GLOBAL · DRINK

Iced Green Grape Matcha (No Added Sugar)

5 min · Makes 1 × 1 glass (about 300 ml) · 120 kcal a portion · Video 8:35 · Plantcept蔬食煮义

Vegan · Paleo · Gluten-free ingredients · No nuts listed

All its sweetness comes from 150 g of whole blended grapes (about 23 g of natural fruit sugar), with no added sugar or syrup, and matcha adds green-tea flavour and a little caffeine, in a light drink of about 120 kcal.

Diet notes: Low saturated fat (0.2 g, 2% of the energy); DASH-friendly (0 mg sodium a serve).

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Ingredients

5 · MAKES 1 × 1 GLASS (ABOUT 300 ML)

- [ ] 3 g (about 1½ tsp) **matcha powder**
- [ ] 50 ml **water** (for the matcha)
- [ ] 150 g **green grapes**
- [ ] a handful of **ice cubes**
- [ ] 2 **green grapes** on a cocktail pick, to garnish (optional)

Allergens found in the listed ingredients: none. 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 3 g matcha powder into a small bowl so there are no lumps, add 50 ml water and whisk well until smooth. 6:58
2. Blend 150 g green grapes until broken down, adding a splash of water only if the blender needs it. 7:24
3. Add a handful of ice cubes and blend again until smooth and slushy, then pour into a glass. 7:44
4. Pour the whisked matcha slowly over the top so it sits in a green layer, and garnish with two grapes on a cocktail pick if you like. 7:59

> **Tip** Use cold grapes (or freeze them) for a thicker slush. The whole grape is blended, skins and all, so nothing is strained out and the fibre stays in.

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

One portion, 1 glass (about 300 ml), gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
120 kcal	1.9 g	30 g	2.6 g	0.5 g	0 mg
500 kJ	4% of a day	28 g net · 25 g sugars	9% of a day	0.2 g saturated	0% of a day
		11% of a day		1% of a day	

Energy from net carbs 90% · protein 6% · fat 4%

Source of (10–19%) Vitamin K 19% · Folate 10% · Vitamin B6 10%

Recipe and video: Plantcept蔬食煮义 (@plantcept5455) on YouTube — youtube.com/watch?v=uFL136ETAwY, published 15 December 2021. 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/iced-green-grape-matcha