THE LIGHTER PLATE METHOD

Iced Matcha with Oat Milk

Grassy-sweet matcha poured over ice into cold, creamy oat milk.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 2 tsp matcha powder
- 60 ml warm water (not boiling)
- 400 ml oat milk
- 2 tsp maple syrup
- 0.5 tsp vanilla extract
- plenty ice

Method

1. Sift the matcha into a small bowl — this matters, as it clumps badly.
2. Add the warm water and whisk briskly for 20 seconds, until smooth and frothy on top.
3. Fill two tall glasses with ice and pour in the oat milk, maple syrup and vanilla.
4. Pour the matcha over the top so it streaks down through the milk, then stir before drinking.

Tips & swaps

- Boiling water scorches matcha and turns it bitter; water at around 80°C is right. Sifting takes ten seconds and saves you chasing lumps around the glass.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
120	**2g**	**20g**	**3g**	**1g**

Estimated values, for guidance only.