

Matcha Ice Tea Recipe



Amount Per Ice Tea

| | |
|----------------------|--------|
| Calories | 7 kcal |
| Protein | 0.6g |
| Carbohydrate | 0.4g |
| Fat | 0.1g |
| Dietary Fiber | 0.6g |
| Calories per Gram: | |

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for 1 organic Matcha Ice Tea:

- 2 g [GymTea organic Matcha](#)
- 10 ml fresh Lemon Juice
- 90 ml Water
- Ice cubes
- Cinnamon

Preparation of the Matcha Ice Tea:

Whisk 3-4 [bamboo scoops](#) (about 2 g) of GymTea Matcha with 90 ml of hot water (80° C) using a [bamboo whisk](#). Put it into the fridge for about 1 hour.

Put Matcha, lemon juice, water, ice cubes and cinnamon into a shaker and mix it for a few seconds.

Enjoy a delicious and healthful Matcha Ice Tea which contains caffeine, vitamins, minerals and antioxidants.

#drinkclean and stay fit!

Get a 5 % discount on your [GymTea Matcha order](#) with the voucher code **HFN5**