JAPANESE · DRINK

Frothy Matcha Latte (Hot or Iced)

5 min · Makes 1 × 1 mug (250 ml) · 143 kcal a portion · Video 3:57 · Honest Food Talks

Vegetarian · Gluten-free ingredients · No nuts listed

Made with pure, unsweetened matcha, it has no added sugar unless you add the optional ½ tbsp (6 g). With dairy milk it gives about 8 g of protein, a fifth of a day's calcium and over a third of a day's vitamin B12.

Diet notes: Vegan if you leave out the milk; No dairy if you leave out the milk.

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Ingredients 5 · MAKES 1 × 1 MUG (250 ML)

- ☐ 2 tsp (5 g) **matcha powder** (pure, unsweetened green tea)
- ☐ 3 tbsp **hot water** (80–85 °C)
- ☐ 200 ml **milk** (or oat milk)
- ☐ ½ tbsp **sugar or honey** (optional)
- ☐ ¼ tsp **vanilla extract** (optional)

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Sift 2 tsp (5 g) matcha into a mug or bowl so it mixes smoothly. Add the sugar and vanilla now if you're using them. 1:38
2. Pour in 3 tbsp water heated to 80–85 °C (not boiling) and whisk with a milk frother, bamboo whisk or small whisk for 15–20 seconds until there are no clumps and it looks foamy. 1:52
3. Warm 200 ml milk to about 50 °C in the microwave or a pan, then whisk or froth it until silky. 2:26
4. Pour the matcha into your cup first, then slowly pour in the frothed milk. 2:38

> **Tip** Iced: shake the matcha and hot water in a sealed jar for 30 seconds, then pour over ice and cold milk. Use 1 tsp more matcha for a stronger taste. Soy or almond milk also work; oat milk froths best.

The method is a summary in our words — the video shows every step.

One portion, 1 mug (250 ml), gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
143 kcal	8 g	18 g	1.9 g	4.2 g	90 mg
600 kJ	16% of a day	16 g net · 16 g sugars	7% of a day	2.4 g saturated	4% of a day
		7% of a day		5% of a day	

Energy from net carbs 48% · protein 24% · fat 28%

High in (20%+ of a day) Vitamin B12 42% · Calcium 20%

Source of (10–19%) Vitamin A 19% · Folate 18% · Vitamin D 12% · Vitamin E 10%

Recipe and video: Honest Food Talks (@honestfoodtalks) on YouTube — youtube.com/watch?v=eOnwuHhLNSo, published 23 May 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/frothy-matcha-latte-hot-or-iced