How to Make an Iced Matcha Latte

From the teas.co.uk wiki

> **Iced matcha latte, in short:** An iced matcha latte is whisked matcha over cold milk and ice: whisk it smooth in cool not boiling water first, use enough matcha, sweeten lightly.

An iced matcha latte is whisked matcha over cold milk and ice. A clear guide gives you the method plus a candid word on the caffeine and sugar the pretty green colour disguises.

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

What you need

Per serving: about half to one teaspoon of matcha (culinary grade is fine for a latte), a small amount of hot, not boiling, water (around 70 to 80C) to mix it, cold milk or a milk alternative, ice, and sweetener only if you want it. A bamboo or small electric whisk helps a lot.

How to make it, step by step

Sift the matcha into a cup or jar (sifting removes the clumps that cause grittiness). Add a little hot but not boiling water and whisk briskly in a W or M motion until smooth and frothy with no lumps; boiling water scalds matcha bitter, so keep it below the boil. Pour over a glass of ice and cold milk, stir, and sweeten only to taste.

How to make it genuinely good

A good iced matcha latte is about no lumps and decent matcha: sift and whisk properly (or shake hard in a sealed jar if you have no whisk), use water below boiling, and use a matcha that is at least a sound culinary grade. A dull, cheap, badly stored matcha tastes flat and bitter no matter how you make it. Fresh, vivid green powder, well sifted, is most of the quality.

A word of caution

Matcha is whole leaf green tea, so per serving it is more caffeine concentrated than a cup of steeped green; the soft, milky, iced presentation disguises a real dose. It is a poor late evening choice if you are caffeine sensitive. And a cafe iced matcha latte is frequently sweetened, sometimes heavily; made at home it is essentially unsweetened unless you add sugar, which is the clear advantage; the vivid colour and the lift are real, and the sweetness is entirely your decision.

Iced matcha latte, at a glance

Element	Short rule
What it is	Whisked matcha over cold milk and ice, lightly sweetened
Whisk first	Whisk matcha smooth in a little cool water before it meets milk
Water temp	Cool, not boiling; boiling scalds matcha bitter
Strength	Use enough matcha; ice and milk dilute it
Sweeten	Lightly and to taste, not the cafe default

Reference noted

- Britannica: Tea

FROM THE CURATOR

teas · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

More from the tea wiki

- How to whisk matcha
- Matcha latte guide
- Matcha guide
- Green tea
- How to make matcha properly

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/