

Chunky Matcha Monkey

Delicious and refreshing this smoothie can be enjoyed by parents or children. Made with matcha green tea powder, it's reminiscent in taste of green tea ice cream.

Ingredients

- 1 cup milk (reduced fat or whole works best)
- 1 cup ice
- 1 tsp. Mighty Leaf Matcha Green Tea
- 1 medium banana, sliced (the riper the banana the sweeter the smoothie)
- ¼ cup organic vanilla banana yogurt
- 2 tbsp. sugar
- 1 tbsp. smooth peanut butter.

Preparation

Add all ingredients to a blender and blend for two minutes. Then pour into large glass and enjoy. Garnish idea: Take a large banana chip and hit a chink into it with the tip of a paring knife in a downward fashion to create a slit. Then slip onto the rim of a large glass and enjoy.

Alternate Version: For those allergic to peanuts or not wanting to add in the peanut butter, the smoothie tastes great without it. I would suggest a sprinkling of cinnamon on top if preparing this version.

Serves

Serves one 16 oz. cup.

History

Around the early 9th century, a Japanese Buddhist monk, Saicho, is credited with introducing tea to Japan. During this period, Chinese culture significantly influenced and impacted art, politics and religion in the Far East. Consequently, while studying in China, Saicho became exposed to tea and brought back seeds to start growing at his monastery.

Other monks over time followed suit, and soon small tea plantations sprouted up at secluded monasteries. However, due to the isolation, tea's popularity did not blossom until the thirteenth century. At this time in history, people only drank tea in powdered form prepared by grounding tea leaves into a green powder and whipping in water with a whisk. Inspired by Buddhist spiritual philosophy, this marks the origin of the Japanese Tea Ceremony or "Chanoyu."

Purchase

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recipe.

Origin

Japan