



MATCHA

FOR MIND AND BODY

HOW TO REINVIGORATE YOUR HEALTH.
PRODUCTIVITY. LIFE & TASTE BUDS WITH MATCHA

INCLUDES 11 RECIPES FOR DRINKS. FOODS & TREATS!



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Nothing lights up the senses quite like a fragrant cup of hot tea. The slightly toasty scent of tealeaves, the warm steam swirling off the surface of the liquid, the soothing feel of the cup between your palms... these are classic comforts.

But you want more from life. And it's time to ask more from your tea.

ENTER MATCHA...

**TEA. SUPERFOOD.
COFFEE REPLACEMENT.
TREAT ENHANCEMENT.**

The calming ceremony associated with measuring, pouring, whisking, and drinking this traditional powdered drink made it a favorite way to prepare tea in Dark Age Japan, and a favorite way to prepare it today.

MATCHA FEVER

In recent years, matcha love has caught on hard in the United States and other Western countries (it was already popular in Eastern parts of the world). Most likely you've heard of this drink and wondered about it, but maybe you haven't!

But there is a very good reason that matcha is taking the world by storm. A pure, carefully sourced powder made from only the best parts of specially cultivated green tealeaves, Matcha is both a health-boosting superfood and a tasty, energizing alternative to other morning drinks with that same caffeine kick you crave without the nasty side effects.

Plus it is really quite easy to prepare once you get the hang of it. In fact its preparation is half the fun! Centuries-old tradition ties matcha to meditation, Zen Buddhism and a calm preparation ceremony that aids concentration, calm yet alert focus, and sustained productivity.

Buddhists monks relied on matcha to sustain them through hours of silent and still meditation. Others use it to power through their work day with some added pep in their step sans any jitters or crash. You'll likely find your own sweet spot with matcha. It's that versatile. And we're going to help you on your journey to discovering matcha for yourself in this guide.

We've also included 11 recipes for several types of matcha drinks and treats that you can try.

So let's start with the basics...

WHAT IS MATCHA?

Matcha is a type of the Japanese Green Tea, and although you may not have much familiarity with matcha itself, you've certainly seen the results of its ancient favor. Any time you witness a Japanese tea ceremony in a traditional home or teahouse, you're observing customs that were developed and fine-tuned largely around matcha.

If you've ever heard of Zen Buddhism you've also encountered matcha, perhaps incognito. Because when Zen Buddhism was first birthed in Japan, its creator brought with his philosophy unique tea seeds he and his monks used to aid them in meditation and spiritual growth.



THE MATCHA LEGEND

Over 800 years ago a young Buddhist priest by the name of Myoan Eisai left his native Japan on a spiritual journey for greater awareness and knowledge. Eisai returned to Japan with a new found philosophy called "Chan" and some unique tea seeds. Using the Chan philosophy Myoan Eisai created the Rinzai School of Zen Buddhism in Japan and became "Zen Master Eisai."

The special tea seeds were given to a learned Buddhist priest named Myoe Shonin to plant on the grounds of a temple near Kyoto. These special tea leaves made a green tea powder called "matcha." The Buddhist monks found that matcha had exceptional health and spiritual qualities and used this tea to increase focus and chi energy for Zen Meditation.

WHAT IS MATCHA

THE BIRTH OF MATCHA

So how did Zen Master Eisai come across this unique matcha tea, prepared so differently from normal teas?

No one quite knows how the preparation and consumption of matcha was first discovered. However we do know the recipe for preparing dried tea in this manner was developed in China during the Song Dynasty, in roughly the 10th or 11th century.

Tea growers picked fresh leaves from the tea plant (*Camellia sinensis*, a type of evergreen shrub). They then steamed the leaves to stop fermentation, keep their color bright, and maintain their fresh flavor, then dried them and ground them into a fine powder. This powder was placed in molds, left to harden, dried in the sun, and baked. The end product was a durable, long-lasting cake that wouldn't rot and could be carried around. Whenever the cake's owner wanted a cup of tea, all they had to do was break off a piece of the cake and add water.

This practice was largely abandoned in China sometime after its development, however. Fortunately, it was later picked up by the traveling Esai and brought to Japan, where this ceremonious method of preparing tea was picked up and elevated to an art form.

WHAT IS MATCHA

MATCHA TODAY

Today, Tea is grown in various ways. At its essence, matcha tea is the purest and most nutritionally dense form of the tea plant *Camellia sinensis*, the evergreen tree plant that all basic teas come from. What determines whether a tea is green, yellow, black, white, or blue is the level of oxidation that has occurred due to fermentation.

Green teas are non-fermented, retaining their flush green color as well as their nutritional profile. Matcha tea in particular is shaded for several weeks during the last stage of cultivation, protecting the tea leaves from direct sunlight.

That way, matcha remains palatable due to the development of theanine, a mellow flavor stemming from amino acids. Teas grown and cultivated in full sun, on the other hand, develop catechins, which add an astringent flavor to the tea. Growing the leaves in shade also increases their chlorophyll content, giving them the bright green color and richly delicious taste matcha drinkers love.

UJIDO MATCHA

At Ujido, we adhere to the same careful and exacting process our family has followed since 1832.

OUR FAMILY HERITAGE IS TEA HISTORY

We've been bringing authentic Japanese tea tradition to the world from Uji, Kyoto Japan for over 180 years. Our authentic cultivation process ensures tea freshness, flavor, and quality.

Right after the tealeaves are plucked, they are steamed evenly to stop the oxidation process and to remove the grassy smell while maintaining a rich green color. Then they are carefully dried without rolling to make Tencha (matcha tealeaves before they are ground into a powder), and stored. After going through the refining process, in which the tealeaves are sorted out by cutting, separating, and sorting (with stems, veins, and buds removed), the tealeaves are finally ground into fine powder to become Matcha.



Like the ancient form of powdered tea, this is then mixed with water (we will show you a simple Japanese tea ceremony that calms the mind and body as you do this) and enjoyed as a hot beverage in various forms.

MATCHA A THOUSAND WAYS

Thanks to the ingenuity of current global cuisine, matcha needn't only be enjoyed as a drink.

You can also add this rich superfood into baked goods, fudge, popsicles, or pancakes, or drink it in the form of smoothies, lattes, and more. Before we get to the myriad wonderful ways you can get more matcha in your life, though, let's talk about why it's a good idea in the first place.

WHY DO I NEED MATCHA IN MY LIFE?

We love matcha, but even we understand that tea is not a “need.” It can, however, contribute tremendous serenity and happiness to your life, especially if incorporated in a thoughtful, ceremonious manner. Humans are creatures of habit, and we love having a calm, soothing tradition to turn to when we get up in the morning, when we’re stressed, or when we’re relaxing. Matcha is that ritual for many.

But hey, brushing your teeth is kind of a ritual too, right? Matcha brings you to a whole other level because it immerses you in meditative awareness during preparation, sensual, stimulating scents and tastes upon consumption, and countless nutritional and health benefits as your body absorbs it.

BOUNDLESS BENEFITS

Matcha is a popular morning ritual for entrepreneurs, athletes, busy moms and students alike for its immense ability to kick you and your mind into high gear without the pesky jitters or caffeine crash.

Sure, it’s loaded with caffeine, but matcha possesses more antioxidants than acai berries, and it’s chock full of vital minerals, vitamins and nutrients that help you sustain focus and maintain energy without going into jitter overdrive or crashing into oblivion.

It provides several significant health benefits, especially if you drink (or eat!) it regularly. It makes a wonderful ingredient in the kitchen, significantly widening your repertoire of dessert, beverage and even entrée recipes.

But most importantly, it just tastes good, especially if you purchase quality matcha made with care. You, like us, probably love eating things that are good for your body and good for you, with the added perk of being straight-up delicious. When you use Ujido Matcha powder, that’s exactly what you get.

SO WHAT'S THE DEAL WITH TEA?

The mental and physical health benefits of tea have been known for many years, in fact. Don't believe us? Consider a few well-known quotes about tea:

Drinking a daily cup of tea will surely starve the apothecary.

~ Chinese Proverb

The first bowl washed the cobwebs from my mind –

The whole world seemed to sparkle.

A second cleansed my spirit

Like purifying showers of rain,

A third and I was one of the Immortals –

What need now for austerities

To purge our human sorrows?

Worldly people, by going in for wine,

Sadly deceive themselves.

For now I know the Way of Tea is real.

~ Chio Jen



SO WHAT'S THE DEAL WITH TEA?

Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves — slowly, evenly, without rushing toward the future.

~ Thich Nat Hahn

If you are cold, tea will warm you; if you are too heated, it will cool you; if you are depressed, it will cheer you; if you are excited it will calm you.

~ William Ewart Gladstone

If you ask Zen people they will say tea is not something that you pour with unawareness and drink like any other drink. It is not a drink, it is meditation; it is prayer. So they listen to the kettle creating a melody, and in that listening they become more silent, more alert.

~ Bhagwan Shree Rajneesh

But it's not merely the words of ancients and literary greats you should heed; it is also the science surrounding the health benefits of drinking the products of this wonderful plant.



IS MATCHA REALLY A HEALTH FOOD?

Yes, indeed.

The leaves of the Camellia sinensis plants – and more specifically the matcha that is made from them – possesses all sorts of proven benefits, including regulating blood flow in the body and brain, reducing the risk of various health problems, and preventing cell damage due to their powerful antioxidant properties.

ENJOY ANTIOXIDANTS

The first amazing benefit of Matcha is its extremely high antioxidant level, for which all health-conscious people seek from foods such as raw fruits, and green veggies – the highest rated by the ORAC (oxygen radical absorbance capacity) method.

In fact, the ORAC value for Ujido Matcha has roughly 31 percent higher antioxidant levels than açai berries. Its levels are also 6 times greater than dark chocolate, 14 times higher than blueberries, 28 times higher than pomegranate, and 40 times higher than goji berries.

Why do antioxidants matter? Because they help you stay young, fighting free radicals in the body and preventing the unravelling of your DNA that many scientists believe is responsible for old age. They also keep you healthy, fit, and alert, so it's a good idea to pack as many antioxidant-containing foods and drinks into your diet as you can.

GET THE ANTICANCER PROPERTIES

David Servan-Schriber, who famously lived for 17 years with a brain tumor and wrote the book Anticancer: A New Way of Life, explains that consuming green tea can both prevent relapses and reduce risk of cancer:

“Concerning green tea, we can for example look at two studies. In one, Japanese women already diagnosed with breast cancer, whose disease was still at an early stage (non-metastasized) and who consumed at least three cups of green tea a day, had 57% fewer relapses than women who drank one cup or less per day (Inoue et al., 2001). Another Japanese study, Japan being the country where studying consumption of green tea is easiest, showed that men with prostate cancer notably benefited from the consumption of FIVE or more cups of tea a day. This reduced by 50% the risk that their prostate cancer would progress to an advanced stage. (Kurahashi et al., 2007)”

Green tea is so effective, in fact, that it can replace pharmaceutical cancer treatments designed to block the receptor that allows cancer cells to invade nearby healthy cells.

“As Dr. Béliveau has written in the Lancet (2004),” Dr. Servan-Schrieber says, “the quantity of green tea polyphenols obtained by a daily consumption of just three cups (size 4 oz or 120 ml – the standard European cup size) is sufficient to block most activity by the VEGF receptor. This receptor allows cancer cells to invade neighboring tissue, and also stimulates the manufacture of new blood vessels which they need in order to develop as dangerous tumors. Many of the famous ‘targeted cancer treatments’ developed by the pharmaceutical industry also concentrate on blocking this receptor by other biochemical processes.”

While the studies he used to create these statistics did use green tea as their subject (rather than matcha, the powdered form), matcha still has very high levels of polyphenols, which are instrumental in blocking cancer growth. So it is safe to assume that a daily routine of matcha consumption would be protective – and the more matcha you drank, the more cancer protection you would receive.

HELP YOUR HEART HEALTH

Harvard Health reports “A study of 40,530 Japanese adults found that participants who drank more than five cups of green tea a day had a 26% lower risk of death from heart attack or stroke and a 16% lower risk of death from all causes than people who drank less than one cup of green tea a day.”

They hypothesize that most likely these benefits stem from the fact that green tea lowers “bad” LDL cholesterol and triglycerides, both of which are correlated with heart disease and stroke.

DRINK YOUR WAY TO WEIGHT LOSS

Green tea has also been associated with weight loss. For one thing, it can help you regulate your appetite and reduce mindless snacking, explains Shape. The catechins may “help to inhibit the movement of glucose into fat cells, which slows the rise of blood sugar and prevents high insulin and subsequent fat storage.” When your blood sugar remains stable, you’re less likely to give in to cravings.

Moreover, the antioxidant epigallocatechin gallate, more commonly known as ECGC, can help boost metabolism, making it more likely that you’ll tone up and slim down, especially if you are also exercising and eating a healthy diet at the same time. Note these benefits accrue to the green tea itself, not the green tea flavor ... avoid sugary green tea snacks and anything made with extract or fake flavoring.

CONSUME THE WHOLE ENCHILADA

Because matcha is made from whole leaves that have been finely ground, you are actually ingesting the entire leaf. This means you're getting more nutrients than if you simply steeped the leaves – as you do with regular tea – before discarding the leaves. Therefore matcha may provide even more health benefits than regular tea. And while the levels of catechins in matcha are lower than in traditional green tea due to the shading of leaves, they are still there in abundance. Plus, levels of other nutrients are higher, such as l-theanine, which produces a relaxed alertness (unlike the sometimes-jittery buzz of coffee).

Unlike some other supposed health foods, matcha and green tea are safe for practically everyone. Note that this is not the same as green tea supplements, which contain higher doses of all the substances in green tea, and may not be safe for “pregnant or breastfeeding women, those with heart problems or high blood pressure, kidney or liver problems, stomach ulcers, or anxiety disorders,” explains Medical News Today.

AVOID SUPPLEMENTS ... GO OLD-SCHOOL

The article adds that supplements “contain high levels of active substances that can trigger side effects and interact with other herbs, supplements, or medications. Green tea supplements are unregulated by the FDA and may also contain other substances unsafe for health or with unproven health benefits.”

Given this, it's always important to ingest such foods in their proven form, i.e. the method by which tea has been prepared for almost a thousand years in the case of matcha (and 5,000 in the case of tea in general). Of course, that doesn't mean that all matcha is the same; how it's prepared and where you buy it from still matters quite a bit.

DOES QUALITY MATTER?

THE MATCHA LEGEND CONTINUES

During this time, Master Myoe discovered a sacred location with the perfect climate and soil to grow superior matcha. This place was called Uji, located in the beautiful hills of southern Kyoto. Soon Uji gained the reputation of producing the finest grown matcha in all of Japan. The fame and quality of Uji-grown matcha spread far and wide and even caught the attention of the most powerful ruler of that region: Shogun Ashikaga Yoshimitsu (builder of the Famous Zen Temple Kinkakuji in Kyoto).

Today Uji-grown matcha is known as the highest quality matcha in the world and is sought after by matcha enthusiasts far and wide.

THE IMPORTANCE OF QUALITY

As with everything else, quality matters quite a lot. When you buy substandard matcha, the result will be reduced health benefits, less distinctive flavor (or just an unpleasant, bitter or off flavor), and subpar powder that doesn't mix up as nicely as quality matcha.

At Ujido, we ensure our matcha always meets the highest standards by growing it in excellent soil in a traditional region for matcha production. Quality also depends on how the plants and leaves are treated during the production process. Quality Green Tea production areas must meet several natural conditions such as:

- Average yearly temperature between 14-16 degrees C (57.2-60.8 degrees F)
- Annual amount of rainfall is 1,300mm or higher. Stable rainfall is crucial as areas with intensive rainy periods or dry periods are bad.
- Soils with good drainage, ventilation, and water retention abilities with a pH of 4-5.

This is why Ujido Matcha is of such superior quality, because it is grown in an area where these conditions are consistently met. Such factors not only enhance the flavor and drinking experience of the tea, they ensure that the health benefits are up to snuff as well. Whether you're cultivating a matcha practice for the beverage itself or for its health-enhancing perks, quality is crucial.

WHAT'S UP WITH THE TEA CEREMONY?

The traditional Japanese matcha tea ceremony is a thing of beauty and grace. It follows four basic principles:



HARMONY (WA)



RESPECT (KEI)



PURENESS (SEI)



SILENCE (JAKU)

By keeping all of these in balance, you can offer guests (or yourself!) an elegant service that focuses on their needs and serenity.

"The Japanese tea ceremony is called Chanoyu, Sado or simply Ocha in Japanese," explains JapaneseTeaCeremony.net. "It is a choreographic ritual of preparing and serving Japanese green tea, called matcha, together with traditional Japanese sweets to balance with the bitter taste of the tea."

ATTENTION TO DETAIL

Like other tea rituals – think English high tea – the importance is as much on the presentation and attention to detail as it is on what is actually being eaten and drunk. “Preparing tea in this ceremony means pouring all one’s attention into the predefined movements,” the article continues. “The whole process is not about drinking tea, but is about aesthetics, preparing a bowl of tea from one’s heart. The host of the ceremony always considers the guests with every movement and gesture. Even the placement of the tea utensils is considered from the guests viewpoint (angle), especially the main guests called the Shokyaku.”

Whether you have important Shokyaku in attendance or are simply making a cup of tea for your family members or friends, you should know the ritual.

CHOOSING MATCHA BOWLS

Although you can drink matcha from a mug or small Japanese teacups, it is traditionally served in small bowls. If you don’t yet have any matcha bowls, you can either order them from a supplier of traditional Japanese items, or you can choose bowls that aren’t specifically designed for matcha but still do the trick.

“In traditional tea ceremony, choosing the proper tea bowl is extremely important,” explains The Kitchn blog. “In kitchen matcha [where you make a cup of tea just for yourself or a few friends], this is important, too, but perhaps a little less so. Your bowl should be sturdy, wide enough so that you can whisk in it and pleasing to hold in your hands ... You can also use a French latte bowl ... or any other suitable bowl. Traditionally, tea bowls are also chosen for their seasonality.”

If you like, you can choose different bowls for different seasons. A New Year’s bowl, the blog continues, might contain “plum, pine and bamboo, all congratulatory symbols.” Of course, it’s perfectly fine to have only one set as well.

THE JAPANESE TEA CEREMONY

While the “real” tea ceremony is supposed to take place in a teahouse or special room measuring specific dimensions and covered with tatami mats, you can host one anywhere. Similarly, while the traditional ceremony takes place either around a brazier (in summer) or a sunken hearth (in winter), you can use a simple stove stop.

The ceremony also calls for specific hand motions using specific hands for each step and utensil, but so long as you move slowly and with deliberate grace, you will capture the spirit of the ceremony. Lastly, while old-fashioned ceremonial requirements dictate you use as single cup for all guests, in the modern age, this probably sounds like a better way to get a cold than anything else. Feel free to skip this step.

Start by cleaning the tea bowl, tea scoop and tea whisk in view of your guests. It is important that they see you cleaning the utensils you will use for the ceremony, including the drinking bowls, scoop and whisk. The whisk is especially important, since the cleaning process also softens the bristles, ensuring you won't break them while stirring and leave splinters behind.

Once you have finished these steps, it's time to prepare the matcha.

HOW DO I PREPARE MATCHA?

Using clean utensils, scoop three spoonfuls of Ujido Matcha powder into each cup. Now add enough water to each to form a thin paste. While the traditional ceremony has you scoop water from a hot pot, you may also use a teapot of hot water to pour a little into each. Filtered water works best, and the ceremonial tradition uses an iron pot to heat it, but a kettle is just fine.

Once you have added the water, whisk the powder and water until a smooth paste is formed. Next, add more hot water, enough to create a slightly thick liquid. Your cups should be mostly full if they are regular sized teacups, but likely won't be full all the way. If you are using more traditional bowls, however, they will probably be only half full, or less.

As you complete each cup of tea, hand it off to the guest you've made it for. Traditional ceremony has each guest drink in turn, but that is because you are all sharing a bowl. If you are all using your own bowls, your guests may either choose to wait until everyone is served, or to sip as soon as they're handed their delicious drink.

A Lifetime of Practice

Having a command of this traditional art is bound to impress everyone and lend a calming atmosphere to your visit.

Keep in mind, however, that even the tea masters consider themselves "on a path" to tea, and this ceremony can never truly be mastered, only improved upon every time. A lifetime of practice will make you better and better at it, however, as well as lend a Zen-like calmness to your days when you take on this exacting but beautiful custom.

WHAT TO SERVE WITH MATCHA

While having a cup of matcha on its own is a lovely way to jumpstart your day, enjoy a break, or celebrate a calm weekend morning, it's also fun to make a small meal of it.

Traditionally matcha is served with small sweets and finger foods. Depending on what you like as an afternoon snack, you might pair it with little sandwiches or cakes, or small pastries. You can also try the array of pastries and desserts that can be made with matcha (several recipes are featured below), or serve it with some simple Japanese candies.

If you love your sweets but believe they're forbidden, we recommend you make your own treats with an all-natural sugar replacement.

Whatever you choose to serve, remember the details. Choose ceramic plates and linen napkins to complement your matcha bowls, and don't serve an abundance of food. Everything about this ceremony must be delicate for best effect, cleansing the palate without making you feel overly full.

CAN DRINKING MATCHA REALLY CHANGE MY LIFESTYLE?

We think so. A ritual dedicated to serenity and detail not only adds a note of Zen-like calm to your day, it can actually increase your productivity and happiness.

Believe it or not, science backs up the assumption that a ritual encourages other good habits and increases your productivity. Even a habit as simple as making the bed can help, explains Business Insider. While the habit itself is pretty small, it helps you follow through with other good habits too. In fact, people who make the bed are more likely to stick to a budget and experience a sense of well-being than those who do not.

Make Matcha Along with Beds

If tidying your blankets and pillows can do so much for you, a simple break (or several) where you prepare yourself a soothing cup of tea can spark the same chain reaction. By treating yourself to these calming rituals – and others, such as meditating, doing yoga or tidying your home – you will become more centered, more focused, and better able to handle the workload associated with your busy life.

The truth is, modern society is jam-packed with things we have to do, things we should do, and things we want to do. Unfortunately, the latter category gets shorted all too often. Instead of letting this happen, find ways to do things for yourself that don't interfere with the former two categories. You know what we're going to suggest, don't you?

That's right. Matcha.

MATCHA TEA RECIPES

Getting more matcha in your life is a good idea, but one can only drink so many cups a day. Plus, once you've got the tea ceremony down to a science, you'll probably want to do more with it, right? Enter the wide world of cooking and baking with matcha. This fine powder has excellent properties for a wealth of kitchen projects, and once you start experimenting with it, you'll likely find that you love having it in your life.

Below are ten of our favorite matcha recipes. A few of these are listed on our website as well for easy reference, and all are listed in full here so you can find them any time your matcha tooth kicks in. Have fun, and get matcha-ing!





ICED MATCHA LATTE

INSPIRED BY [APPETITE FOR CHINA](#). A DELICIOUS WAY TO ENJOY MATCHA WHEN IT'S HOT OUTSIDE AND YOU NEED A REFRESHING WAY TO COOL OFF.

2 teaspoons Ujido Matcha powder

½ cup filtered water

½ cup ice

½ cup milk (almond, rice, soy or cow)

Serves 1

1. Stir match and water together in a glass. If you prefer, you can also shake them with extra ice in a martini shaker to get the liquid really cold.
2. Place ice in a tall clear glass.
3. Pour the mixed matcha over the ice.
4. Froth the milk with a milk frother, or steam it on the stove to create froth, and pour into the glass. If you heat the milk on the stove, you'll want to add extra ice to the glass to chill the drink.
5. Mix in any other flavorings you choose, such as cinnamon or vanilla. If you like, you can top the drink with a sprinkle of powdered matcha for decoration.



CHOCOLATE MATCHA BUTTER CUPS

FIND THE RECIPE [ON OUR SITE](#) AS WELL. YOU'LL NEVER MISS UNHEALTHY STOREBOUGHT VERSIONS OF PEANUT BUTTER CUPS AGAIN.

½ cup coconut butter, softened but not melted

5 tablespoons almond flour

3 tablespoons powdered xylitol (or powdered sugar)

1 teaspoon Ujido Matcha powder

1 cup chopped dark chocolate

1 teaspoon coconut oil

1/16 teaspoon sea salt

Cacao nibs

Serves 16

1. In a small bowl, mix together the coconut butter, almond flour, powdered xylitol (or powdered sugar), and matcha powder. Place in the refrigerator for 10 minutes.
2. While the matcha mixture is chilling, melt the chocolate. Place the chocolate in a glass bowl and place over a small pot of boiling water. Add the coconut oil and stir until melted and smooth. Remove from the heat.
3. Line a muffin tin with 8 muffin liners. Spoon 2 teaspoons of melted chocolate into a liner and use the back of the spoon to push the chocolate about 1/4 of the way up the side of the liner. Repeat with the rest of the liners.
4. Scoop 1 tablespoon of the matcha mixture into your hands and roll it into a ball. Place the ball into one of the liners and use your fingers to gently flatten it. Repeat until all cups have been filled. Top each cup with 1 tablespoon of melted chocolate and use your spoon to spread evenly over the matcha mixture, making sure that the chocolate meets the edge. If there is extra chocolate, divide it amongst the cups and smooth out.
5. In a small bowl, mix together the matcha powder and sea salt for the topping. Sprinkle the matcha salt mixture over the tops of the cups. Add a few cacao nibs to each, if desired. Place the muffin tin in the refrigerator and chill the cups until they are solid. Keep chilled until ready to serve. For a softer, chewier, piece, let it sit at room temperature for about 5 minutes before eating. Enjoy!



MATCHA GRANOLA

INSPIRED BY [40 APRONS](#). IF YOU LIKE TO WAKE UP TO A SLIGHTLY SWEET GREEN TEA KICK, THIS IS THE WAY TO DO IT.

3 cups rolled oats
2 cups nuts and seeds
¼ cup brown sugar
2 tablespoons oil
(coconut or vegetable oil)
¼ cup + 1 tablespoon real
maple syrup
2 teaspoons vanilla extract
Pinch of salt
1 cup dried fruit
2½ teaspoons Ujido
Matcha powder

Serves 1

1. Preheat your oven to 250 degrees Fahrenheit.
2. In a large bowl, combine the oats, nuts, and brown sugar.
3. In a separate bowl, combine the oil, maple syrup, vanilla, and salt. Pour this mixture over the oat mixture and toss until everything is evenly coated. Spread the mixture out onto two baking sheets and bake for an hour to an hour and 15 minutes, stirring every 15 minutes or so.
4. Remove the granola from the oven and scrape the mixture into large bowl. Let it cool for a few minutes before sprinkling matcha over the top and tossing to combine. Add in dried fruit and mix well, until everything is evenly distributed.
5. Store your granola in an airtight container up to several weeks. You can make it last longer by keeping it in the fridge.



MATCHA POPSICLES

INSPIRED BY [MY NAME IS YEH](#). THESE MATCHA POPSICLES ARE THE PERFECT WAY TO COOL OFF ON A HOT AFTERNOON.

- | | |
|---|---|
| <i>2 cups plain yogurt</i> | 1. Whisk together the first five ingredients. |
| <i>2 tablespoons honey or syrup, or more to taste</i> | 2. Taste with a spoon and add more until the mixture is at your desired sweetness level. |
| <i>2 tablespoons Ujido Matcha powder</i> | 3. Once you're satisfied, stir in the mochi pieces. Pour the mixture into popsicle molds and insert sticks. Freeze until solid. |
| <i>A pinch of salt</i> | 4. Run under hot water to remove popsicles. |
| <i>1/4 teaspoon vanilla extract</i> | |
| <i>1 cup mochi, cut into small pieces (green tea mochi works well, but you can use any kind you like)</i> | |

Serves 6



MISO-GLAZED EGGPLANT AND GREEN TEA RICE

INSPIRED BY A RECIPE ON [BLUE APRON](#), AND A TRULY DELICIOUS WAY TO EAT YOUR MATCHA FOR LUNCH OR DINNER! KEEP IN MIND THAT YOU SHOULDN'T HAVE THIS IN THE EVENING IF CAFFEINE KEEPS YOU AWAKE. HOWEVER.

- | | |
|---------------------------------------|---|
| <i>2 Japanese eggplants</i> | 1. Chop the cilantro. |
| <i>1 bunch of cilantro</i> | 2. Heat a medium pot of salted water to boiling. Cook sushi rice for 16-20 minutes until tender. Drain and keep warm. |
| <i>1 clove of garlic</i> | 3. Peel the ginger and smash it with garlic until they form a thick paste. Mix in the ginger, garlic, miso, mirin and half of the soy sauce. |
| <i>1 small piece of ginger</i> | 4. Preheat the oven to 500 degrees Fahrenheit. Cut eggplants into quarters, then lay skin-side down on an oiled baking sheet. Brush the top with oil and the miso mixture. Put them in the oven and bake for about 15 minutes, until lightly browned. |
| <i>¾ cup sushi rice</i> | 5. Stir rice vinegar, sugar, green tea powder, half the black sesame seeds, and most of the cilantro into the rice. |
| <i>2 tablespoons white miso paste</i> | 6. Divide the rice and eggplant between two plates, then top with the rest of the cilantro and sesame seeds. Enjoy! |
| <i>2 tablespoons mirin</i> | |
| <i>2 tablespoons soy sauce</i> | |
| <i>2 tablespoons rice vinegar</i> | |
| <i>2 tablespoons sugar</i> | |
| <i>1 teaspoon Ujido Matcha powder</i> | |
| <i>1 teaspoon black sesame seeds</i> | |
- Serves 2**



MATCHA GREEN TEA COCONUT FUDGE

YOU CAN FIND THIS RECIPE [ON OUR SITE](#) AS WELL. IT'S A PERFECT CHOICE FOR A FUN DINNER NIGHT WITH FRIENDS. A POTLUCK CONTRIBUTION OR A UNIQUE TWIST ON BAKE SALE OFFERINGS.

*4 cups low-fat organic cottage
cheese, room temp*
1 teaspoon vanilla paste
2¼ cups Sugar
2 tablespoons Ujido Matcha powder
1/3 cups raw coconut butter, melted
¼ cups homemade Metamucil
*¾ cups reduced-fat unsweetened
shredded coconut*

Serves 8

1. Line an 8" brownie pan with parchment paper both ways.
2. In a powerful blender or food processor, add the cottage cheese, vanilla paste, sugar and Ujido Matcha powder. Puree until completely smooth.
3. While blending, pour in the melted coconut butter.
4. While blending, sprinkle in the homemade metamucil. Scoop the mixture into the prepared brownie pan and spread out the surface to flatten. Place the pan in the freezer for 2 hours.
5. Place the shredded coconut in a large bowl.
6. Slice the fudge into 36 pieces (it will be a tad sticky, but that's normal... once it's coated in the coconut it won't be!). Coat the fudge squares with the shredded coconut, then place on a large serving plate.
7. Once all the fudge is coated with the coconut, refrigerate uncovered overnight and serve the next day (You can serve them immediately if you want to, but they'll be really soft at this point... everyone liked these best the next day).



MATCHA COCONUT CAKE

RECIPE BY [HUNGRY RABBIT](#). THIS CREATIVE, GLUTEN-FREE, NEW YORK-INSPIRED DESSERT WILL HAVE YOUR MOUTH WATERING BEFORE YOU EVEN BRING IT TO THE TABLE.

1/2 cup (2 ounces) coconut flour
1 teaspoon baking soda
1/4 teaspoon fine sea salt
1/8 teaspoon xanthan gum
4 large eggs, room temperature
1/2 cup coconut oil, (liquid)
1/2 cup agave nectar
2 tablespoon pure vanilla extract
1 teaspoon coconut extract
1/2 cup unsweetened shredded coconut
Matcha Ganache (recipe to follow)
Coconut Frosting (recipe to follow)
1/2 cup coconut flakes, toasted (garnish)

Serves 12

1. Adjust oven rack to lower-middle position and heat oven to 350°. Grease four 4-inch cake pans with butter or cooking spray and cover pan bottoms with rounds of parchment paper. Grease parchment rounds. Set aside.
2. In a large bowl, combine coconut flour, baking soda, salt and xanthan gum, set aside.
3. In a medium bowl, whisk eggs with a hand mixer until lighter in color and slightly fluffy, about 2 minutes. Add coconut oil, agave nectar, extract, continue to beat until combined. Fold in flour mixture and shredded coconut until fully combined.
4. Divide batter equally between prepared cake pans; spread to sides of pan and smooth with small off-set spatula. Bake until cake tops are light golden and skewer inserted in center comes out clean, 18-20 minutes. Cool on rack 10 minutes. Run a knife around pan perimeter to loosen, remove cakes onto a lightly greased rack. Cool completely.



MATCHA GANACHE

[SEE MATCHA COCONUT CAKE](#)

*8 ounces white chocolate, finely
chopped*
3/4 cup heavy cream
2 tablespoons Ujido Matcha powder
1/8 teaspoon fine sea salt

1. Place chocolate and matcha powder in a medium bowl. Bring heavy cream just to a boil, and pour over chocolate mixture. Stir until fully combined and smooth.
2. Let cool to room temperature and thickened, about 45 minutes. Alternatively, refrigerate ganache for faster cooling.

Serves 12



COCONUT FROSTING

[SEE MATCHA COCONUT CAKE](#)

*8 tablespoons (4 ounces/1 stick)
unsalted butter, room temperature*

*1-1/4 cups (5 ounces) confectioners'
sugar*

*3 tablespoons coconut milk, room
temperature*

1 teaspoon coconut extract

1/2 teaspoons vanilla extract

1/8 teaspoon fine sea salt

1 teaspoon light rum

Serves 12

1. Using electric mixer, beat butter in medium bowl until smooth.
2. Add sugar, reduced coconut milk, extracts, and salt. Beat on medium-low speed until blended, scraping down sides of bowl. Increase to medium-high and beat until light and fluffy.
3. Add rum and continue to beat until fully incorporated. Refrigerate until needed.

Assembling the Cake

1. Using two cakes, cut each cake in half horizontally. Place one cake layer on the bottom of cake stand or serving platter, spread approximately 2 tablespoons of ganache over cake layer and top with another layer. Repeat with filling and cake layers until top with the 4th cake layer.
2. Spread or pipe frosting on top and side of cake. Garnish with pistachios. Refrigerate cake for 30 minutes before serving.
3. Repeat with remaining two cakes.



MATCHA GREEN TEA TIRAMISU

INSPIRED BY [OH, HOW CIVILIZED](#). THESE MINI MATCHAMISU, OR MATCHA TIRAMISU HAVE LAYER UPON LAYER OF MATCHA. BEWARE, IF YOU'RE SENSITIVE TO CAFFEINE, YOU MAY WANT TO LIMIT YOURSELF TO JUST ONE

Matcha Syrup

*3/4 cups water
1/2 cups sugar
1 tablespoon Ujido Matcha powder*

Matcha Sponge Cake

*4 egg whites
7 tablespoons sugar
3/4 cup all-purpose flour
1 1/2 tablespoons Ujido Matcha powder
Confectioner's sugar for dusting*

Matcha Sponge Cake

*4 egg yolks
1 tablespoon sugar
1 tablespoon rum
2/3 cups mascarpone cheese
1/2 cup heavy cream
1 tablespoon Ujido Matcha powder +
more for dusting*

Serves 10

1. Making the matcha syrup first, bring water (3/4 cup) and sugar (1/2 cup) to a boil. Simmer for 3 minutes and remove from heat.
2. Let cool, then sift in the matcha (1 tablespoon). Whisk well. (This can be made up to a day before.)
3. Now, moving onto the matcha sponge cake. Turn oven on to 350°F. Lay parchment paper on a 13"x18" sheet tray. If the parchment paper rolls up, put a little butter or oil under each corner. Dust the parchment paper with confectioner's sugar. Set aside.
4. Separate eggs (4). In a mixing bowl, whisk on low speed, the egg whites for 1 minute. Turn up the speed to medium and slowly add the sugar (7 tablespoons).
5. After adding the sugar, turn speed to high. Mix until the stiff peaks form and the egg whites look shiny.



MATCHA GREEN TEA TIRAMISU

CONTINUED

1. Add the egg yolks (4) and fold to mix.
 2. Sift in matcha (1/2 tablespoon) and flour (3/4 cup) to the egg mixture and fold to incorporate.
 3. Pour the mixture onto the sheet tray and spread evenly.
 4. Dust confectioner's sugar on top.
 5. Bake for 10 minutes. Use a cookie cutter (we used the 3") to cut out circles.
 6. And, the matcha cream.
 7. Bring a small pot of water to a simmer. Put the egg yolks (2), sugar (1 tablespoon), and rum (1 tablespoon) in a stainless steel bowl that will sit on top of the pot.
 8. Continuously whisk all three ingredients together until it thickens to the ribbon stage (about 5 minutes). Cool for 5 minutes.
 9. In another bowl, whip the heavy cream (1/2 cup) until soft peaks form.
 10. Combine the lightly whipped heavy cream and the egg mixture. Fold together.
 11. Sift in the matcha (1 tablespoon) and mix well. Finally, fold in the mascarpone cheese (2/3 cup).
 12. Assembling the Matcha tiramisu. In a small glass (we used these mini cups), put in a piece of the sponge cake. (We cut a smaller piece of cake to fit the tapered bottom of the cup.)
 13. Spoon on the matcha syrup over the sponge cake, making sure the sponge cake gets soaked with the syrup. Dollop the matcha cream on top. Layer on another piece of sponge cake. Pour on matcha syrup to the top level sponge cake. Add the final layer of matcha cream and dust with matcha.
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MATCHA GREEN TEA MILKSHAKE

INSPIRED BY [DESSERTS WITH BENEFITS](#), THIS DELICIOUS MILKSHAKE IS A HEART-HEALTHY TREAT YOU WON'T HAVE TO FEEL GUILTY ABOUT!

- | | |
|---|---|
| <i>1 cup plain, nonfat Greek yogurt</i> | 1. Place all ingredients in a blender and puree until a smooth consistency is achieved. |
| <i>1 cup unsweetened vanilla almond milk (or your other milk of choice)</i> | 2. Taste the smoothie and add more sweetener or flavorings as desired. |
| <i>1 cup ice cubes</i> | 3. Pour into glasses and top with whipped cream and a sprinkling of matcha powder. |
| <i>1 tbs Metamucil</i> | |
| <i>1 teaspoon Ujido Matcha powder</i> | |
| <i>1/2 teaspoon stevia extract</i> | |
| <i>1/2 teaspoon almond extract</i> | |
| <i>1/2 teaspoon vanilla paste</i> | |
| <i>Whipped cream (optional)</i> | |

Serves 2



GREEN TEA COCONUT ICE CREAM

THIS DELICIOUS ICE CREAM FROM [THE MINIMALIST BAKER](#) USES MATCHA POWDER TO CREATE A SILKY, SWEET TREAT YOU'LL LOVE ENJOYING ON A HOT AFTERNOON OR AS A FOLLOW-UP TO A LIGHT DINNER.

1 can full-fat coconut milk
1 cup unsweetened vanilla almond milk
2-3 tablespoons Ujido Matcha powder
1/4 cup pitted Medjool dates
1/4 cup honey or maple syrup
1/4 teaspoon xanthan gum

1. Place coconut milk, almond milk, matcha, dates and honey in a blender and blend until well combined. Add xanthan gum and mix again. Taste and adjust flavor as needed, adding more green tea powder, dates or honey.
2. Transfer to a mixing bowl and let chill for at least a few hours. Then pour into a pre-chilled ice cream maker and operate according to manufacturer's instructions.
3. Once finished churning you can either eat it as soft serve or transfer it to a freezer-safe container and let harden for 4-6 hours.
4. Be sure to set out 20-30 minutes before serving to allow to soften.
5. If you don't have an ice cream maker, simply pour the "batter" into a freezer-safe container, cover, freeze, and stir/whisk every hour or so to aerate.
6. Will keep in the freezer for a week or so. Best when consumed fresh. I'm sure it would be lovely with pomegranates, fruit compote or cacao nibs.

Serves 2



THAT' S IT!

WE KNOW YOU' LL HAVE A BLAST TRYING THESE RECIPES, ENJOYING YOUR NEWFOUND, RELAXING TEA CEREMONY, AND TELLING ALL YOUR FRIENDS ABOUT THE LATEST INGREDIENT TO ROCK YOUR WORLD.

IF YOU EVER HAVE ANY QUESTIONS ABOUT UJIDO PRODUCTS, RECIPES, OR ANYTHING ELSE, PLEASE DON'T HESITATE TO GET IN TOUCH WITH US [ON OUR SITE](#) OR EMAIL US AT [INFO@UJIDO.COM](mailto:info@ujido.com). WE WOULD ALSO LOVE TO SEE YOU AT [OUR SHOP AND CAFE IN JAPAN!](#)

LASTLY. BE SURE TO VISIT US

