

# MATCHA UP YOUR LIFE

Add Matcha to your Favorite Recipes

## BAKED GOODS

1-2 Tbs Matcha (or to taste)

## DIRECTIONS

### Mix matcha with dry ingredients

Add 1-2 tbs of matcha to dry ingredients in a separate bowl. Mix matcha and dry ingredients thoroughly with a whisk. Complete recipe as directed.

**TIP** - My general rule is 2 tbs of matcha for every 2 cups of flour. This is a loose guideline based on taste AND grade of matcha. A culinary grade matcha may need less. Too much matcha and the bitterness will overpower so be careful!

### TIP - Dough Consistency

I typically add matcha in addition to the original amounts called for in the recipe. But to help dough consistency, you can reduce the amount of flour by the amount of matcha. For example: Adding 2 tbs of matcha to a recipe would require reducing the amount of flour by 2 tbs.

## SMOOTHIES

~1 Tsp Matcha (or to taste)

## DIRECTIONS

### Mix matcha with smoothie ingredients

Adding 1 tsp of matcha to your smoothie can be wonderful however not all smoothies pair well. Keeping it simple will help. Below is my favorite matcha smoothie.

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## Matcha Smoothie Courtesy of Annalisa Pao

1 Ripe Banana  
1 Cup Ice  
1 Cup Milk or Non-dairy Substitute or Water  
1 Tsp Matcha  
2 Tbs Hemp Seed (Optional, highly recommended if using water)  
1-3 Tsp Maple Syrup or Sweetener to taste (Optional)

Blend ingredients until desired consistency. Enjoy! (TIP: Sprinkle cinnamon on top!)

## COCKTAILS

And finally, for those of you over 21....

~1/4 Tsp Matcha (or to taste)

## DIRECTIONS

### Shake matcha with cocktail ingredients

Avoid clumping matcha by dry shaking ingredients first. (Dry shake = shaker is without ice)

## Matcha Whiskey Sour Courtesy of Christina Pao

4 Tsp Freshly Squeezed Lemon Juice  
1/4 Tsp Matcha  
~.5 oz Simple Syrup  
1.25 oz Whiskey

Add all the ingredients and dry shake well. Once the matcha is fully incorporated, add the ice and shake again then pour into a serving glass. A maraschino cherry is a nice touch to add color to the beautiful green cocktail. Enjoy!

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