

Matcha Green Tea Smoothie Bowl



www.stirtea.co.nz

Ingredients:

1 Tsp Stir Tea Culinary Matcha Powder

2 Frozen Bananas

2 Tsp Honey (adjust amount for sweetness)

1 Handful of Spinach

½ Cup Mixed Berries

½ Cup of Plant or Dairy Milk (adjust amount for thickness)



Toppings (optional):

Blueberries

Chia Seeds

Slivered Almonds

Strawberries

Method:

1. Add all Ingredients into High Speed Blender. Taste test and adjust honey and milk volume liberally for consistency and sweetness.
2. Finish with suggested toppings or your choice of fruit and nuts.

We hope you get a lot of joy from making and sharing this Matcha Green Tea Smoothie Bowl with your favourite cup of Stir Tea. Wishing you Happy Tea Times from everyone at Stir.