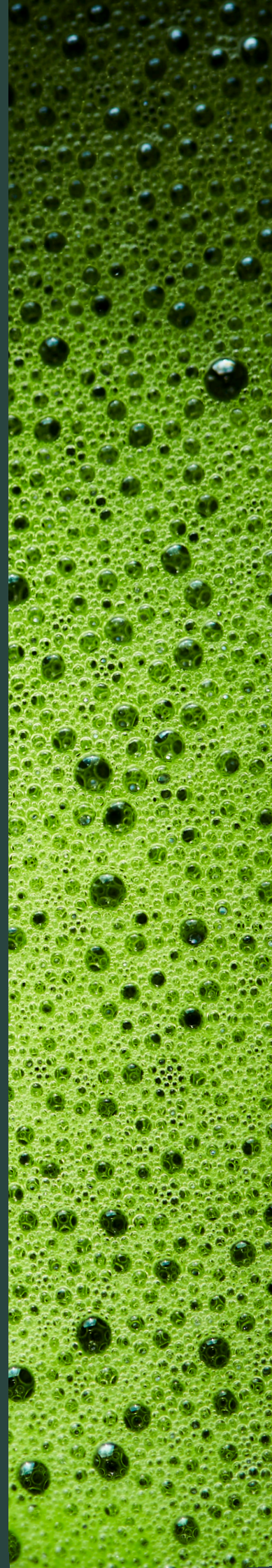




Quick simple Matcha
recipes + tips

The versatility of Matcha
Enjoy !!!



Stay Fresh with Matcha

Keep your matcha vibrant and full of flavor:

- Use fresh, premium ceremonial-grade matcha for the best results. 🌱
- Store in an airtight container and refrigerate after opening.
- Consume within 2 months for maximum freshness.
- Brew at 80°C (175°F) for the perfect cup. 🌡️
- Blend into smoothies, lattes, or recipes for an energizing boost. 🥤

Freshness you can see,
Quality you can taste!

P R E - W O R K O U T M A T C H A S H O T

Ingredients:

- 1 -2 tsp Kulture & Blends matcha
- 1/2 cup coconut water
- 1/2 tsp fresh ginger juice
- 1 tsp lemon juice
- 1/4 tsp honey



Method:

1. Add matcha and coconut water to the Self-Stirring Tumbler. Stir until fully dissolved.
2. Add ginger juice, lemon juice, and honey. Stir again to mix.
3. Refrigerate for a chilled, energizing pre-workout shot.

This blend boosts hydration, immunity, and metabolism, providing a clean energy kick to power through your day or workout.

MATCHA LATTE

HOT

Ingredients:

- 1 tsp Ceremonial Grade Matcha powder
- 60 ml water
- 180 ml milk
- 1 tsp honey (Optional)

Method:

1. Sieve 1 teaspoon Matcha powder into a bowl or a cup.
2. Heat the water but don't boil it (turn off the kettle when the first bubbles start to appear). The temperature should be around 70C)
3. Warm up the milk.
4. Add Matcha to hot water and whisk.
5. Whisk with a milk frother or bamboo whisk until foamy.
6. Pour milk into the matcha mixture.
7. Add sweetener if desired.



Preparing Matcha is an art of its own - we find it an amazing practice of mindfulness that can help relax and reset you. It's a joy to be performed several times a day.

MATCHA LATTE COLD

Ingredients:

- 1 tsp Ceremonial Grade Matcha powder
- 1 cup milk (of your choice)
- 1 tsp honey (Optional)
- 1 tsp Vanilla extract
- crushed pistachio or any nuts of your choice



Method:

Whisk everything together using a blender until nice and foamy & pour into a glass over ice.

Garnish with crushed pistachio or any nuts of your choice for added protein and healthy fats

If you're into your cold drinks you'll love this iced Matcha latte! Unlike soda or cold brew coffee - the energy and focus you feel from Matcha you instantly feel amazing without crashing later.

M A T C H A F I T

Ingredients:

- 1 tsp Ceremonial Grade Matcha powder
- spinach or kale
- avocado
- coconut water
- pineapple cubes



Method:

1. Blend all the ingredients and serve on ice

The versatility of Matcha in various smoothies is fantastic for gym-goers on the go.

MATCHA CHIAPUDDING

Ingredients:

- 1 cup milk (your choice)
- 1/2 tsp Ceremonial Grade Matcha powder
- 1/3 cup chia seeds
- 1 tbsp honey
- 1 tsp vanilla extract



Method:

1. Blend milk, vanilla extract, and Matcha in a blender.
2. In a bowl, whisk the Chia seeds with the liquid.
Refrigerate for at least 15 minutes.
3. Serve with your favorite toppings.

- Kulture & Blends matcha chia will keep you fuller for longer whilst feeling light with its fiber and complete protein.
- Really quick and easy to make - ideal for preparing the night before for a fuss-free start to your day!

MATCHA MANGO MADNESS

Ingredients:

- 1 tsp Ceremonial Grade Matcha powder
- 1 cup milk
- 1-2 mangoes chopped
- Granola (optional)



Method:

1. In a blender add milk then matcha and blend until smooth and foamy
2. Layer glass with chopped mangoes at bottom then the blended matcha
3. Top with Granola of your choice
4. You can get creative with your choice of seasonal fruits

Transform your morning routine into a tropical escape with this vibrant Matcha Mango Smoothie Bowl! Indulge in the creamy goodness of Matcha paired with the sweet tanginess of mangoes, all topped with crunchy granola. It's a deliciously healthy way to start your day, providing a burst of energy and nourishment for your body and soul.

STRAWBERRY MATCHA FRAPPE

Ingredients:

- 1 tsp Ceremonial Grade Matcha powder
- whipped cream
- strawberries
- 1 cup milk



Method:

1. In a blender add milk, matcha and strawberries blend until smooth and creamy
2. In a glass add ice and pour the blended matcha
3. In a separate bowl add whipped cream and crushed strawberries whisk till foamy
4. Add this to the iced strawberry matcha & enjoy

This blend of creamy Matcha, luscious strawberries, and fluffy whipped cream is sure to delight your taste buds while keeping you refreshed and energized. It's a guilt-free indulgence that combines the goodness of Matcha with the sweetness of strawberries for a truly satisfying treat. So go ahead, sip, savor, and enjoy every sip of this healthy creation!

M A T C H A A L K H A L E E J

Ingredients:

- 1 tsp Ceremonial Grade Matcha powder
- 2 scoops vanilla ice cream
- toasted kunafah shavings
- crushed pistachios & rose petals



Method:

1. Sieve 1 tsp of matcha and warm water and whisk till no lumps
2. In a bowl add 1-2 scoops vanilla ice cream
3. drizzle prepared liquid matcha over it
4. Top with toasted kunafah shaving, crushed pistachios & rose petals

While this indulgent Matcha treat offers a delightful fusion of flavors and textures, moderation is key for maintaining a healthy balance.

WHITE CHOCOLATE MATCHA MOUSSE

Ingredients:

- 1 - 2 tsp Ceremonial Grade Matcha powder
- 100 ml whipping cream
- 100g white chocolate



Method:

1. Sieve matcha into the whipping cream and whisk till no lumps and smooth
2. melt chocolate and once cooled fold in the matcha cream
3. Refrigerate for few hours until firm

Elevate your dessert experience with our Matcha Chocolate Mousse! This irresistible blend of Matcha's earthy richness and chocolate's decadent sweetness promises a flavor explosion that satisfies cravings. Simply whip up a batch, chill until velvety perfection, and indulge guilt-free in this deliciously healthy treat. Satisfaction and energy await!