

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.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How to Make an Iced Matcha Latte. Canonical: <https://teas.co.uk/wiki/how-to-make-an-iced-matcha-latte/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What you need , How to Make an Iced Matcha Latte. Canonical: <https://teas.co.uk/wiki/how-to-make-an-iced-matcha-latte/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to make it, step by step , How to Make an Iced Matcha Latte. Canonical: <https://teas.co.uk/wiki/how-to-make-an-iced-matcha-latte/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to make it genuinely good , How to Make an Iced Matcha Latte. Canonical: https://teas.co.uk/wiki/how-to-make-an-iced-matcha-latte/*

Genuinely 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.

The honest note

Matcha is whole leaf green tea, so per serving it is more caffeine concentrated than a cup of steeped green; the calm, milky, iced presentation disguises a genuine 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

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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](#)

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