

NATCHA RECIPES FOR LATTES AND ICED DRINKS







Matcha Tea Smoothies





- 1 teaspoon of matcha tea powder
- 1 ripe banana (frozen or fresh)
- 150 ml of plant-based milk (almond, oat, soy, or your preferred choice)
- 1 tablespoon of honey, agave syrup, or your favorite sweetener
- 1 tablespoon of plain yogurt or plant-based yogurt (optional for a creamy matcha smoothie)
- 1 handful of fresh spinach (optional for extra greens and nutrients)
- 1 cup of crushed ice

Whisk 1 teaspoon of matcha with a bit of hot water (not boiling—around 80°C) until smooth and lump-free.

Add everything to the blender Toss in a banana, your favorite plant-based milk, the whisked matcha, a bit of yogurt, sweetener if you like, some spinach for a green boost, and a handful of ice.

Blend it up

Start with the matcha

Mix until it's creamy and smooth—great as a drink or poured into a bowl.

Serve your way Pour into a glass or bowl and top with whatever you love: chia seeds, oats, banana slices...

Sip and enjoy Refreshing, energizing, and perfect for any moment. A splash of vanilla or a pinch of cinnamon adds a cozy twist.







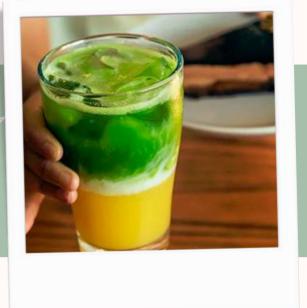


Preparation:

Refreshing • Antioxidant-rich • Tropical flair

In a blender, combine 1 ripe mango (peeled and diced), 1 tsp of organic matcha (prewhisked with a little hot water), 200 ml of plant-based milk (like coconut or almond), a handful of ice, and a touch of agave syrup or honey if desired. Blend until smooth and creamy.

Serve immediately in a tall glass and garnish with a few mango cubes or a sprinkle of matcha powder for a vibrant presentation.



INGREDIENTS (1 SRV):

- 1 teaspoon of dissolved matcha tea
- 1/2 ripe mango
- 100 ml of fresh orange juice
- 50 ml of coconut milk or almond milk
- 1 teaspoon of honey
- 1 cup of ice







Matcha and Bananc Smoothie (Classic Energizer)

Preparation:

In a blender, mix 1 ripe banana, 1 tsp of matcha (pre-whisked with a little hot water), 150 ml of your favorite plant-based milk, 1 tbsp of honey or agave, and 1 cup of crushed ice. For extra creaminess, add 1 tbsp of plant-based yogurt.

Blend until smooth and pour into a tall glass. Garnish with banana slices or a dusting of matcha powder for an inviting, vibrant look.



INGREDIENTS (1 SRV):

- 1 teaspoon of matcha tea dissolved in hot water
- 1 ripe banana
- 150 ml of plant-based milk (almond, soy, or oat)
- 1 tablespoon of honey or agave syrup
- 1 cup of crushed ice
- Optional: 1 tablespoon of plantbased yogurt for a creamy matcha smoothie









INGREDIENTS (1 SRV):

- 1 teaspoon of dissolved matcha tea
- 1/2 cup of frozen berries (strawberries, raspberries, blueberries)
- 150 ml of plant-based milk (almond, oat, soy)
- 1 tablespoon of honey or agave syrup
- 1 cup of ice

Antioxidant-rich • Colorful • Refreshing

Preparation:

In a blender, combine ½ cup of frozen berries (like strawberries, raspberries, and blueberries), 1 tsp of matcha (pre-whisked with a little hot water), 150 ml of plant-based milk, 1 tbsp of honey or agave syrup, and 1 cup of ice.

Blend until creamy and smooth. Serve in a large glass and top with a few whole berries or a light dusting of matcha for a striking finish.





Matcha Tea Smoothies





Preparation:

Sweet • Creamy • Indulgently healthy

In a blender, mix 1 tsp of matcha (prewhisked with a little hot water), 150 ml of almond milk, 1 tbsp of vanilla syrup, 1 tbsp of plant-based yogurt, and 1 cup of ice.

Blend until smooth and creamy. Serve in a chilled glass and garnish with a vanilla bean, mint leaf, or a sprinkle of matcha for a polished finish.



INGREDIENTS (1 SRV):

- 1 teaspoon of dissolved matcha tea
- 150 ml of almond milk
- 1 tablespoon of natural vanilla syrup
- 1 tablespoon of plant-based yogurt
- 1 cup of ice



Semper Tea 2 grades of matcha

Premium Matcha: Perfect to enjoy on its own, in tea ceremonies, or as a healthy beverage. Its fine texture and delicate flavor make it ideal for a high-quality sensory experience.

Culinary Matcha: Designed for use in cooking and baking. It adds flavor, color, and health benefits while preserving all its natural properties.



If you would like more information, please don't hesitate to contact us. We'll be happy to help you offer a sustainable tea option for your business.

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