

ELITE DAILY

30 Amazing Ways You Can Use Matcha Tea To Make Mouthwatering Food

It seems matcha is invading our coffee shops, juice bars and, of course, our [social media feeds](#).

Like most people, I was a bit perplexed to see all of my favorite smoothies and lattes take chartreuse hues.

And that left me with two simple questions: What the hell is this green stuff and why are people so obsessed with it?

Matcha is green powder made from [ground up green tea leaves](#).

People are going batsh*t crazy over this stuff because you get all the same health benefits from consuming the powder as you would from eating the tea leaves.

And matcha actually tastes pretty good, whereas stuffing your face full of green tea leaves sounds absolutely dreadful. But aside from being delicious, this powerful [green powder](#) is packed with antioxidants and metabolism-rewiring EGCG.

Plus, it will give you a serious energy boost; matcha has the same amount of caffeine as a cup of coffee.

If that doesn't convince you to hop on the matcha bandwagon, you should also know matcha goes way beyond a form of tea.

In fact, there's an almost endless array of tasty treats you can whip up with this green tea powder, so I set out to find a bunch of mouthwatering matcha recipes, including smoothies, desserts, waffles and even chicken fingers.

Take a look at the pictures below to see 30 matcha creations that will blow your mind.

Matcha Oreos



Recipe: My Name is Yeh