

S E E P E C I A L P R E S E N T



fit
matcha®

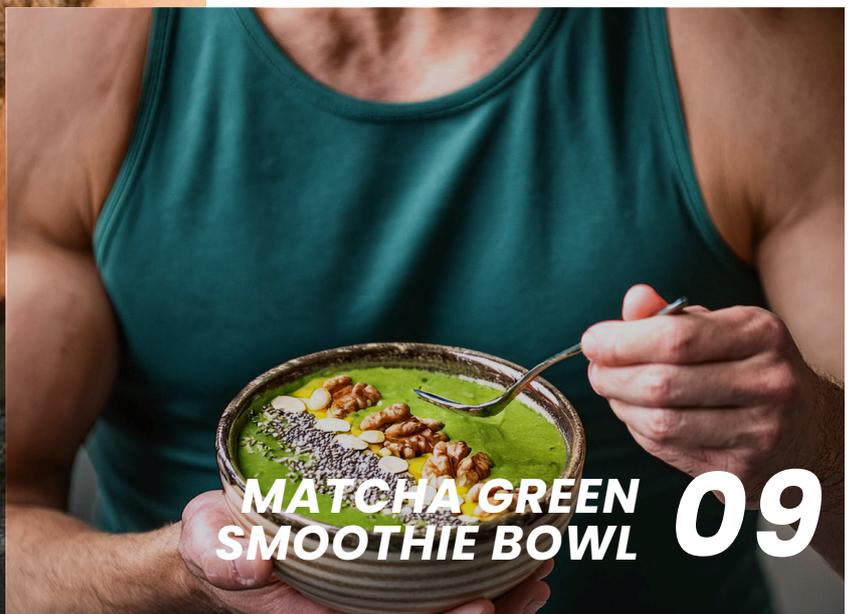
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MATCHA GREEN SMOOTHIE BOWL 09

A close-up photograph of a man with a beard and sunglasses drinking from a clear plastic water bottle with a purple cap. The bottle is tilted, and a frothy green matcha shot is being consumed. The man is wearing a light blue t-shirt with the text 'drink your matcha' visible. The background is blurred, suggesting an outdoor setting.

MAKE A MATCHA SHOT

Here's a quick lesson on how to prepare your matcha:

Mix half a teaspoon or 1 scoop (1g) of Fit Matcha in to small amount of hot water (80 degrees) to make a matcha shot.

For a really frothy matcha use our Fit Matcha water bottle and shake for 10 seconds for the perfectly mixed frothy shot! If you have a small whisk you can also use this.

Your matcha shot should be frothy and is ready to go. This will make up the base to all the recipes in this book!

You can drink your matcha shot for a quick burst of energy or use it for drinks and recipes.



ANTIOXIDANTS

Matcha is renowned for its high concentration of antioxidants particularly catechins which are a type of polyphenol. One of the most powerful catechins in matcha is EGCG (epigallocatechin gallate), known for its potential to fight inflammation and support heart health. Because matcha involves consuming the whole tea leaf in powdered form it offers a higher level of antioxidants than traditional brewed green tea making it an excellent addition to a health conscious diet. Regular consumption can help combat oxidative stress and support overall well-being.

HOT MATCHA LATTE

Ingredients:

- Half teaspoon/1 scoop Fit Matcha
- Milk - coconut, soya or oat are our favourites (240ml)

Make your Fit Matcha shot.

Heat your milk if you want or use chilled from the fridge.

Combine your matcha shot and milk in a mug.

Pro Tip: HOT frothy milk is a game changer!

This breakdown assumes you're using unsweetened milk and no additional sweeteners.



CALORIES

50

PROTEIN

1G

CARBS

2G

FAT

4g

ICED MATCHA LATTE

Ingredients:

- Half teaspoon/1 scoop Fit Matcha
- Ice
- Milk of choice (240ml)

Instructions:

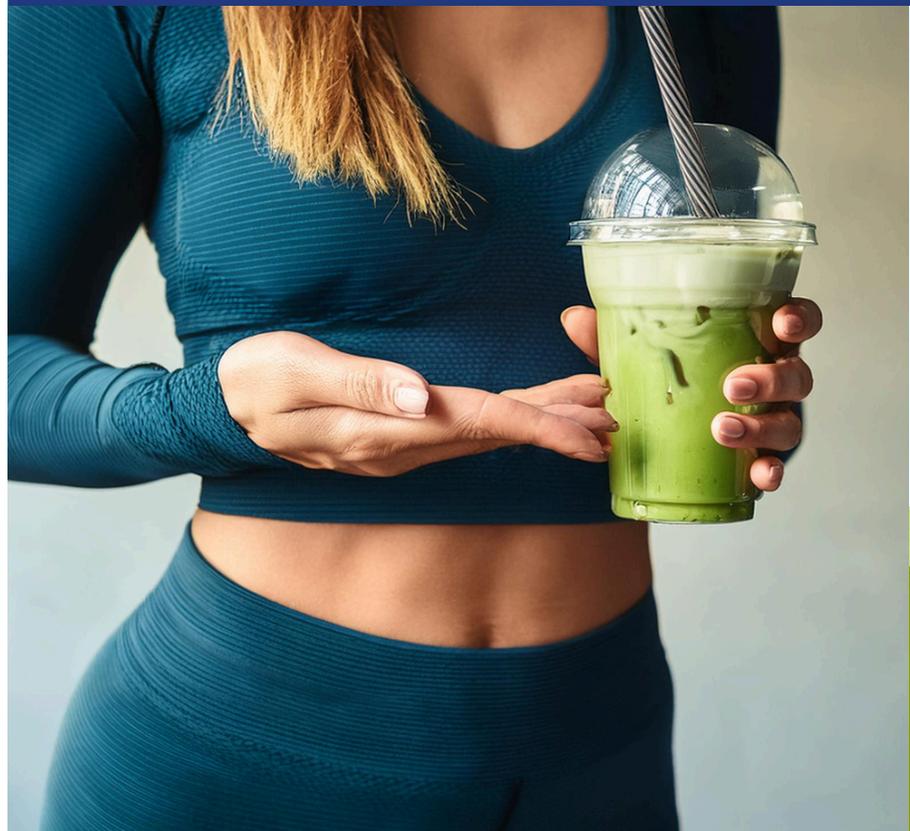
Make your Fit Matcha shot.

Put ice in a glass and pour over your desired amount and choice of milk.

Pour your Fit Matcha shot over your ice and milk.

Stir gently - sip mindfully.

This breakdown assumes you're using unsweetened milk and no additional sweeteners.



CALORIES

50

PROTEIN

1G

CARBS

2G

FAT

4G

MATCHA ALMOND PROTEIN COOKIES

Ingredients:

- 1 cup almond flour
- 1/4 cup protein powder
- 1 tsp/1 scoop Fit Matcha
- 1/4 cup honey
- 1/4 cup almond butter

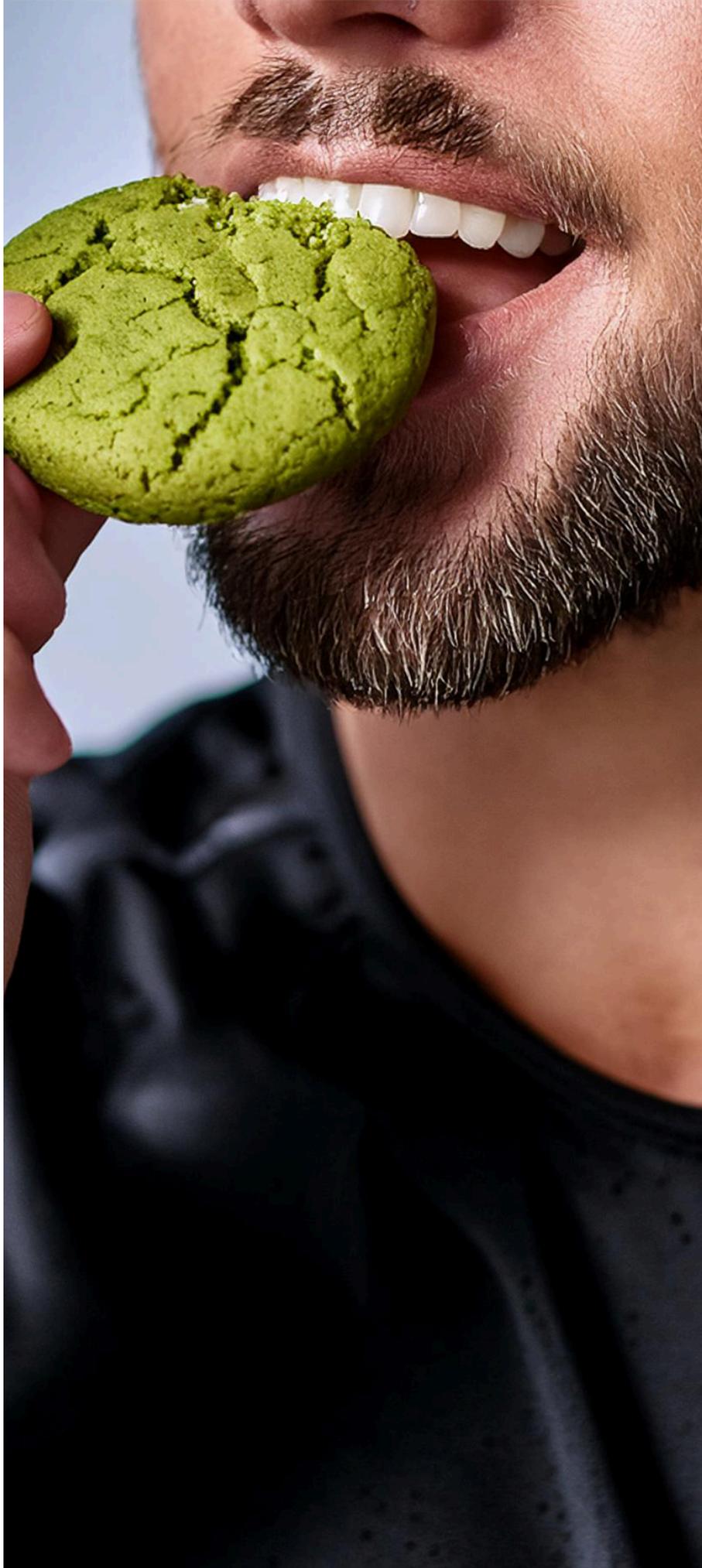
Instructions:

Preheat your oven to 375°F (190°C).
Make a small matcha shot and set
aside.

Mix all your other ingredients together in
a bowl. Add your matcha shot and mix
thoroughly.

Use greasproof paper in your tin before
using a table spoon to place balls of
mixture 2 inches apart. Slightly flatten
each cookie as you go!

Bake for 12-15 mins. Transfer to cookie
rack and allow to cool before eating!



MATCHA BANANA PROTEIN PANCAKES

Ingredients:

- 1 banana
- 2 eggs
- 1 scoop vanilla protein powder
- 1 tsp/ scoop Fit Matcha
- 1/4 cup rolled oats.

Instructions:

Make your Fit Matcha shot. Blend all the ingredients together till a smooth batter is formed. Heat a pancake pan over a medium heat with a dash of coconut oil. Gently pour enough batter in the pan for your required pancake and cook gently for 1-2 mins - then flip and repeat till both sides are lightly browned. Your fit matcha pancake is ready! Serve with chopped bananas, honey or syrup!



CALORIES

320

PROTEIN

25g

CARBS

30g

FAT

10g

MATCHA CHIA PUDDING

Ingredients:

- 3 tbsp chia seeds
- 1 cup almond milk
- 1 tsp Fit Matcha
- 1 tbsp honey
- 1/4 tsp vanilla extract.

Instructions:

Make your Fit Matcha shot. Mix all ingredients, refrigerate overnight and top with nuts or berries! Simple!



CALORIES

200

PROTEIN

5G

CARBS

18G

FAT

12G

THANK YOU

We just wanted to say a HUGE thank you for being part of the Fit Matcha journey. We hope you enjoy making, drinking and eating these recipes as much as we have. Don't forget to experiment with our flavoured matcha and these recipes!

We'd love to see what you've made so tag us in your recipes @fit_matcha

Team Fit Matcha

For more information find us at www.fitmatcha.com