

RECIPE

THEME

GREEN SMOOTHIES

TITLE

'Beauty of Simplicity'

TIME

10 MIN

NOTE TO MYSELF

WANT TO STAY HEALTHY?
DRINK MATCHA



INGREDIENTS

1/2 AVOCADO, DICED

1 CUP (2 HANDFULS) FRESH SPINACH

1/2 KIWI

1/2 GREEN APPLE

1 FROZEN, SLICED BANANA

1/2 CUP PINEAPPLE CHUNKS

1/2 TABLESPOON MATCHA MASATO™

1 TABLESPOON HEMP SEEDS

1/2 CUP COCONUT WATER



MM[®]
MATCHA.MIYA

DIRECTIONS

Matcha, a Ritual of Beauty, Wellness & Wisdom

Blend all the ingredients to desired consistency and serve chilled.

Lightning
shatters the darkness—
the night heron's shriek.
— Matsuo Basho (1644-1694)
loose translation by Michael R. Burch