Let cool on the baking sheet, serve and enjoy!

Yield: 18 Paleo Cookies
MATCHA CREAM PUFFS

THESE PLEASANT LITTLE MATCHA CREAM PUFFS ARE LIGHT CREAMY AND GREAT FOR YOU.

Health Benefits:

The pastry cream comes from the unique, natural flavor of Matcha Green Tea that shines through, and pairs beautifully with the powdered sugar.

With matcha, beauty, and flavor go hand in hand. The pastry cream is a little different considering this uses cornstarch, gelatin, and whipped cream as a thickening agent rather than the usual egg yolk making it less dense and delightful.

INGREDIENTS:

For The Choux Pastry:

- ½ cup Unsalted Butter
- ½ cup Milk
- ½ cup Water
- 1 tablespoon Sugar
- ¼ teaspoon Sea Salt
- 1 cup All-Purpose Flour, sifted
- ¼ teaspoon Baking Powder
- 5 Large Eggs
- Egg Wash: 1 yolk mixed with 1 tablespoon Milk or Cream
Matcha Pastry Cream:
- 1 ½ teaspoons Unflavored Powdered Gelatin
- 2 tablespoons Water
- 4 tablespoons Cornstarch
- ½ cup + 2 tablespoons Sugar
- 2 cups Full-Fat Milk
- 4 tablespoons Unsalted Butter
- ¼ teaspoon Salt
- 1 ½ tablespoons Ideal Matcha Green Tea Powder
- 3 Large Eggs
- 1 cup Heavy Cream Powdered Sugar

DIRECTIONS:

For The Choux Pastry:
1. Preheat the oven to 350° F.
2. In a medium saucepan, heat the butter, milk, water, salt, and sugar over medium heat until just boiling.
3. Add in the flour and baking powder, and beat together with a wooden spoon over the heat until the mixture resembles a dough that doesn’t stick to the sides of the saucepan.
4. This should take about 2–3 minutes.
5. Transfer the mixture into the bowl of a stand mixer with a paddle attachment, or into a bowl using an electric mixer.
6. Start the electric mixer and beat in the eggs one at a time until thoroughly mixed.
7. The dough should be smoother and less doughy.
8. Transfer the mixture to a pastry bag fitted with a large round tip.
9. On a baking sheet lined with parchment paper, pipe mounds about 2 inches in diameter.
10. Brush the tops of the mounds with egg wash, and bake for 30–35 minutes (until puffed and golden brown).
11. Allow to cool.

Matcha Pastry Cream:
12. In a small dish, sprinkle the gelatin over the water to soften.
13. In a mixing bowl, whisk together the cornstarch and sugar.
14. Add in the eggs, and whisk until smooth.
15. In a large saucepan, heat the milk, butter, and salt until almost boiling.
16. Whisk in the matcha powder.
17. Pour about half of the milk mixture into the egg mixture, continuously whisking until thoroughly combined.
18. Add the rest of the milk mixture into the egg mix, continuously whisking until thoroughly combined.
19. Pour the whole mixture back into the saucepan and heat, constantly whisking, until thickened and bubbling.
20. Pour the mixture into a plate or bowl, cover with plastic wrap and refrigerate until cold.
21. When the mixture has cooled, whip the heavy cream until stiff peaks form, and gently fold the cream into the matcha mixture.

22. Transfer the matcha pastry cream into a pastry bag fitted with a round tip.

To Assemble:

23. Pipe the matcha pastry cream into the choux pastry, and dust with powdered sugar.

24. Be careful not to overfill the choux pastry with the matcha pastry cream, or it could explode.

Hint:

Once they’re filled, it’s best to eat them the day of, or within three days. Keep refrigerated.
CHOCOLATE-MATCHA MOCHI BUNDT CAKE

WHY NOT PUT A LITTLE UPDATE TO THAT CLASSIC BUNDT CAKE BY INCORPORATING MATCH GREEN TEA POWER!

Health Benefits:

Our Chocolate Matcha Mochi Bundt Cake is slightly chewy, sweet and denser with a burst of chocolate and Ideal Matcha Green Tea Powder adding to the mix!

It’s an antioxidant powerhouse, which will give your metabolism a boost, improving concentration and focus. It will also calm the mind and relax the body.

INGREDIENTS:

- 1 pound of Mochiko (Sweet Rice Flour)
- 2 teaspoons Baking Powder
- 1/2 teaspoon Salt
- 4 Eggs
- 2 sticks (1 cup) Butter, melted, plus some for greasing the pan

CONTI. NEXT PAGE
DIRECTIONS:

1. Preheat oven to 350° F and butter the bundt pan.
2. In a mixing bowl, whisk together the mochiko, baking powder, and salt, then set aside.
3. Stir together the melted butter and sugar, then add the evaporated milk.
4. Add the vanilla and the eggs and blend well.
5. Add the dry ingredients in 2–3 batches, mixing well after each addition.
6. Pour half of the batter into another mixing bowl.
7. Add the cocoa powder and chocolate chips to the first bowl, and stir well to combine.
8. Add the matcha powder to the second bowl, and stir well.
9. Pour the chocolate batter into the prepared bundt pan so that it covers the entire bottom of the pan.
10. Next, pour the matcha batter over the chocolate.
11. Place the pan on a baking sheet on the middle rack of the oven and bake for 45–50 minutes.
12. Check its progress with a toothpick or wooden skewer.
13. Cool in the pan on a wire rack for 10 minutes, then serve.
VEGAN MATCHA WHITE CHOCOLATE BARK

This delicious Vegan Matcha White Chocolate Bark is the perfect thing that will satisfy that late night chocolate craving!

Health Benefits:

It’s bursting with the flavors of fresh berries, pistachios, and candied lemon. And because it incorporates Matcha Green Tea Powder, it’s also good for you!

The tart berries are the perfect contrast to the natural sweetness of the white chocolate, and the subtle flavor of Ideal Matcha Tea Powder creates just the right balance. A little pinch of salt brings everything together and evens it out for the perfect healthy treat.

INGREDIENTS:

- 4 Thin Slices of Lemon
- 1 teaspoon Sugar
- ½ teaspoon Water
- 1 cup + ¼ cup Vegan White Chocolate Chips (divided)
- 1 tablespoon + ½ teaspoon Refined Coconut Oil (divided)
- ¼ – ½ teaspoon Ideal Matcha Green Tea Powder
- 3 tablespoons Chopped Raw Pistachios
- ¼ cup Raspberries
11. Tap the baking sheet down lightly to even out the top of the chocolate.
12. Cut the lemon slices into 8 small pieces, then sprinkle them over the chocolate, along with the pistachios, raspberries, blueberries, and a sprinkle of salt.
13. Place the baking sheet in the freezer for 10 minutes, or until completely solid.
14. Break or slice into smaller pieces, and enjoy!

Yield: 8 Servings

- 1/4 cup Blueberries
- A dash of Fine Sea Salt

**DIRECTIONS:**

1. Line a baking sheet with parchment paper and set aside.
2. Place the lemon slices in a small saucepan, sprinkle sugar over the top, and add water to the pan.
3. Warm this over medium heat until simmering.
4. Cook slices for 3 minutes, flip over, and cook until the remaining liquid is gone.
5. Carefully place the lemon slices on extra parchment paper to cool off.
6. In two double boilers (such as an oven-proof bowl over a small pot with a half inch of water), warm 1 cup vegan white chocolate chips and 1 tablespoon coconut oil in one, while melting the ¼ cup chips, ½ teaspoon coconut oil, and matcha powder in the other.
7. Whisk occasionally over low-medium heat until both mixtures are completely smooth.
8. Carefully pour the plain white chocolate mixture over the baking sheet lined with parchment paper, until it’s about ¼-inch high.
9. Dollop the matcha white chocolate over the top.
10. Use a knife or toothpick to “swirl” the two together.
PALEO MATCHA COCONUT COOKIES

THESE COOKIES DIPPED IN RICH DARK CHOCOLATE HAS THAT BOLD MATCHA GREEN TEA FLAVOR AND ARE FULL OF NUTRITION!

There yummy dipped in dark chocolate, or you can leave them plain and there just the thing for an at home healthy snack or take to a get-together!

Health Benefits:
The Ideal Matcha Green Tea Powder used in these chewy cookies is jam-packed full of antioxidants, which are the incredible nutrients and enzymes responsible for fighting against illnesses and chronic diseases, such as Alzheimer’s disease, diabetes, heart disease, macular degeneration, rheumatoid arthritis, and certain types of cancers.

INGREDIENTS:
- 1 cup Unsweetened Coconut
- ½ cup Blanched Almond Flour
- ⅛ cup Organic Sugar
- ¼ cup Butter, slightly softened
- 1 tablespoon Vanilla Extract
- 1 tablespoon Ideal Matcha Green Tea Powder
- 2 Egg Whites
- 3 ounces Dark Chocolate, chopped
DIRECTIONS:

1. Preheat oven to 350 ° F and grease a baking sheet with a little butter or coconut oil.
2. In a mixing bowl, blend the coconut, almond flour, sugar, and butter.
3. Cream and mix well.
4. Add the vanilla, matcha powder, and egg whites.
5. Mix well.
6. Spoon the mixture onto the prepared baking sheet, and flatten out into cookie shapes.
7. Bake for 15 minutes, then cool down.
8. Melt the dark chocolate, and then dip the cookies.
9. Allow to set, and enjoy!

Yield: About a dozen
ALMOND MATCHA SMOOTHIE
BANANA MATCHA GREEN TEA SMOOTHIE
VEGETARIAN MATCHA HEMP KALE SMOOTHIE
BRILLIANT BERRY MATCHA SMOOTHIE
DRAGONFRUIT MATCHA SMOOTHIE
THIS BEAUTIFULLY VIBRANT MATCHA SMOOTHIE IS REFRESHING AND SATISFYING AND WILL HELP KICKSTART YOUR MORNING!

The yummy, creamy almond butter and the tropical flavors of mango and pineapple all come together in this matcha smoothie to satisfy your taste buds.

Health Benefits:

Besides the matcha health benefits, you’ll also benefit from the natural goodness of the kale and the chia seeds.

You’ll be getting an immunity boost; plus an amazing nutrient called Chlorophyll which is known to help balance pH levels in your blood.

INGREDIENTS:

- 1 ½ cups Unsweetened Almond Milk
- 1 tablespoon Ideal Matcha Green Tea Powder
- ¾ cup Frozen Pineapple
- ½ cup Frozen Mango Pieces
- 1 cup Packed Baby Kale
- 1 medium Frozen Banana
- 2 tablespoons Unsalted, Unsweetened Natural Almond Butter
- 2 teaspoons Chia Seeds
- ½ teaspoon Vanilla Extract

**DIRECTIONS:**

1. Blend ingredients in a blender on high until smooth, then serve immediately.

Yield: 2 Servings
BANANA MATCHA GREEN TEA SMOOTHIE

SUPERCHARGE YOUR MORNING WITH THIS FRESH BANANA MATCHA GREEN TEA SMOOTHIE THAT’S PERFECT FOR A WEEKEND BREAKFAST ON THE GO!

INGREDIENTS:
• 4 ½ of a Frozen Banana
• 1 cup of Almond Milk
• 1 teaspoon of Ideal Matcha Green Tea Powder
• 1 serving of Protein Powder of your choice

DIRECTIONS:
1. Add all the ingredients into a blender on medium.
2. Rotating and pulsing until the frozen banana is mixed evenly.

Yields: 1 Drink

Health Benefits:
Whether you’re on your way out the door or looking for a quick snack.

When Matcha Green Tea mixes with banana, you’re getting the nutrients of potassium, fiber, and iron that aids your digestive system. This matcha smoothie is the perfect way to help boost your immune system and provides a calming effect that elevates your overall mood in one single glass.
VEGETARIAN MATCHA HEMP KALE SMOOTHIE

THREE CANCER-PREVENTING INGREDIENTS BAND TOGETHER IN THIS DELICIOUS MATCHA SMOOTHIE.

It’s powerfully good for you; Our Vegetarian Matcha Hemp Kale Smoothie contains the healthiest ingredients that will make you feel amazing.

Health Benefits:

This smoothie incorporates hemp seeds for omega 3 and omega 6 fatty acids, chia seeds for protein. While kale is high in antioxidants and also helps with weight loss.

And as for avocado, it’s full of nutrients! Just like Matcha Tea Powder both ingredients are connected with cancer prevention. Making this powerhouse of a smoothie perfect for breakfast or a pick-me-up snack.

INGREDIENTS:

- 2 tablespoons Hemp Seeds
- 1 ½ tablespoons Chia Seeds
- 1 tablespoon Ideal Matcha Green Tea Powder
- 1 Avocado
- 1 Banana
- Juice from 2 Oranges
- 1 ½ cups of Kale Leaves (Stemmed)
- ½ cup of Mango Chunks

CONTI. NEXT PAGE
DIRECTIONS:

1. Combine all ingredients together in a blender and serve sprinkled with pomegranate arils.

Yields: 6 Servings

• ½ cup of Sliced Kiwi
• ¾ cup of Pineapple Chunks
  Pomegranate Arils
BRILLIANT BERRY MATCHA SMOOTHIE

OUR MATCHA TEA SMOOTHIE IS FULL OF SUCCULENT BERRIES THAT PRODUCE A POWERFUL LINE OF DEFENCE FOR YOUR IMMUNE SYSTEM AND YOUR BRAIN!

This matcha tea smoothie is crisp and refreshing.

Health Benefits:
The orange juice in this Brilliant Berry Matcha Smoothie will boost your immune system and reduce bad cholesterol.

It also brightens the sweet flavor of the berries, while still keeping true to matcha’s traditionally clean taste.

INGREDIENTS:
• ½ cup of Chilled Orange Juice
• ½ cup of Blueberries
• ½ cup of Chopped Strawberries
• ½ of a Sliced Banana
• 2 teaspoons of Ideal Matcha Green Tea Powder
• 1 teaspoon of Warm Water
DIRECTIONS:

1. Once you’ve got all the ingredients together, all you have to do is combine them in the blender.
2. Once its combination evenly, pour in a glass and enjoy.

Yield: 1 Smoothie
DRAGONFRUIT MATCHA SMOOTHIE

THIS SUPERFOOD SMOOTHIE WILL HELP YOU IMPROVE YOUR EYESIGHT!

It’s refreshing and delicious! This dragonfruit matcha smoothie has great consistency and it’s ideal for breakfast.

Health Benefits:
Not only does it have the correct quantity of fruit and immunity-boosting elements to help you start your morning off right.

But both dragon fruit and Powdered Matcha Green Tea are rich in immunity-boosting vitamins and minerals, as well as antioxidants to fight off weight gain, high blood pressure, Alzheimer’s disease, diabetes, and cholesterol. They also both happen to reduce signs of aging by improving the skin.

INGREDIENTS:

• 1 packet of Frozen Pitaya
• 1 teaspoon of Ideal Matcha Green Tea Powder
• 2 cups of Almond Milk
• 1 Banana
• 1 Mango
• 1 cup of Pineapple
• 6–8 Ice Cubes

CONTI. NEXT PAGE
**DIRECTIONS:**

1. Blend all ingredients in a high-powered blender.
2. Pour into glass of choice.
3. Top with coconut cream or whipped cream, and enjoy!

Yields: 2 Drinks
Latte Recipes

MATCHA CHOCOLATE LATTE
PUMPKIN SPICE MATCHA LATTE
ICED MATCHA LATTE
MATCHA CHOCOLATE LATTE

THIS LATTE IS THE ULTIMATE DESTRESSER YOU WILL NEED TO REVITALIZE YOUR BODY AND MIND!

The healthy benefits that come along with the Naked Chocolat recommended in this recipe go hand-in-hand with our Ideal Matcha Green Tea Powder!

Health Benefits:

They both work together to calm and relaxes you while boosting your energy and increasing your concentration and alertness without that nervous feeling you get from coffee.

It’s excellent for your heart, blood pressure, and it also aids in lowering cholesterol.

INGREDIENTS:

- 1 cup Coconut Milk (amount may vary according to taste)
- 1 teaspoon Ideal Matcha Green Tea Powder
- 4 teaspoons Naked Chocolat
- 2 cups Water
- 2 teaspoons Honey

CONTI. NEXT PAGE
**DIRECTIONS:**

1. Combine water and coconut milk into a small pot, and heat gently (without boiling).
2. Add Naked Chocolat, matcha tea powder, and a little honey to sweeten.
3. Whisk really well until the mix starts to get frothy, then pour into a large cup and enjoy!

Yield: 1 large cup of Matcha Chocolate Latte
PUMPKIN SPICE MATCHA LATTE

PUMPKIN IS THE MOST CELEBRATED FLAVOR OF FALL!

Our Pumpkin Spice Matcha Latte is flavorful, full-bodied and silky with the exquisite taste of Matcha Green Tea infused perfectly with pumpkin spice.

Health Benefits:

Pumpkin is incredibly rich in tryptophan and supplies over 200% of your daily Vitamin A that keeps your eyes sharp and immune system healthy.

When you combine the power of pumpkin with Matcha Green Tea, you’re getting a latte that’s rich in antioxidants, and vitamins that support your body throughout the entire day.

INGREDIENTS:

• 1 cup Almond Milk (frothed)
• 1 teaspoon Ideal Matcha Green Tea Powder
• ½ teaspoon Pumpkin Spice
• 2 drops Vanilla Extract
• A pinch of Cinnamon

DIRECTIONS:

3. Mix and enjoy!
ICED MATCHA LATTE

THIS MATCHA LATTE IS THE WAKE ME UP YOU NEED IN THE MORNING!

It's creamy, frothy, and surprisingly sweet!

Health Benefits:

This Iced Matcha Latte will give you the energy you need to kick-start your day and your immune system.

Traditional lattes give you a boost of energy, but once that boost is over, you're crashing feeling worse than you did before. When it comes to energy, you want a latte that will give energy but also help you keep it, while aiding your body with the antioxidants it needs to amp up your immune system and elevate your mood.

INGREDIENTS:

• 1 cup Milk (or Milk Alternative)
• ½ cup Water
• 1 teaspoon Raw Honey or Agave for sweetness
• 1 teaspoon Ideal Matcha Green Tea Powder

CONTI. NEXT PAGE
DIRECTIONS:

1. In a bowl, add water and slowly whisk in green tea powder.
2. Stir in honey or agave to sweeten.
3. Pour into a blender along with milk. Blend until frothy.
4. Pour into a cup with ice and enjoy.

Yields: 1 1/3 cup Iced Matcha Latte
Drink Recipes

MATCHA GREEN TEA LIME SPARKLER
MATCHA BUBBLE TEA
MINTY BUTTER MATCHA DRINK
MINT TEA MATCHA MILKSHAKE
MINTY MATCHA COCKTAIL
MATCHA-INFUSED ROOT BEER FLOAT
MATCHA GINGERADE
ORANGE SUNRISE COCKTAIL
COCONUT VANILLA MATCHA SHAKE
ENERGIZING MATCHA GREEN TEA LEMONADE
ORANGE CREAMSICLE MATCHA PROTEIN DRINK
MATCHA GREEN TEA LIME SPARKLER

SPARKING DRINKS ARE BUBBLY, REFRESHING AND CAN PAIR PERFECTLY WITH ALMOST ANY MEAL!

Our Lime Sparkler has a lovely green tone that’s sure to catch your eye no matter where you’re standing.

Health Benefits:

Our Lime Sparkler has a lovely green tone that’s sure to catch your eye no matter where you’re standing.

This lime sparkler is more than a delicious beverage; it’s an easy way to get your daily dose of matcha benefits. The unique flavor of Ideal Matcha Green Tea combined with lime juice stimulates and restores your body and amps up your immune system.

INGREDIENTS:

- ¾ cup Sparkling Water
- 2 teaspoons Warm Water
- 1 teaspoon Ideal Matcha Green Tea Powder
- 2 Lime Wedges
- Ice Cubes

CONTI. NEXT PAGE
**DIRECTIONS:**

1. Add a lime wedge to the bottom of a small glass and muddle.
2. Your lime wedge should be slightly smashed at the bottom.
3. Fill glass with a few ice cubes.
4. In a small bowl, combine matcha powder and warm water.
5. Mix until matcha dissolves.
6. Pour into a glass along with sparkling water.
7. Stir until all ingredients are blended well.
8. Squeeze remaining lime wedge on top.
9. Add more lime if you’d like the matcha drink to be stronger.

**Hint:**

Try adding vodka or tequila to this matcha drink recipe for a unique cocktail that doesn’t wear you down.

(Remember, drink responsibly.)
MATCHA BUBBLE TEA

INGREDIENTS:

• 1 cup Dried Black Tapioca Pearls
• 1 cup Granulated Sugar
• 1 cup Light Brown Sugar
• 2 cups of already prepared Ideal Matcha Green Tea
• 2 cups Whole Milk
• Ice Cubes

Health Benefits:

The cooked tapioca pearls, or “bubbles” have the most incredible texture that’s certain to surprise those who have never had it before.

And incorporating the flavorful, bright Matcha Green Tea Powder gives your immune system a boost that can fight inflammation, oxidation, and aging.

BUBBLE TEA IS A VERY REFRESHING DRINK THAT’S A DELIGHT TO EXPERIENCE!
DIRECTIONS:

1. Bring a large pot of water (about 5 cups) to a boil, then add the tapioca pearls and cook them for 5 minutes, covering with a lid and gently stirring once every minute.

2. Turn off heat and let the tapioca pearls sit in the pot, uncovered, for 10 minutes.

3. While the beads are sitting, bring both sugars and 2 cups of water to a boil in a small pot, stirring consistently, and let simmer for 5 minutes.

4. Let cool for 5 minutes.

5. Using a slotted spoon, scoop the cooked tapioca pearls into the sugar water and let sit for 10 minutes.

6. To make the tea mixture, make 2 cups of Matcha green tea. In a tall glass, pour half of the Matcha green tea and half of the milk (1 cup). Repeat with another tall glass.

7. Evenly add the Boba into the two glasses, and top the drinks off with a few ice cubes each.

Hint:

Make sure to use bubble tea straws so that the pearls can be sucked up.
MINTY BUTTER MATCHA DRINK

THIS HOT, MINTY MATCHA PICK-ME-UP IS PERFECT FOR THOSE BUSY MORNINGS.

It contains healthy fats and is ideal for those who tend to skip breakfast.

Health Benefits:

Like coffee (but much better for you), this Minty Butter Matcha Drink will give you a big kick of energy that will last for hours.

Even though it gives you energy, it also calms and soothes your brain, making it the perfect drink to prepare you mentally and physically, keeping you in a good frame of mind for the day's work ahead.

INGREDIENTS:

- 1 tablespoon Ideal Matcha green Tea Powder
- 8 ounces Water
- 1 drop of Pure Peppermint Essential Oil
- 1 teaspoon Grass-Fed Butter
- 1 teaspoon Coconut Oil (optional)
- Sweetener to taste (optional)
DIRECTIONS:

1. Boil water.
2. Add all ingredients into a blender.
3. Blend on high for a few seconds, until it’s foamy.
4. Pour and enjoy immediately!
MINT TEA MATCHA MILKSHAKE

TREAT YOURSELF WITH A MILKSHAKE THAT UNTIES YOUR BODY WITH TONS OF MATCHA BENEFITS!

Our Mint Tea Matcha Milkshake is delicious, creamy, and is a perfect late-night treat.

Health Benefits:

Our Ideal Matcha Green Tea powder makes this a healthy milkshake you won’t feel guilty about enjoying. The natural green color makes this milkshake perfect for St. Patrick’s Day or Christmas!

The Matcha Green Tea powder is full of antioxidants, L-theanine, and fluorine which works together to support your mind, body, and mood.

INGREDIENTS:

- ½ cup Mint Ice Cream
- 4–5 Mint Leaves
- 2 tablespoons Milk
- 2 teaspoons Warm Water
- 1 teaspoon Ideal Matcha Green Tea Powder
- A few handful of Mint Chocolate Chips

CONTI. NEXT PAGE
DIRECTIONS:

1. In a small bowl blend warm water with matcha and stir.
2. Add into a blender the green tea mixture, ice cream, mint, and milk.
3. Blend until smooth and green.
4. Mix in the chocolate chips or use as a garnish.

Yield: 1 Mint Tea Matcha Milkshake
MINTY MATCHA COCKTAIL

EVERYONE LOVES A MOJITO!

This Minty Matcha Cocktail is crisp, refreshing, and has that subtle hint of fresh mint that awakens your sinuses.

Health Benefits:

It’s perfect for a party just add a splash of rum.

Whether you add alcohol or not, this Matcha Green Tea cocktail health benefits and amazingly refreshing taste, all wrapped up in one is going to end up as one of your favorite drinks that can be ready in just a few minutes.

INGREDIENTS:

• 2 ozs Sparkling Ginger Ale
• 5–6 Mint Leaves, plus some for garnish
• Juice of 1 Lime
• 1 tablespoon Sugar or Agave Nectar
• 1 teaspoon Ideal Matcha Green Tea Powder
• Crushed Ice

CONTI. NEXT PAGE
**DIRECTIONS:**

1. In a glass add mint leaves, lime juice, sugar and green tea powder.
2. Mix until all the sugar dissolves and the mint is fragrant.
3. Fill the glass with ice.
4. Top with ginger ale.
5. Stir to distribute flavors.

Yields: 1 Minty Matcha Cocktail
MATCHA-INFUSED ROOT BEER FLOAT

OUR ROOT BEER FLOAT IS PACKED FULL OF ANTIOXIDANT AND NATURAL ENERGY.

If you’re looking for a drink that is creamy, dreamy and green, then you can’t miss this Matcha-Infused Root Beer Float.

Health Benefits:

Inspired by a classic childhood beverage, this root beer float is rich in catechins, fluorine, and vitamins which is a clever way to have dessert while still making a healthy choice.

It contains a unique blend of root beer, ice cream, and Ideal Matcha Green Tea Powder. It’s creamy, foamy and will give you all the health benefits of matcha green tea in one seriously addictive drink. So get the blender out and head to the kitchen.

INGREDIENTS:

- ½ cup Ice Cream, Vanilla
- 2 ½ ozs Root Beer
- ½ teaspoon Ideal Matcha Green Tea Powder

DIRECTIONS:

1. In a blender combine ¼ cup of ice cream, 1 oz of root beer, and powered Ideal Matcha green tea.
2. Blend until well combined.

CONTI. NEXT PAGE
3. Add remaining ice cream and blend until a smooth consistency.
4. Pour into a glass and gradually add remaining root beer; being careful of any overflow.
5. Use a spoon, straw, or sip to enjoy.

Yield: 1 Matcha-Infused Root Beer Float
MATCHA GINGERADE

INGREDIENTS:
• Juice from Half of a Lime
• 2 tablespoons Freshly Grated Ginger
• 1 teaspoon Ideal Matcha Green Tea Powder
• Ice Cubes

DIRECTIONS:
1. Place ingredients in a blender and mix.

Yields: 1 Drink

Health Benefits:

Whether it's dried, fresh, grated or powdered, ginger is delicious. So it's no surprise that when you add ginger to Matcha Green Tea, you create a whole new experience for your taste buds.

The healing properties of ginger combined with the benefits of matcha make a super-powered drink that recharges and refuels your body keeping your mind sharp throughout the day.

GINGER IS ONE OF THE MOST VERSATILE HERBS AVAILABLE!

It's light, refreshing, and crisp taste leaves your taste buds begging for more!
IF YOU’RE LOOKING FOR A REFRESHING NON-ALCOHOLIC DRINK, THEN THIS “MOCKTAIL” IS AN EXCELLENT CHOICE FOR A MORNING BEVERAGE!

This Orange Sunrise Cocktail is lightly sweet, and bursting with orange flavor!

Health Benefits:
The citrus stirs your senses for a clear mind, while the power of Matcha Green Tea stimulates your body with antioxidants, fluorine, and vitamins.

The effect is natural matcha energy that helps you get through the day ahead of you.

INGREDIENTS:

- ½ cup 100% Orange Juice, chilled
- ¼ cup Hot Water
- 2 ½ teaspoons Stevia Natural Sweetener
- 1 teaspoon Ideal Matcha Green Tea Powder
- Ice Cubes
DIRECTIONS:

1. In a small bowl mix stevia natural sweetener, matcha, and hot water.
2. Stir until sweetener dissolves, and matcha disperses evenly.
3. Pour the mixture over ice.
4. Then pour chilled orange juice on top until beverage has reached desired sweetness.
COCONUT VANILLA MATCHA SHAKE

INGREDIENTS:
- 1 Frozen Banana
- 2 large scoops of Coconut Ice Cream
- 1 cup of Coconut Rice Milk
- 1 teaspoon of Ideal Matcha Green Tea Powder
- ½ teaspoon Vanilla Powder
- a few Mint Leaves for garnish

Health Benefits:

This Coconut Vanilla Matcha Shake is creamy and smooth, rich and decadent. It has a bright, flavorful scent, and made with Ideal Matcha Green Tea Powder giving you a massive dose of powerful antioxidants with it.

So, why not indulge yourself to something both extra-tasty and extra-healthy that will satisfy your taste buds and your nutrition needs?

You can pay pastry chef adding whatever you want to your exact liking for a delicious drink!

THERE’S NOTHING QUIT LIKE A HOMEMADE SHAKE!
DIRECTIONS:

1. Set aside mint leaves.
2. Add all other ingredients to a blender or food processor, and blend until the mixture is thickened, creamy, and milkshake-smooth.
3. Immediately pour into a glass, garnish with mint leaves, and enjoy!
ENERGIZING MATCHA GREEN TEA LEMONADE

MATCHA GREEN TEA LEMONADE IS IN A CLASS OF IT’S OWN!

When most people hear the word “lemonade,” they automatically think of a crisp and refreshing drink!

Health Benefits:

Lemons are also a natural detoxifier that has a diuretic effect, helping your body get rid of unwanted toxins.

And with the combined elements of longer life, weight loss, and detoxification, this drink stands alone.

INGREDIENTS:

- 2 cups of Hot Water
- ½ teaspoon Ideal Matcha Green Tea Powder
- 1 cup Pure Cane Sugar
- ½ cup fresh Squeezed Lemon (or Lime) Juice (about 3 Lemons)
- 1 ½ quarts Cold Water
DIRECTIONS:

1. Stir the Matcha green tea powder and sugar into the hot water.
2. Once dissolved, add the lemon juice and cold water.
3. Chill for at least 30 minutes in the refrigerator.
ORANGE CREAMSICLE MATCHA PROTEIN DRINK

THIS DRINK IS LOADED WITH HEALTHY ANTIOXIDANTS!

Ideal Matcha Green Tea Powder is a delicious enhancement to nearly any recipe, and this one is no exception!

Health Benefits:

It’s bright, tasty, and a wonderful morning drink that will stimulate your senses and provide you with a mild caffeine buzz you need to get your day started. Remember it does contain a healthy form of caffeine 1 gram has about 35 mg.

Adding coconut oil works brilliantly as a dairy-free option and gives it the creaminess you crave and vanilla gives it sweetness. Just mix it all in the blender, and you’ll end up with a beautiful, frothy, Orange Creamsicle Matcha Protein Drink. YUM!

INGREDIENTS:

- ½ teaspoon Orange Zest
- 1 tablespoon Coconut Oil
- ½ scoop Vanilla Protein Powder
- ½ teaspoon Ideal Matcha Green Tea Powder
- 1 teaspoon Vanilla
- 6–8 oz. Boiling or Very Hot Water

DIRECTIONS:

1. Boil water and add to a blender.
2. Mix in the ingredients and blend on high. Be careful with the hot water!
3. Pour, drink, and enjoy!
Dieting Recipes

GOLDEN DETOX DRINK
MINT MATCHA SMOOTHIE
PEACH GREEN TEA SMOOTHIE
MATCHA PINEAPPLE SMOOTHIE
MATCHA GREEN TEA WATERMELON DETOX SMOOTHIE
IMMUNE-BOOSTING STRAWBERRY MATCHA SMOOTHIE
MATCHA GREEN TEA SMOOTHIE
MATCHA LEMONADE
DETOX CACTUS SMOOTHIE
SUPERFOOD DETOX SMOOTHIE
HIGH ENERGY PEAR GREEN TEA SMOOTHIE
HONEYDEW MELON SMOOTHIE
PROTEIN PACKED AVOCADO GREEN TEA SMOOTHIE
CHOCOLATE MATCHA SMOOTHIE
GINGER IMMUNITY MATCHA SMOOTHIE
FAT BURNING SMOOTHIE
MATCHA ENERGY BOOSTING SMOOTHIE
MATCHA GREEN TEA “3 P” FRUIT JUICE
BROCCOLI PESTO SAUCE
THIS IS A WONDERFUL ANTI-INFLAMMATORY AND CLEANSING DRINK, AND WHEN YOU START INCORPORATING IT INTO YOUR ROUTINE, YOU WILL NOTICE GREAT EFFECTS.

Health Benefits:

Turmeric is a metabolism boosting spice, but it also contains detoxifying benefits helping the liver break down toxic chemicals. The black pepper helps to increase the bioavailability of the turmeric, so that’s a great addition.

Ginger also adds cleansing qualities, and organic lemon juice has a natural detoxifier effect helping your body get rid of unwanted toxins.

INGREDIENTS:

- 1 tsp Ideal Matcha Green Tea Powder
- 2 cup Hot Water
- 2 cups Cold Water
- ½ tsp Turmeric
- ½ tsp Powdered Ginger
- 3 drops Stevia Concentrate or Maple Syrup
- Pinch of Cayenne
- Juice from ½ small Organic Lemon
DIRECTIONS:

1. Bring 2 cups of hot water to a boil and while it heats up, put the rest of the ingredients including the other 2 cups of water in your largest tea cup or jar.
2. Pour in hot water until the ingredients have properly mixed and dissolved.
3. Then drink and enjoy the benefits!
MINT MATCHA SMOOTHIE

THIS SMOOTHIE RECIPE FEATURES SOME OF THE BEST GREEN SUPERFOODS, INCLUDING MATCHA, SPINACH, AND AN AVOCADO!

Health Benefits:

It’s a powerhouse smoothie that’s perfect for eliminating the toxins which will improve digestion and speeds up the body’s metabolism which increase the burning of calories and fats.

The avocado gives it a creamy finish. It is also powerful in healthy fats, which help reduce blood sugar levels and inflammation. Mint is also perfect for stimulating and supporting the digestive systems.

INGREDIENTS:

- 2 teaspoons of Ideal Matcha Green Tea Powder
- 1½ cups of Almond milk
- 3 Dates, pitted
- 1 handful of Spinach
- ½ of an Avocado

DIRECTIONS:

1. Place all ingredients into a blender.
2. Blend until smooth.
3. Pour into a glass.
4. Serve and enjoy!
PEACH GREEN TEA SMOOTHIE

START YOUR DAY OFF RIGHT WITH THIS HEALTHY PEACH GREEN TEA SMOOTHIE!

Health Benefits:

Peaches are an excellent source of vitamins A, C, E, and K, as well as vitamins B1, B2, B3, and B6, calcium, folate, potassium, magnesium, iron, dietary fiber, copper, and zinc.

Bananas lend their support, adding fiber and more potassium to the mix, there’s also honey which is an excellent addition for sweetness, and the yogurt adds probiotics. And don’t forget all those wonderful matcha benefits!

INGREDIENTS:

- 1 teaspoon Ideal Matcha Green Tea Powder
- 1 cup frozen Peaches
- ½ cup frozen Banana
- ½ cup plain Non-Fat Greek Yogurt
- 2 tablespoons Honey
- ½ teaspoon Vanilla Extract
- ½ cup of Ice

DIRECTIONS:

1. Blend the ingredients together until smooth.
MATCHA PINEAPPLE SMOOTHIE

THIS SMOOTHIE IS LOADED WITH DELICIOUS DETOX INGREDIENTS THAT BLEND FOR A CREAMY TREAT.

Health Benefits:

It features kale, pineapple, nut milk, matcha green tea powder, lemon and a banana. Matcha is high in cancer-fighting compounds as well as antioxidants called catechins, which helps our bodies burn calories faster.

There’s even a banana for potassium and fiber plus the lemon will help rev up your metabolism, and balance out the taste for an irresistible smoothie.

INGREDIENTS:

- 1 Banana
- 1 cup Fresh Pineapple
- 1 cup Kale
- ½ tsp Ideal Matcha Green Tea Powder
- ½ cup Nut Milk
- A squeeze of Lemon
- Handful of Ice Cubes
- 6 Mint Leaves

DIRECTIONS:

1. Blend all ingredients in a blender until smooth
2. Then serve and enjoy!
MATCHA GREEN TEA WATERMELON DETOX SMOOTHIE

This smoothie will help you burn fat at the same time giving your metabolism a boost!

Health Benefits:

Watermelon is high in lycopene which is a plant nutrient that helps protect the cardiovascular system. Matcha Green Tea Powder is a huge detoxifier and is also associated with lowered blood pressure, weight loss, and even cancer prevention.

Additionally, watermelon is also an excellent source of phenolic compounds such as carotenoids, flavonoids, and triterpenoids, which have antioxidant and anti-inflammatory properties.

INGREDIENTS:

- 2 tsp Ideal Matcha Green Tea Powder
- 2 cups chilled Watermelon, roughly chopped
- 1 cup Water
- 1½ tbsp Honey
- 1 tsp Lemon Juice
- Ice Cubes

DIRECTIONS:

1. Place all the ingredients in a blender, and blend until smooth.
2. Add ice cubes to serving glasses and pour smoothie on top.
3. Serve immediately and enjoy!
Health Benefits:

This smoothie provides a good balance of protein from the Greek yogurt, and carbs from the strawberries and banana, plus healthy fat from the flax seed that will leave you feeling satisfied til lunch.

The antioxidants in Matcha are known as catechins, and they help you lose weight by boosting your metabolism. Plus each fruit in this smoothie provides essential nutrients like Vitamin C, potassium, and fiber.

INGREDIENTS:

• 2 cups Fresh Strawberries, washed
• 1 medium Banana, frozen
• ½ cup Greek Yogurt
• 1 tsp Ideal Matcha Green Tea Powder
• 4 tbsp Flax Seed
• 2 tbsp Honey

DIRECTIONS:

1. Place all the ingredients in the blender and blend until smooth.
2. Pour into a glass and serve immediately.
MATCHA GREEN TEA SMOOTHIE

MATCHA HAS BEEN HIGHLY TOUTED FOR ITS WEIGHT LOSS AND FAT BURNING CAPABILITIES.

INGREDIENTS:

- 1 tsp Ideal Matcha Green Tea Powder
- 1 tsp Chia Seeds
- 1 tsp Vanilla Protein Powder
- 2-3 Tbsp of Plain Unpasteurized Yogurt
- 3 – 4 Ice Cubes
- ¾ cup of Soy Milk or Low-fat Milk

DIRECTIONS:

1. Blend all the ingredients on high speed, then enjoy!

Health Benefits:

One healthy serving of this delicious smoothie in the morning will fill you up and satiate you for hours.

The matcha in the title means that you’re getting a big boost of antioxidants, vitamins, and minerals, this smoothie can’t help but be green because of all the excellent benefits of the green tea powder.
MATCHA LEMONADE

THIS MATCHA LEMONADE IS A HEALTHY CAFFEINE DRINK THAT CAN KICKSTART YOUR DAY.

Health Benefits:

It tastes almost exactly like regular lemonade, and when you add Matcha you’re getting a serious health kick! That helps rid the body of unwanted toxins and bloating.

The sugar cane adds just enough sweetness to make it taste good and keep you drinking it. The hot water makes sure that all of the ingredients get equally dispersed.

INGREDIENTS:

- 1 cup Hot Water
- 2 cups Pure Cane Sugar
- 2 cups fresh Lemon Juice
- 1 ½ Ideal Matcha Green Tea Powder
- 3 ½ cups Ice Water

DIRECTIONS:

1. Pour sugar and hot water into a large mixing bowl and stir together until sugar dissolves.
2. Stir in lemon juice and matcha.
3. Pour mixture into a blender.
DETOX CACTUS SMOOTHIE

This light but creamy detox smoothie is bursting of tropical flavors!

Health Benefits:
The cactus leaves are extremely healthy and detoxifying, providing you with essential vitamins and minerals that help lower blood sugar and cholesterol.

Plus including Matcha Green Tea gives your body a hefty dose of all sorts of amazing things, such as more antioxidants, EGCG, and other catechins, and L-theanine.

INGREDIENTS:
- 1½ medium Cactus Leaves removed needles and chopped
- 12 oz fresh Pineapple, cut in cubes and chilled
- 1½ Banana, sliced and frozen
- 1 cup plain Greek Yogurt
- 2 Limes, juiced
- 1½ cups Almond Milk
- 1 tsp Ideal Matcha Green Tea Powder

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**DIRECTIONS:**

1. Place all ingredients in the blender.
2. Blend on low for 2 minutes, or until the cactus, pineapple, and banana blends well.
3. Raise the speed slowly to medium for 1 minute.
4. Then back to high until you see a vortex in the middle of the smoothie.
5. Once you see the vortex, blend for another minute, or until creamy.
6. Then enjoy!

**Yield:** Approximately 6 cups
SUPERFOOD DETOX SMOOTHIE

THIS SMOOTHIE HAS A GOOD COMBINATION OF ANTIOXIDANTS, ESSENTIAL FATS AND FIBRE.

Health Benefits:
It’s a beautiful dark maroon colored smoothie that will detox and boost the body, with delicious ingredients of blueberries, pineapple, grapefruit and goji berries.

Detoxification is something that our body regularly does and efficiently. So incorporating Matcha Green Tea Powder gives it a helping hand by ensuring it has the right nutrients to do so.

INGREDIENTS:
- 1 cup Fresh Pineapple
- 1 cup Frozen Blueberries
- Juice from 1 Grapefruit
- 2 tbs Goji Berries
- 1 tsp Ideal Matcha Green Tea Powder

DIRECTIONS:
1. Soak the goji berries in hot water about five minutes, to soften.
2. Drain the water and stick the berries in the blender.
3. Add in the blueberries, pineapple, and grapefruit juice, matcha powder and blend on high until smooth and creamy.
4. Serve in glasses and enjoy!

Yields: 1 Smoothie
HIGH ENERGY PEAR GREEN TEA SMOOTHIE

THIS SMOOTHIE WILL SUPPLY A BOOST OF ENERGY AND HELP YOU RECOVER AFTER AN EXHAUSTING WORKOUT.

Health Benefits:
Not only is Matcha Green Tea full of healthy benefits, but it’s also pretty tasty combined with almond milk and vanilla.

Our Ideal Matcha Green Tea Powder delivers spikes of caffeine without making you feel edgy, while spinach provides the vitamins and minerals you will need to get you through the day ahead. The pear not only adds sweetness but it also adds plenty of vitamin C and fiber if the skin is left on.

INGREDIENTS:
- 2 scoops Vanilla Protein Powder
- 1 cup unsweetened Almond Milk
- 1 cup Spinach
- 1 Pear, cored
- ½ teaspoon of Ideal Matcha Green Tea Powder

DIRECTIONS:
1. Combine all ingredients in a blender and mix until smooth.

 Yield: 1 Servings
HONEYDEW MELON SMOOTHIE

TAKE ADVANTAGE OF REFRESHING HONEYDEW MELON TO SPRUCE UP YOUR SMOOTHIE.

Health Benefits:
This smoothie is supposed to maintain healthy blood pressure levels. It's slightly sweet and creamy with a very refreshing flavor!

The combination of honeydew melon with almond milk, honey, and banana help give this smoothie its fresh green appearance as well as a ton of nutrients.

INGREDIENTS:
- 1 frozen Banana
- ½ large Honeydew Melon
- 1 teaspoon Honey
- ¼ cup Almond Milk
- 1 to 2 teaspoons Ideal Matcha Green Tea Powder

DIRECTIONS:
1. Cut up honeydew melon into small chunks.
2. Slice the banana into one-inch pieces.
3. Blend until smooth.

Yield: 1 Servings
PROTEIN PACKED AVOCADO GREEN TEA SMOOTHIE

THIS GLUTEN FREE SMOOTHIE HAS JUST NINE CARBS!

Health Benefits:
It’s the ultimate post-workout recovery drink that’s packed with protein and antioxidants that give you long-term energy.

This light but creamy detox drink provides you with a severe protein kick! It helps rid the body of unwanted toxins, reduces gas and bloating. It’s fresh, sweet, and packed with the secret super-power of avocado! Also there some rolled oats and creamy Greek yogurt, for added protein and calcium.

INGREDIENTS:
- 1 tsp Ideal Matcha Green Tea Powder
- 1 tbsp Hot Water
- ½ medium Avocado
- ½ cup Greek Yogurt
- ¼ cup Vanilla Whey Protein Powder
- 2 tsp Swerve Sweetener
- 1 ¼ cup Unsweetened Almond Milk
Yield: 2 Smoothies

DIRECTIONS:

1. In a small bowl, whisk together Ideal Matcha green tea powder and hot water.
2. Set aside.
3. Cut avocado into chunks and add to blender.
4. Then add the yogurt, protein powder, and sweetener.
5. Next, add almond milk and matcha tea mixture and blend until smooth.
6. Divide between two glasses and enjoy.
CHOCOLATE MATCHA SMOOTHIE

SATISFY YOUR CHOCOLATE CRAVING WITH THIS SMOOTHIE!

Health Benefits:
This recipe is excellent as a pre-workout beverage or later to sustain your energy throughout the day.

Besides all the matcha health benefits, you’ll also receive a double dose of antioxidants from the cocoa powder and matcha powder combine. It’s sweetened with banana and while almond milk makes it creamy and smooth. The oats add calcium.

INGREDIENTS:
- 2 teaspoons Cocoa Powder
- ½ cup Oats
- 1 Banana
- 1 cup Almond Milk
- 2 teaspoons Ideal Matcha Green Tea Powder
- A dash of Sea Salt
- A pinch of Vanilla Extract
- Ice
DIRECTIONS:

1. Slice the banana into one-inch pieces.
2. Blend all ingredients until smooth.

Yields: 1 Serving.
GINGER IMMUNITY MATCHA SMOOTHIE

GINGER SPICE IS RIGHT FOR YOUR IMMUNE SYSTEM; IT’S INCREDIBLY POWERFUL AND DETOXING!

Health Benefits:
It’s widely used to treat ailments such as arthritis, and the common cold.

This natural detox drink helps stimulate your metabolism and will keep it elevated during the day letting you burn extra calories when you exercise. The honey adds a subtle sweetness, while the lime adds a refreshing twist and the ginger gives it a nice potent kick!

INGREDIENTS:
• 1 tsp Ideal Matcha Green Tea Powder
• 2 tablespoon Ginger
• Lime Juice squeezed fresh from ½ Lime
• 1 tablespoon Honey

DIRECTIONS:
1. Blend all ingredients until smooth.

Yields: 1 Serving
FAT BURNING SMOOTHIE

INGREDIENTS:

- 1 tsp Ideal Matcha Green Tea Powder
- ½ cup Skim milk
- ½ cup Greek Yogurt
- 1 teaspoon Chia Seeds
- ½ cup Skim Milk
- ½ cup Ice

THIS FAT BURNING SMOOTHIE IS LOW IN CARBS TO HELP STABILIZE BLOOD GLUCOSE LEVELS.

Health Benefits:

The chia seeds, yogurt, and skim milk keep you full on fewer calories, so you’ll feel satisfied.

You’re already getting antioxidants from the Matcha Green Tea Powder, and the phytonutrients amplify this with the chia seed. The yogurt smooths it out while providing protein to keep you feeling good for hours.
DIRECTIONS:

1. Soak the chia seeds in two ounces of water for 20 minutes. (The softer consistency makes the seeds easier to blend).

2. Blend all ingredients, including the chia seeds, until smooth.
MATCHA ENERGY BOOSTING SMOOTHIE

WHENEVER YOU ARE FEELING A LITTLE WORN DOWN, TAKE MATTERS INTO YOUR HANDS WITH AN ENERGY DRINK THAT’S PROVEN TO PROVIDE REAL POWER!

Health Benefits:

Drink it before and during your workout for sustained energy. It’s also great as a post-workout treat.

This energy boosting smoothie has the perfect ingredients of blueberries, raspberries, and Matcha Green Tea Powder which increase the number of antioxidants you’re getting. While still providing you with a surge of energy that can power you through the rest of your day without making you feel edgy.

INGREDIENTS:

- 1 tsp Ideal Matcha Green Tea Powder
- ¼ cup Fresh Blueberries
- ¼ cup Fresh Raspberries
- 1 tbsp Greek Yogurt
- 1 handful Ice

DIRECTIONS:

1. Blend the ingredients together.
2. Once its combined evenly, pour in a glass and enjoy.
**MATCHA GREEN TEA “3 P” FRUIT JUICE**

**MATCHA GREEN TEA „3P“ JUICE IS IDEAL FOR PEOPLE WHO ARE WISHING TO LOSE WEIGHT!**

**Health Benefits:**

This juice is part of the detox diet that helps the body’s detoxification process by eliminating the toxins which will improve digestion, reduces swelling and speeds up the body’s metabolism which increases the burning of calories and fats.

The pear adds fiber, while the papaya and pineapple bring significant amounts of Vitamin C to your body. When vitamin C combines with the Matcha Green Tea Powder, you’ve got a single drink that will give you a healthy immune system, and protection from free radical damage.

**INGREDIENTS:**

- 1 tsp Ideal Matcha Green Tea Powder
- ½ Pear, sliced
- ½ cup Pineapple, cubed
- ½ cup Papaya, cubed

**DIRECTIONS:**

1. Mix the pear, pineapple, papaya and Ideal Matcha green tea powder together in a blender and enjoy!

**Hint:**

The trick with this recipe is to keep blending until there aren’t any chunks of fruit left.
BROCCOLI PESTO SAUCE

This nutrient-rich pasta sauce only takes 15 minutes to come together.

Health Benefits:

With our Ideal Matcha Broccoli Pesto sauce, there’s no way you should feel guilty about tossing it with pasta and shaving it with a little Parmesan.

The Matcha Green Tea Powder in this recipe has all sorts of healthy benefits including anti-aging elements, cancer prevention, also helps with weight loss and dieting. Besides the matcha health benefits, you’ll also benefit from the natural goodness of broccoli which is an excellent source of your daily value of vitamin C and vitamin K.

INGREDIENTS:

- 2 cups Broccoli Florets
- ¼ cup Olive Oil
- 2 Cloves Garlic
- 1 tablespoon Lemon Juice
- ½ tsp Ideal Matcha Green Tea Powder
- ¼ cup Parmesan Cheese
- ¼ teaspoon of Salt
- 1 tablespoon Prepared Pesto
- A small handful of Fresh Basil
- Fresh Sage
- Fresh Cilantro
DIRECTIONS:

1. Bring water to a boil.
2. Steam broccoli and cover for 3 minutes.
3. Add all the rest of the ingredients into a food processor and blend until smooth.
4. Serve with pasta or as a sandwich spread.
Our Clients
SUCCESS STORIES

“This Stuff is Amazing!”

A little goes a long way. My favorite is to use it with vanilla protein powder and water and ice. I then blend in some fresh or frozen blackberries. It tastes just like Starbucks blackberry green tea frappacino. This is also great in a strawberry banana smoothie.

ANA JOHNSON
Orlando FL

“Surprise, Surprise!”

This stuff taste pretty good! I prefer to shake with ice, honey and a few drops of lemon essential oil. You have to stir it often because the powder settles, which you can taste but it’s not overbearing. I definitely feel an immediate boost, but not extreme rush that I feel with coffee. The energizing effect lasts throughout the day.

JULES CADBURYH
Raleigh NC

“I Brew My Own Irish Breakfast Tea Blend And Drink It On Ice!”

I hate it when I’m out of iced tea. WELL. I heated up a cup of water, added a ½ teaspoon of Matcha green tea powder and a squirt of honey·stirred it good and poured it over ice·OH YUM! This I decided·could easily take the place of my brewed tea that takes so long to fix up·And the Matcha powder would travel well and be easy to fix on the road.

MELISSA ROBINS
Portland OR
Ultimate Weight Loss Guide to

IDEAL MATCHA

RECIPES