



STRAWBERRY MATCHA ICED LATTE

Makes 1 serving.

INGREDIENTS

For the Strawberry Matcha Iced Latte:

1-2 tsp ceremonial matcha powder

¼ C hot water

¼ C quick strawberry sauce (recipe below) or your favourite high-quality strawberry jam

1 C ice

1 C unsweetened oat milk or other milk of choice

Optional sweetener such as maple syrup or simple syrup to taste (I like it unsweetened!)

For the strawberry sauce:

1 lb fresh strawberries, hulled and cut into halves or quarters

¼ C sugar or maple syrup for refined sugar free

¼ C water

2 tbsp fresh lemon juice, from half a large lemon

METHOD

To make the strawberry sauce (if making):

Add all ingredients into medium pot and bring to a simmer over medium-high heat. Simmer until strawberries are softened, about 3-4 minutes. Taste and add more sweetener if needed. Use an immersion blender (or small blender) to puree the sauce to the consistency of your liking – a little less for some chunks or all the way until smooth. Strawberry sauce keeps refrigerated for 3-4 days or freezes well for 3 months (tip: freeze them in ice cube tray for easy defrosting and use later).



To make Strawberry Matcha Ice Latte:

Sift and whisk matcha powder in a matcha cup or low bowl with the hot water in a zig-zag motion until frothy and no lumps remain. Add ¼ cup of strawberry sauce into bottom of a tall glass. Add ice cubes. Fill with oat milk. Top with matcha.

Enjoy!