

Green Matcha Tea Smoothie



In honour of St Patrick's Day and to celebrate the Irish around the globe, we have a delicious green smoothie recipe from Food blogger (and smoothie extraordinaire) Emma Hindmarsh. With the sweetness of mango & coconut water, and the goodness of baby spinach, matcha tea, LSA & protein powder, this smoothie is easy to make, and will serve you an enjoyable and luxurious breakfast. A classic creamy matcha breakfast.

Watch out for Emma's new website coming soon.

Serving Size: Makes for one

Ingredients:

1/2 frozen mango

3/4 cup natural coconut water (we used Natural Raw C)

1 handful of baby spinach

1 tablespoon LSA powder

1 desert spoon pea protein powder (or protein powder of your choice) - optional

1 teaspoon matcha green tea powder (adjust depending how strong you like it)

Method:

1. Place all ingredients into your blender and whiz until smooth and creamy.
2. Top with Natural COYO coconut yoghurt.

Note:

You can adjust the amount of Coconut water and yoghurt depending on weather you would like a thicker smoothie bowl or lighter on the go breakfast drink. If mango is unavailable you can substitute with 1 frozen Banana, either way delicious!

Gluten Free | Dairy Free | Refined Sugar Free | Vegan

To see more from Emma check out her Instagram page [**@floraltable**](#)

To learn more about the benefits of Matcha tea [**click here**](#)