Coconut Matcha: The Dairy Free Latte

From the teas.co.uk wiki

> **Coconut matcha, in summary:** Coconut matcha is a tasty dairy-free matcha latte where coconut softens the grassy edge; use unsweetened coconut milk, and remember dairy-free is not caffeine-free.

Coconut matcha is a popular dairy-free matcha latte. It sits alongside pistachio matcha.

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

Note: coconut matcha still holds real caffeine, because matcha is the whole green tea leaf, powdered. Coconut matcha guidance here is general; if pregnancy, medication or caffeine sensitivity applies, keep coconut matcha moderate and ask a pharmacist.

Aspect	The answer
What it is	Matcha latte made with coconut milk/cream, not dairy
The real variable	Sweetened coconut drink/syrup vs unsweetened milk
Upgrade	Unsweetened coconut milk
Caffeine	Dairy-free is not caffeine-free, still real matcha
Make it well	Off-boil matcha paste, then warm/iced coconut milk
Suits	Dairy-free drinkers, coconut-note fans

What it is, and how to make it well

Coconut matcha is simply a matcha latte made with coconut milk or coconut cream instead of dairy, so it is naturally dairy-free rather than a special formulation. Whisk one to two grams of a strong culinary or latte grade matcha with 70 to 80C water, never boiling, into a smooth paste without lumps, then top with warm or iced unsweetened coconut milk and stir. The carton matters as much as the matcha: barista-style coconut milks foam and hold the latte texture, while thin coconut "drinks" go watery. See matcha water ratio.

Why coconut works, and the sugar caveat

Unlike most additions, coconut improves the matcha rather than just decorating it: matcha's defining edge is a savoury, slightly astringent grassiness, and coconut milk's fat coats the palate and rounds that edge without masking the tea. That makes a plain coconut matcha a legitimate everyday choice for dairy-free

drinkers, not a fallback. The one way to spoil it is the recurring cluster trap: sweetened coconut "drinks" and coconut syrups add sugar fast, while unsweetened coconut milk keeps it a tea. See is sugar in tea bad.

Caffeine, and who it suits

"Dairy-free" is often mentally filed alongside "caffeine-free", which is wrong here: it still contains real whisked matcha, so it is meaningfully caffeinated and remains an afternoon-not-evening drink for the caffeine-sensitive. It suits dairy-free drinkers and anyone who likes a coconut note; the only real watch-outs are sweetened cartons and forgetting the caffeine. See matcha jitters.

What to buy

Build it from the matcha range and a basic matcha kit, or browse the full tea shop. For matcha, judge the cup and its cost per cup, not the tin's marketing; 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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