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!

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