

Healthy Matcha Cream Cheese Frosting

Ingredients *(Makes 1 cup of frosting)*

8oz cream cheese *(softened at room temperature)*

¼ cup butter *(softened at room temperature)*

½ tbsp [Tenzo matcha](#)

1/3 cup maple syrup

1-2 tbsp powdered sugar or stevia

1 tsp vanilla

Supplies

Mixing bowl

Handheld mixer

Directions:

1. Mix together 8oz cream cheese and ¼ cup butter until creamy. Add in 1/3 cup maple syrup, 1-2 tbsp powdered sugar (or stevia), 1 tsp vanilla and 1/2 tbsp Tenzo matcha. Mix for 3-5 minutes, or until a smooth, creamy mixture has formed.
2. Top on your favorite cupcakes or cookies.
3. Store leftovers in the fridge.



Matcha Sugar Cookies

Ingredients:

For the cookies:

1 cup butter (*room temperature*)
1 cup sugar
1 egg
3 cups flour
1 tsp baking powder
1 tsp vanilla
¼ tsp salt

For the frosting:

Make the healthy cream cheese frosting recipe.

Supplies:

Baking sheet
Parchment paper
Two mixing bowls
Hand mixer
Plastic wrap
Rolling pin
Cookie cutters of choice

Directions:

1. Preheat the oven to 350 degrees. Line parchment paper on a baking sheet.
2. Mix 3 cups flour, 1 tsp baking powder and ¼ salt in a medium bowl and set aside.
3. In a separate mixing bowl, using a hand mixer, beat 1 cup butter and 1 cup sugar until fluffy. Add in 1 egg and 1 tsp vanilla. Mix until combined.
4. Slowly add the flour to the butter mixture, folding in several times until a large dough forms.
5. Divide dough into four small balls. Cover with plastic wrap. Using a rolling pin, roll out dough so it becomes ¼ inch thick. Place cookie cutters on the dough, pressing down firmly so the shape forms. Place each cookie cut out on the prepared baking sheet.
6. Bake at 350 for 7 minutes, or until tops are slightly golden brown. Frost.