

Perfect Ted Strawberry Matcha: The Iced Latte Powder

From the teas.co.uk wiki

Perfect Ted Strawberry Matcha: The Iced Latte Powder, in summary: A sweetened, strawberry-flavoured matcha: coconut sugar leads the label, with ceremonial grade matcha at 30%. It is at its best whisked into a paste, then poured over ice with milk, and it still carries caffeine.

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

Read the label first: coconut sugar is the leading ingredient, followed by ceremonial grade [matcha](#) at 30% and natural flavourings. This is a ready-sweetened latte powder rather than a plain tea, and that tells you how to use it.

Reading the label

Three ingredients make up the published list: coconut sugar, ceremonial grade matcha at 30% and natural flavourings. Sugar heads that list, so the powder arrives sweetened and there is no need to add any yourself. The list names none of the fourteen major allergens, though with any flavoured blend the pack in your hand is the final word.

In the glass the strawberry leads: jammy and sweet rather than sharp, sitting over a green base that stays noticeable without taking over. Bitterness is kept low, and the only easy way to drag it out is water that is too hot. It reads as matcha rather than as a milkshake powder, which is the point of it, but it is a long way from a plain ceremonial bowl.

Why it works best cold

Served hot, the strawberry drifts towards warm jam. Served cold, it makes sense. Whisk a small amount of powder with a splash of water at about 80C into a smooth paste, then pour it over ice and top up with cold oat or dairy milk. We think summer is when this powder really earns its place in the cupboard.

The paste step matters more than the whisk. Tip all the liquid in at once and the powder clumps, and stirring afterwards never quite clears it. A small electric frother is the easiest tool for a latte. Stir the glass again as you drink, because milled leaf sinks to the bottom if it is left to stand.

Strawberry against the rest of the range

Alongside this powder we stock the brand's plain Ceremonial Grade Matcha in 30g and its Vanilla Bean Matcha in 75g. Strawberry is the fruitiest and the most summery of the three; Vanilla Bean is the rounder, warmer latte for colder months; the ceremonial powder is for anyone who wants to taste the tea on its own, whisked with water.

It looks like a children's drink and it is not one. Matcha is whole milled [green tea](#) leaf, so this powder carries [caffeine](#), and the label shows it is sweetened with coconut sugar. Treat it as a morning or early afternoon glass, and read the pack properly before making one for a child.

The packs we stock

- [Perfect Ted Strawberry Matcha, 75g](#) (barcode 5060941970386)

What the label says

Perfect Ted Strawberry Matcha, 75g, publishes ingredients that name none of the 14 major allergens. Check the strawberry tin on sale now, since its recipe and allergen advice can be revised.

Ingredients, as published: Coconut Sugar, Ceremonial Grade Matcha (30%), Natural Flavourings.

Typical values per 100g Per 100g

Energy	350 kcal
Fat	1.67g
of which saturates	0.30g
Carbohydrate	75.9g
of which sugars	49.0g
Protein	8.80g
Salt	0.17g

Ingredient and nutrition information for this product, as published on the manufacturer's label. Your strawberry matcha tin settles it.

What to eat with it

- [Royal Dansk Danish Butter Cookies, 340g](#): Plain butter cookies bring a strawberries-and-cream feel to an iced latte without adding more fruit.
- [McVitie's Original Hobnobs Biscuits - The Oaty One, 255g](#): An oaty, crunchy biscuit gives some texture against a smooth, sweet glass.
- [Border Lemon Drizzle Melts Organic Biscuits, 150g](#): Lemon and strawberry are natural partners, and the citrus keeps a sweet drink from cloying.
- [Lotus Biscoff Caramelised Biscuits, 250g](#): A caramelised biscuit adds a warm, toasty contrast to the cold, fruity latte.

Elsewhere in the Perfect Ted range

- [Perfect Ted Ceremonial Grade Matcha, 30g](#)
- [Perfect Ted Vanilla Bean Matcha, 75g](#)

The full range is on the [Perfect Ted brand page](#).

FAQ

Does Perfect Ted Strawberry Matcha contain added sweetener? Yes. Coconut sugar is the first ingredient on the published list, so there is no need to add sugar.

How much matcha is in the strawberry blend? The published ingredient list puts ceremonial grade matcha at 30%, with coconut sugar and natural flavourings making up the rest.

Does strawberry matcha contain caffeine? Yes. It is made from milled green tea leaf, which means caffeine, whatever the fruity flavour suggests.

Can I drink it hot? You can, with water at about 80C and a splash of milk, but we think the strawberry comes across best cold, over ice.

Why does my strawberry matcha go lumpy? The liquid went in all at once. Mix the powder with a splash of warm water into a paste first, then add the rest.

Curator's note: Save this one for the first properly warm day of the year: paste, ice, cold oat milk, and a butter cookie on the side. Lee, teas.co.uk, Tunbridge Wells.

In short: Perfect Ted Strawberry Matcha: The Iced Latte Powder

Field	Detail
Brand	Perfect Ted
Packs we stock	75g
Category	Matcha
Allergens (as published)	As published, the strawberry matcha ingredients contain no major allergen of the 14.
Caffeine	caffeinated
Caffeine	Yes
Best as	Iced latte with oat or dairy milk
Season	Summer

More from the tea wiki

- [How to Make Tea Properly: The Eight Step Method](#)
- [Caffeine in Tea](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Matcha: How It Is Made and Prepared](#)

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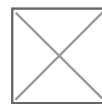
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