



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.