



# Matcha Tea

## RECIPES



### **BLUE GINGER MATCHA ICE CREAM**

BEST WITH: BLUE GINGER NO-CAFFEINE MATCHA  
*CALMING · EVENING · ANTI-INFLAMMATORY*

**INGREDIENTS:** 2 CUPS HEAVY CREAM · 1 (14 OZ) CAN SWEETENED  
CONDENSED MILK · 2 TSP BLUE GINGER MATCHA · 1 TSP VANILLA  
**DIRECTIONS:** WHIP CREAM TO SOFT PEAKS. WHISK MATCHA INTO  
CONDENSED MILK UNTIL SMOOTH. FOLD TOGETHER WITH VANILLA.  
FREEZE 6–8 HOURS.

### **MATCHA FACE MASK**

BEST WITH: AÇAÍ OR REGULAR MATCHA  
*BRIGHTENING · DETOXIFYING*

**INGREDIENTS:** 1 TSP MATCHA · 1 TSP HONEY · 1 TSP YOGURT  
**DIRECTIONS:** MIX INTO A PASTE. APPLY TO CLEAN SKIN FOR 10–15  
MINUTES. RINSE.

### **HOT MATCHA LATTE**

BEST WITH: ASHWAGANDHA AND BEET MATCHA  
*STRESS SUPPORT · GENTLE ENERGY*

**INGREDIENTS:** 1 TSP TOTAL MATCHA · 2 OZ HOT WATER · 8 OZ  
MILK · 1–2 TSP HONEY **DIRECTIONS:** WHISK MATCHA WITH  
HOT WATER UNTIL SMOOTH. HEAT MILK SEPARATELY.  
COMBINE AND SWEETEN.