



## 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 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 make you an enjoyable, luxurious breakfast.

**Serving Size:** 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:**

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

### **Note:**

You can adjust the amount of Coconut water and yoghurt depending on the 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 learn more about the benefits of Matcha tea **[click here](#)**