

SAYURI

For Immediate Release

February 2021

Contact: Renae Smith, The Atticism

renae@theatticism.com

+44 (0) 73 6656 5213

Matcha recipes to make you green with envy



Matcha Martini, Matcha Lemonade and other chilled matcha concoctions from Sayuri Teas

There's no denying the wonders of Japanese matcha – a cup of this stunning green tea is filled to the brim with health benefits. One serving contains about a third of the caffeine in coffee but provides a more sustainable, jitters-free energy lift thanks to its calming, slow-release properties. It's also rich in antioxidants and has a long list of scientifically proven health benefits for both mind and body – in other words, it is an *undeniable* superfood!

But matcha is more than just a green tea drink. This rich green powder is also wonderfully versatile and thanks to its recent boom in popularity here in the UK, matcha has adapted to suit a wide range of palates. Yureeka Yasuda, the founder of artisanal green tea brand SAYURI says matcha works beautifully in smoothies, cocktails, lattes, ice-cream, pancakes and more!

Whilst Yureeka is of course happy with this newfound appreciation for matcha on a global scale (and enjoys a matcha latte herself), she also wants to increase understanding of the different grades, flavour profiles, sustainable growing methods of matcha - and ensure there is a nod to the artisans and traditions from which matcha was born.

She explains, "I like to encourage people to be creative and get your dose of matcha in any number of ways whilst keeping in mind that they are also participating in a centuries-old traditional artform with each sip or stir."

Check out Sayuri Teas website and Facebook pages for some great matcha recipes including Matcha Turmeric latte, Matcha lemonade, Matcha Avocado Smoothie and Matcha martini.

Iced Matcha Latte

Ingredients:

- 80 ml of soft, filtered or bottled spring water in 70-80 °C temperature
- 1.5 teaspoon (3g) of [Wabi Sabi](#), [Everyday](#) or [All Natural](#) Matcha
- One glass of your favourite milk (we recommend almond milk, dairy milk, oat milk or soy milk)
- 4 to 5 ice cubes
- 1 teaspoon honey or agave syrup or cinnamon

METHOD

1. Scoop 1.5 teaspoon (3g) of matcha powder. (*2.5 spoonfuls when using a chashaku - bamboo scoop.)
2. Using a tea strainer, sift the matcha powder into your tea bowl to get rid of any clumps.
3. Boil soft, filtered or bottled spring water and cool water to 80°C.
4. Pour 80ml of hot water into the tea bowl
5. Whisk vigorously for 20s using the chasen - bamboo whisk.
6. Move the chasen in a back-and-forth motion (drawing a “W” shape) using your wrist.
7. Pour the whisked matcha into a glass full of ice.
8. Enjoy the pure goodness of straight iced matcha.

OR

9. Fill 2/3 of the glass with a milk of your choice.(almond milk, oat milk, soy milk, dairy milk)

Customise your latte by adding honey, syrup or cinnamon to your liking.





Matcha Martini

2g of Wabi Sabi, Everyday or All Natural Matcha (2 spoonfuls using a *chashaku* - bamboo spoon)

50 ml milk

25 ml vodka

10 ml dry vermouth

Ice to serve

- Whisk the matcha powder with the vodka and vermouth until smooth.
- Add the matcha infused liquor to a cocktail shaker along with a little bit of milk (or cream liquor) and ice.
- Shake well and strain into a martini glass to serve.

Wake up to a Matcha Avocado Smoothie



2g of Wabi Sabi, Everyday or All Natural Matcha (2 spoonfuls using a *chashaku* - bamboo spoon)

1 cup (250ml) milk of your choice

½ banana

½ avocado

3 ice cubes

Put all the ingredients in a blender. Blend until creamy. Serve in a glass. Take a moment, breathe, and enjoy your daily matcha ritual by Sayuri.

Tips: You can add a handful of spinach or your choice of protein powder for extra nutrition. For extra sweetness, add a spoonful of organic honey.

More recipes can be found at: <https://sayuritea.com/blogs/our-recipes>

About Sayuri

Sayuri, a mission-driven brand honouring Japanese traditions and promoting the health benefits of a daily tea ritual. SAYURI makes a collection of authentic, traceable, organic green teas and matcha's accessible to a modern, global audience, while supporting the artisans of Japan who struggle to compete in this digital era.

RELEVANT LINKS

Website: <https://sayuritea.com>

FB: @sayuriteas

IG: @sayuriteas

Images: [Dropbox](#)