

Matcha Smoothie

So simple. Enjoy a satisfying light-sweet [matcha](#) smoothie any time.

Matcha Smoothie

- 1 1/2 cup soy milk
 - 1 tsp matcha
 - 2 cups ice
 - 2 tbsp honey
1. Prepare the banana by peeling, slicing into 1/2" chunks, and freezing (wrapped in plastic or stored in a zip-lock bag or container) for at least 1 hour.
 2. Combine all ingredients in a blender. Blend until smooth.
 3. Enjoy!