

Energize

Pineapple Matcha Smoothie

- 1/2 cup frozen pineapple
- 1.5 cups of unsweetened oat milk
- 1 scoop of vanilla plant based protein powder
- 1 Tbsp. of unsweetened shredded coconut
- 1 cup spinach
- 2 Tbsp. unsweetened plain yogurt (or dairy free)
- 1/4 avocado, diced
- 1 tsp. Matcha powder

1. Blend all ingredients until combined.



Mint Matcha Latte

- 1 tsp. matcha powder
- 1 cup coconut milk (or milk of choice)
- 1-2 tsp honey or maple syrup
- 1/4 tsp peppermint extract

1. Heat milk in a pot on the stove.
2. Add the rest of the ingredients and whisk together well.
3. Simmer until warm. Serve in favorite cup!

Note: Omit peppermint extract for a classic matcha latte!



Matcha Energy Balls

Makes approximately 12 balls

- 1/4 cup tahini
- 1/4 cup cashew butter (or substitute for tahini or other nut butter)
- 3 Tbsp. raw cocoa powder
- 2 tsp. honey or maple syrup (or 1-2 pitted dates, softened)
- 1 Tbsp. matcha powder
- 1/4 tsp. sea salt
- 1 Tbsp. cocoa nibs (optional)
- 2-3 Tbsp. unsweetened coconut flakes

1. Mix all ingredients (except coconut flakes) in a food processor until a thick paste forms.
2. Roll into balls, place on a baking sheet and put in the fridge for 10-15 minutes until chilled.
3. Remove from the fridge and roll each ball in coconut flakes.
4. Store in an airtight container for 5-7 days.

Note: to increase protein content, substitute the cocoa powder for chocolate plant based protein powder!