



MATCHA

RECIPES FOR LATTES AND ICED DRINKS

Try it with Semper Tea Matcha



SEMPER TEA

www.sempertea.eu

#001

Matcha Tea Smoothies



Energizing matcha tea smoothie

INGREDIENTS (1 SRV):

- 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

Start with the matcha

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

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.

[Try it with Semper Tea Matcha](#)



#002

Matcha Tea Smoothies



Matcha and Mango Smoothie (Exotic and Refreshing)

Preparation:

Refreshing • Antioxidant-rich • Tropical flair

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

In a blender, combine 1 ripe mango (peeled and diced), 1 tsp of organic matcha (pre-whisked 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.

[Try it with Semper Tea Matcha](#)



#003

Matcha Tea Smoothies



Matcha and Banana 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 plant-based yogurt for a creamy matcha smoothie

[Try it with Semper Tea Matcha](#)



#004

Matcha Tea Smoothies



Matcha and Berry Smoothie (Ultimate Antioxidant)

Preparation:

Antioxidant-rich • Colorful • Refreshing

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.

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

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#005

Matcha Tea Smoothies



Vanilla Matcha Smoothie (Sweet and Creamy)

Preparation:

Sweet • Creamy • Indulgently healthy

In a blender, mix 1 tsp of matcha (pre-whisked 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

Try it with Semper Tea Matcha



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.

Various Formats

Both grades are available in various formats.

A versatile and a packaging solution—perfect for restaurants, cafés, gourmet shops, or everyday enjoyment at home.

- 30 g tin
- 75 g bag
- 250 g bag
- 1 kg bag



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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