

# 5 plant-based matcha tea

*recipes*



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Matcha is a powerhouse. It is full of antioxidants, adaptogens, amino acids, vitamins, and nutrients.

All that and it tastes delicious!  
Please enjoy these 5 plant-based, dairy-free, gluten-free, and refined sugar-free matcha recipes

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# The Very Best Matcha Latte (Vegan, Refined Sugar-Free)

recipe by Swathi Varanasi



To make one latte you will need:

1 1/2 tsp ceremonial matcha powder (if you are new to matcha, I suggest starting with 1 or 1 1/4 tsp)  
2 tbs water  
3/4 cup oat milk (Oatly Barista Edition is so creamy!)  
2 tsp maple syrup (or unrefined sweetener of choice)

1. Add the matcha powder to your favorite mug.
2. To boil water, use an electric kettle or small stove pot. Add boiled water and maple syrup to the mug.
3. Use matcha whisk and mix evenly until you see no clumps. Don't forget to scrape the sides of the mug for rogue matcha powder.
4. Froth the milk in a small stove pot on medium heat. Once it develops a top layer of foam and rises to the top of the pot, remove from heat. Be careful, as it may froth faster than you think and we do not have time to cry over spilled (hot) milk!
5. Add beautifully frothy milk to the mug.
6. Feel the warm latte steam on your face as you enjoy this wonderful pick-me-up in the morning (or any time of the day).

To make it dirty, add 1 shot of freshly brewed espresso. Mix well and enjoy!

# Matcha White Chocolate Pistachio Cookies

## (Vegan, Gluten-Free, Refined Sugar-Free)

recipe by Swathi Varanasi

To make 8-12 cookies you will need:



1/2 cup cashew butter (or nut butter of choice)  
1/3 cup maple syrup (or honey, if not vegan)  
1 tsp pure vanilla extract  
1 1/4 cup gluten-free oat flour (hack: make oat flour at home by blending oats at high speed until finely ground)  
1/4 cup pistachio flour (blend pistachios until finely ground)  
3 tsp ceremonial matcha powder  
1 tsp baking powder  
1/4 tsp salt  
1/2 cup unsalted pistachios, roughly chopped  
1/4 cup vegan white chocolate chips

1. Preheat the oven to 300 F and line the baking sheet with parchment paper.
2. In a large bowl, combine wet ingredients (almond butter, maple syrup, vanilla extract) together until smooth.
3. Add dry ingredients to the bowl (oat flour, pistachio flour, matcha, baking powder, salt) and mix with rubber spatula. If the dough seems sticky or wetter than it should be, add 1/4 cup oat flour.
4. Add chopped pistachios and white chocolate chips to the bowl and combine until evenly distributed.
5. Separate and roll dough into 8-12 balls with your hands and place on a baking sheet. Push down gently on the balls to flatten and smooth out edges with your fingers as needed.
6. Bake for 7-8 minutes, or until the edges are light brown. *(Side note: I sometimes underbake these on purpose and serve them topped with vegan vanilla ice cream!).*
7. Remove cookies from the baking sheet and carefully move them to a wire cooling rack for 4-5 minutes.
8. At last, the wait is over! Enjoy these fresh, decadent cookies with a glass of plant-based milk or coffee.

# Overnight Matcha & Chia Pudding (Vegan, Dairy-Free, Refined Sugar-Free)

recipe by Melissa Fierce



To make one serving you will need:

1 1/2 tsp ceremonial matcha powder  
3 Tbsp chia seeds  
1 cup oat milk  
1 tsp maple syrup (or unrefined sweetener of choice)  
dash of salt

1. Add matcha and oat milk together in a jar that has a lid, close lid tightly and shake until matcha powder is absorbed.
2. Add chi seeds, maple syrup, and salt. Close lid and shake again until combined.
3. Refrigerate overnight or at least a few hours.
4. Enjoy alone, over oatmeal or yogurt, or with your favorite mix ins such as blueberries or almond slivers.

# Matcha Nice Cream

(Vegan, Dairy-Free, Refined Sugar-Free)  
recipe by Melissa Fierce



To make two servings you will need:

2 tsp ceremonial matcha powder  
3 ripe bananas  
1 Tbsp maple syrup (or unrefined sweetener of choice)  
Toppings of your choice

1. Peel and slice bananas
2. Freeze bananas overnight or until they are good and frozen (I always keep some bananas in my freezer anyway - you never know when nice cream cravings will strike!)
3. Blend frozen bananas in a food processor or blender until creamy.
4. Add matcha powder and maple syrup and blend until it looks like soft serve ice cream.
5. Eat it right away like I do or put it in a freezer safe container for a half hour or so until it firms up a bit more.
6. Top with your favorite toppings!

# Sweet Potato and Matcha Gnocchi

(Vegan, Gluten-Free, Refined Sugar-Free)  
recipe by Melissa Fierce (adapted from Rezel Kealoha)



To make 6 servings you will need:

2 Tbsp ceremonial matcha powder  
1 Sweet potato, peeled and cut into wedges  
2 cups rice, almond, or oat flour  
1 cup arrowroot flour  
1 flax egg (1Tbsp ground flax, 2.5Tbsp hot water)  
1 tsp salt

1. Prepare flax egg and set aside.
2. Put sweet potato wedges in steaming basket over a pot of boiling water and boil until soft (about 15 minutes). Allow to cool then shred potatoes using a grater or microplane.
3. Mix the flour, arrowroot flour, matcha, and salt in a large bowl then add the shredded sweet potato - lightly mix this with your hands.
4. Add the flax egg and mix again with your hands until the dough comes together.
5. Divide the dough into fourths and roll each piece into a log on a floured surface. Cut each log into one inch pieces. Dust the pieces with flour. If you want to be fancy, score each piece with a fork (I never do this).
6. Let the gnocchi dry while boiling water in a big pot. Bring the water to a rapid boil and cook the gnocchi in batches about two minutes a batch until all the gnocchi are done. You will know they are done when they rise to the top.
7. Top with your favorite pasta sauce or a little oil and vegan parmesan.

To learn more about the amazing properties of Matcha, please watch the Ellementa Show episode with Dr. Swathi all about the Healing Powers of Matcha Tea

[Link To the Video Here](#)

**Below is a list of Matcha tea powders and accessories that Dr. Swathi recommends** (*Note: These are affiliate links*):

#### CEREMONIAL MATCHA

1. Tenzo: <https://www.tenzo.co>
2. [Kyoto Dew Matcha](#)
3. [Ippoddo Matcha — Rich - Ummom-no-mukashi](#) —> I discussed that with this brand, most people start with the [Sakaya-no-mukashi blend](#) and then go from there.
4. Not featured on the video, but fantastic too: [Matcha Konomi Akira](#):

#### CULINARY MATCHA

[Aprika Life Premium Matcha](#)

Anyone interested in making matcha at home must get a matcha whisk. [This set is the one I started with.](#)

Dr. Swathi Varanasi, or Doctor Swathi, is a western-trained pharmacist specializing in integrative health and cannabis. She serves as a bilingual medical consultant for CBD/hemp companies, a clinical cannabis researcher, a natural medicines educator, and a content contributor for print & online publications. Emphasizing an evidence-based approach, Doctor Swathi is passionate about educating practitioners, students and patients on the intricacies of the endocannabinoid system and the power of food as medicine.