Matcha and Banana Green Smoothie

From the teas.co.uk wiki

A green smoothie with matcha stirred through it gives you breakfast and a gentle caffeine lift in the same glass. Banana makes it sweet and thick, oat milk keeps it plant-based, and a handful of spinach vanishes into the green without tasting of much at all. Whisk the matcha into a little hot water first so it blends in smoothly rather than clumping. A good one to make when you are heading out for the day.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Matcha and Banana Green Smoothie recipe. Canonical: https://teas.co.uk/recipes/matcha/matcha-and-banana-green-smoothie/*

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