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Iced matcha latte with almond milk

This creamy Iced Matcha Latte is slightly sweetened with a subtle hint of vanilla. This healthy version contains less sugar and calories than typical coffee shop versions. The make-ahead option allows you to get this latte ready whenever you want! Matcha!!! We're going to turn this superfoa into a creamy iced Matcha Green Tea Latte! This is my favorite way to drink matcha - it's so good! Bonus: It comes together in minutes and is easy to adapt. How to make an iced matcha latte: unsweaned vanilla almond milk: this is the basis of latte. It provides a delicious vanilla flavor and it's low in calories. Feel free to replace this milk of your choice. It's delicious with coconut milk, too! Matcha: Choose your favorite brand matcha green tea powder. Be sure to check the ingredients, some also have hidden sugars. Honey or Maple Syrup: Choose the sweetener of your choice to sweeten this latte. Use as much or as little as you want. Vanilla extract: this particular ingredient is what distinguishes this recipe from others. Just a drop or two adds a sweet underlying vanilla flavor to the latte. Tips for making Matcha Latte: to make matcha#1 my tip is to ensure that the matcha powder is completely dissolved in the drink. I use a blender to mix this latte, which ensures that there is always a smooth consistency without lumps. Since this recipe does not require a blender, I often double or triple and store the leftovers in the fridge for up to 3 days. All you have to do is make it a quick shake and pour over the ice when you're ready. You don't have to wash the blender every single day. If you want to turn this latte into a smoothie, add 1/2 frozen banana, a handful of ice and 1-2 scoops of protein powder before stirring. You can even smuggle in a handful of spinach. I love having one of these lattes before training. It energizes without nervous over-caffeinated sensations. Not only is this latte delicious, it's so good for you. Matcha green tea is energizing, anti-inflammatory, and high in antioxidants. Sipping! You might also like: Vanilla Latte Protein Smoothie Chocolate Peanut Butter Banana Smoothie Healthy Mint Chip Smoothie NEVER misses the recipe! Sign up for our free email list – like we do on Facebook on INSTAGRAM – Follow the INSTAGRAM This copycat recipe shows you how to make your own Starbucks Iced Matcha Latte home with just three ingredients. I love this drink so matcha! Okay, that's it for the game games. I promise you, it's going to be okay. I am a simple girl when it comes to my caffeine drinks, and usually not lovers of crazy coffee drinks or top Starbucks creations. However, I fell in love with this drink many years ago when I worked for a production company here in Los Angeles. I could never shake off my love. These days I make it home several times a week. It's super You need milk (whichever variety you like), matcha powder, and vanilla syrup. I make mine a little fashionable with this vanilla bean simple syrup. Starbucks uses this vanilla syrup. This post contains affiliate links (if you buy some money at no cost to you). For more information, see publish. I personally prefer the caffeine buzz I get from matcha versus coffee. There's no nervousness, and I'm more focused. Some people even use it as a diet aide because it suppresses appetite. Mix the green tea latte, I like to use hand milk foaming. This hands done one of my favorite kitchen tools that cost less than \$10. I also used it for my Lucky Charms Grain Milk Latte. If there is none, mixing regular old spoon works great. Update: I'm adding some tips and techniques that can help you make the matcha bunch free! How to make Matcha without lumps drizzle the matcha powder with a food sieve Whisk dry powder in the cup before using any liquid Matcha whisk Use an electric whisk/milk whisk matcha powder with a little warm or hot water to dissolve before adding more liquid Other Matcha Recipes: More Copycat Recipes: Print Ingredients 1 cup milk

(cow, almond, coconut.. Of your choice) 1-2 Teaspoon Matcha 1 tablespoon vanilla syrup (I use this, Starbucks uses this) 1 cup Ice Instructions Place milk, matcha powder, and vanilla syrup together in a cup. Mix well with a normal spoon or milk frother. Once well combined, add ice. Enjoy! Nutrition Go to Recipe Print RecipeLight, a creamy and refreshing iced matcha latte made at home with a blender in a minute. This Starbucks copycat recipe tastes just as good at a fraction of the price! Matcha! Ever since I tried this iced matcha latte a few years ago, I've never turned back. It's as creamy, refreshing and tastes like no other. I crave the icy version in the summer and usually end up picking up a glass at my local Starbucks, but it's so expensive; \$4 a glass? No thank you. This homemade version tastes just as good, if not better for a fraction of the price. Milk and matcha powder are mixed in the blender to remove the lumps. This means you can double or triple the recipe and store the remaining Matcha in the fridge for the rest of the week. To use it, simply pour a glass of ice and enjoy! The trick to a good matcha latte is a good quality matcha powder. Matcha powder is one of those things that you have to spend a few extra pennies and get the good brand because matcha quality varies. Usually the easier the matcha the better quality. Stay away from matcha to look olive or brownish. What is Matcha Powder? Matcha is a kind of powdered green tea that is mostly grown and Japan. In recent weeks of growth, the tea leaves are shielded from the sun to increase increase and bright green. The leaves are then ground to produce a fine powder, which is used in recipes for making teas, lattes, smoothies, and even ice cream. Add the milk, matcha powder and vanilla syrup to the blender bowl. Blend for 30 seconds for 1 minute or until the matcha is a piece free. Pour a cup of ice and enjoy! * Double or triple the recipe and store the remaining matcha mason jars in the fridge for the rest of the week. Marking @gimmedelicious or #gimmedelicious! Tips, tricks and recipes that you can easily click here to pin this recipe in this post sponsored by Almond Breeze! We use almond milk, which is delicious in an icy matcha latte. Okay! Then let's get a cereal for a minute. The toasted English muffins with a sleety almond butter and sea salt just beg to wash off sips of cold, creamy, sweet, antioxidant-dense iced matcha green tea latte. This is the healthiest latt coffee in the world. I know you might be asking questions. Eyebrows. Matcha is a bit off the mainstream map, I get it. But hey - can you buy almond milk? is amazon? Because that's how I started with my matcha green tea latte obsession. Watch out for hippie matcha green tea latte drinkers. The food regulars are coming for you. So, to stop the stage. Matcha green tea in the BOMB.COM. I didn't know until two months ago. It all started with a local tea bar obsession in St. Paul, where I did this thing called the Royal Tea Latte (I'm talking past tense, as if it's something the days are over, but in reality I'm stopping there on my way home from work to my third this week – big please – and I have zero regrets) and because the Royal had to brew for a few minutes, I'd sit there and watch all the other tea people ordering and navigating taut's exciting-menu at a tea bar. And that's when I realized: whoa, matcha. I started ordering matcha tea latte drinks in cafes. I was just curious. I found some stuff. I'll be honest – I can't stomach matcha green tea lattes when it's hot. Only... too much green plant steaming in my face. However, I love love them cold. Icy cold, creamy and sweet, perfect straw age. Bless that green drink. Unfortunately, when served cold, there is always a risk that you will get matcha green tea pieces into your straw, and I am so sorry, in your mouth. And that brings us to another thing, I can't stomach about matcha green tea lattes, which is, obviously, MATCHA GREEN TEA CHUNKS. It's not okay. The solution to get them the way I want them? Silky-smooth and succulently green and cold and creamy, and a teeny little bit oversweet? The solution is to put them at home. Because you can buy yourself a pack of matcha ports and Fave creamy almond milk and a whiz on this in less than 60 seconds flat. Bring me a lid bottle. Imma will show you. First: This matcha paste (you have to make the paste so you don't get chunks) mixed with the almond milk and agave. Cover, annnd GO. 60 seconds later, you sip that matcha green tea like a boss. It's full of antioxidants (thanks matcha!) and it's ULTRA creamy while it's light calories and fat (thanks Almond Breeze!) and totally vegetable powered (thanks agave!) and guess what's in the bonus. There's some caffeine in there. BZZZZZ Iced Matcha Green Tea Latte - STUFF You Need: PS. What was life before Amazon? I don't even remember. Did you know about Prime Now? I can't even do that. The other day we had something delivered to our studio in less than an hour and I opened the package and I watched Jenna and she said, We live in the future. Print clock icon cutlery icon instagram icon pinterest icon facebook icon print icon squares icon Iced Matcha Green Tea Latte - 3 ingredient perfection! almond milk, matcha powder, honey or agave. Vegan, dairy-free. In a glass jar, mix the matcha green tea powder with a little water - just enough to form a paste. Mix until there are no lumps. Add the milk and the agave. Cover with a tight-fitting lid and shake vigorously until it is built in. Allow to sit for a minute, so the remaining knots settle to the bottom. Gently pour a glass of ice and enjoy! If you have a mesh filter, you can also pour the matcha latte on it to remove lumps. I'm usually too lazy to make it out in the morning, so I'll just let it settle for a second and then pour it gently enough so that the little lumps just stay at the bottom of the bottle. Filed under: BeverageCuisine: Asian-inspired keywords: green tea latte, matcha latte, iced latte, icy matcha recipe card powered by Shout out Almond Breeze by partnering with us to make this delicious iced matcha green tea latte a reality. One more thing! This recipe is part of a collection of the best healthy foods. Take a look at this. Out, out, out, out,

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