



Mango Matcha Smoothie

Ingredients:

1/4 cup frozen chopped mango
1/4 of a fresh ripe avocado
1/2 cup almond or hazelnut milk
1 tsp honey (or to taste)
1 tsp natural vanilla extract
1/2 tsp Leaf & Ardor matcha
1/8 cup filtered water

Directions:

Add all ingredients to a blender and stir so that the matcha powder is mixed into the liquid.

Blend on medium speed until smooth.

Pour into a glass and garnish with a wedge of mango.