Pistachio Matcha: Rich and Nutty

From the teas.co.uk wiki

> **Pistachio matcha, in summary:** Pistachio matcha is a rich, nutty, usually sweet matcha latte where real paste decisively beats syrup, and it is still caffeinated despite the dessert like flavour.

Pistachio matcha pairs nutty richness with grassy matcha. It sits alongside strawberry matcha.

Last reviewed by the teas.co.uk team in March 2026.

Note: pistachio or not, matcha is the whole green leaf powdered, so this latte carries real caffeine. General information only: a pistachio matcha drinker who is caffeine sensitive, pregnant or medicated should go easy and ask a pharmacist.

Aspect	The answer
What it is	Matcha latte flavoured with pistachio paste or syrup
The real variable	Real paste vs sweet syrup
Upgrade	Real pistachio paste, less sweetener
Caffeine	Real matcha, meaningfully caffeinated
Make it well	Paste + milk, off-boil matcha paste, combine
Suits	Rich-nutty-latte fans; less so sugar-minimisers

What it is, and how to make it well

Pistachio matcha is a matcha latte flavoured with pistachio (paste or syrup) and milk, with the nuttiness as the hook. To make it well, loosen real pistachio paste with a little warm milk into a smooth base, sweeten lightly only if needed, and pour it into the glass; add the rest of the milk (whole or barista oat for body), then whisk one to two grams of a bold culinary matcha (or latte grade) into a lump free paste with water at 70 to 80C, never boiling, and combine. It works hot or iced: hot brings the nutty richness forward, iced keeps it lighter. See matcha water ratio.

Real paste versus syrup

This one choice dominates the drink. Pistachio is an expensive nut, so cafe and bottled "pistachio" is very often a sweet syrup with little or no real pistachio, which reads as generically sweet-and-green rather than

nutty. A spoon of real pistachio paste (ground pistachios, sometimes a little oil) gives the roasted, savoury sweet depth that actually suits matcha's grassiness. The test is what happens as the cup cools: a real-paste version still tastes of nut and tea, a syrup one collapses into sugar. Spend on the paste, keep added sweetener minimal, see is sugar in tea bad.

Caffeine, and who it suits

The rich, almost dessert flavour disguises the caffeine: it still contains real whisked matcha, so it is properly caffeinated and not a gentle evening drink. It suits people who like rich, nutty, dessert-leaning lattes and will use real paste; it suits less well anyone minimising sugar, for whom the syrup builds are the ones to avoid. Treat it as a rich occasional treat with sweetness you control. See matcha jitters.

What to buy

Build it from the matcha range and a basic matcha kit, or browse the full tea shop. Choose pistachio and matcha by taste and per cup price, not packaging; UK delivery is free over £35.

Reference noted

- PubMed: Matcha green tea and human health

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Matcha reading

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