

Matcha Smoothie

- 1 - 2 tsp Matcha powder
- Vanilla soy, almond, rice or regular milk, cold
- 1 Pear, peeled & seeded
- 5 Dates, optional
- Dash cinnamon

In a blender, add Matcha Powder with cold vanilla soy, almond, rice or regular milk (we use vanilla soy). Add pear, dates and cinnamon.

Blend and enjoy this healthy snack.

**Makes 1 serving