

How to Make a Matcha Latte

At Home

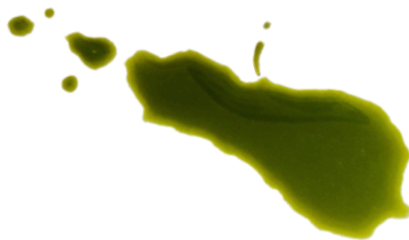


What is Matcha?

Matcha, a finely ground green tea powder that originates from Japan, has become commonplace in cafés and cuisine all over the world. Its texture makes it distinct from other teas — the powder is so fine that it can settle in your fingerprint. Traditionally, high-grade matcha has been used for tea ceremonies and other Japanese ceremonial purposes. Matcha is primarily grown and produced in Japan; southern Japanese regions like Kyoto provide the best environment for the growth of the tea tree plant.

Matcha is known for its health benefits. These include a host of antioxidants that promote anti-aging and fight viruses, heart disease, and possibly cancer. Matcha is also an alternative to pharmaceutical weight-loss products — it increases the body's rate of calorie-burning without any harmful side effects. It also contains L-Theanine, an amino acid known for reducing stress, decreasing anxiety, and enhancing mood. Drinking matcha and teas with this amino acid can produce a focused energy and calm alertness within the body.

Though matcha has gained global popularity over the past few years, it is still a relatively expensive drink. Starbucks' "Iced Matcha Tea Latte" is a popular spin on traditional matcha. It is made with just three ingredients: milk, ice, and a "matcha blend" of sugar and matcha powder; however, a "grande" size of this healthy green drink will set you back close to five dollars. Why not attempt to make it at home, with materials and some ingredients you may already have? This guide will walk you through the steps to make a matcha latte, so you can quickly and easily whip up a matcha latte next time you find yourself craving one!



Where to Buy?

It can be difficult to find products like matcha powder and matcha whisks in regular grocery stores in the United States. However, most Asian markets or grocery stores will sell these products. They will typically be found in the tea section, amongst the green teas.

Another option that can provide more comprehensive choices is to shop online. Many online retailers sell high-quality matcha at a decent price. Notable sites that sell high-quality matcha include [Maeda-En](#), [MatchaBar](#), [Breakaway Matcha](#), and [Ippodo Tea](#). Of course, you can always shop on [Amazon](#) for different types of matcha powders from a plethora of retailers as well.

A matcha whisk is not entirely necessary to make a matcha latte. However, if you find yourself wanting to "up" your matcha game, whisks are available at most of the matcha retailers as well as on Amazon. They are more difficult to find at brick and mortar stores, but could possibly be sold at Japanese and Asian markets.

What to Buy?

In this guide, I am using the Maeda-En Matcha Green Tea Powder: Culinary Quality. Culinary grade matcha is typically used in lattes, smoothies, and baking, and is cheaper. It has a bolder but less nuanced flavor compared to ceremonial grade matcha, a more expensive, high-grade powder. As a matcha "beginner," culinary grade will be sufficient for your latte. However, if you want to try out higher quality matcha, go for it!

When looking for matcha powders, you want to take a look at the details — where was the matcha made? How much is in a container? What quality grade is it? For this recipe, you want to pick matcha that is pure green tea powder, and culinary-grade or above. There are many matcha boosters, latte mixes, or alternative powders that add antioxidants, milk powders, or other supplemental ingredients; if you decide to try those out, follow the instructions on the packaging instead of this guide.

Ingredients

Required:

- Matcha Green Tea Powder
- Milk
- Water

Optional:

- Honey or sweetener
- Salt

Tip: Matcha lattes can be made lactose-free! Simply use oat, almond, or soy milk as an easy alternative. I personally use oat milk — for a creamy latte, I recommend the Chobani Extra Creamy Oat Drink.



Materials

Required:

- Bowl
- Mug, cup, or glass
- Measuring cups
- Whisk
- Sifter

Optional:

- Matcha whisk
- Milk frother



Making the Matcha Mixture

- 1 Take 1 teaspoon of matcha green tea powder (per cup of milk you plan to use) and your sifter. Sift the matcha into a small bowl, as you would with flour. In this guide, I am using 1.5 teaspoons of matcha powder.



To sift, gently shake the sifter from side to side. There may be large clumps of powder after you've sifted most of the powder — no worries! Keep sifting, and the clumps will slowly start to dissolve.

After sifting, your matcha powder should look like this:

Word of Caution: Matcha powder is incredibly fine! Handle the powder gently, or it could easily stain fabrics, spread over countertops, or fly into the air.



2 Add around 1/3 cup of filtered or tap water to the matcha powder. The mixture should look like this.

For a warm latte, you could use hot water instead – the best hot water to bring out the flavors of matcha is just before boiling.



3 *Optional Step:* For a little extra flavor kick, add a pinch of salt to your matcha mixture.

Not only does it make the matcha taste more interesting, sea salt also includes many essential minerals and can get you some of your daily dose of electrolytes.



4 *For Matcha Whisk:*

Start whisking your matcha in a "Z" shape, from side to side. Take care to be gentle, especially if you're using a shallow bowl, as the mixture may spill easily.

Occasionally, tilt the bowl to the side to see if there are any major clumps of powder stuck to the bottom or sides of the bowl. Scrape them into the mixture with the whisk, and continue whisking.



5 *For Regular Whisk:*

Though this whisk may appear to be a bit big for matcha whisking, it does the job!

Simply whisk from side to side, making sure to be careful about spilling the mixture. It might take a while, but be sure to tilt the bowl occasionally to check if there are any clumps of powder.



6 Be sure to whisk until foamy.

After the entire whisking process, your matcha mixture should look like this.



Tip: The foaminess of matcha after it's been whisked with water comes from an organic chemical called saponin. Saponins are great for our bodies. They are anti-carcinogenic, anti-microbial, and anti-inflammatory. Additionally, they decrease cholesterol and boost your immune system.

Making the Matcha Latte

7 Now, put the matcha mixture to the side, and fill a glass with milk of your choosing. The ratio of matcha powder to milk should be 1:1 (teaspoon to cup). In this guide, I used 1.5 teaspoons of powder and 1.5 cups of oat milk. If you would like a warm latte, microwave or warm the milk over the stove to your desired temperature.



8

Optional Step:

A milk frother can be used for a foamy milk top, or "milk cap." It is entirely optional, but can make your matcha latte look cafe-quality and Instagram-ready.

Carefully put your milk frother in first, then turn it on. Froth to your desired amount.



Word of Caution: To avoid any milk splashing out or splattering, make sure you put the frother in the glass before turning it on. Additionally, avoid holding it in the upper 1/4 of the glass, as that may cause the milk to splatter out easily. For a splash-proof environment, place or hold the glass over the kitchen sink.

9

Now, place your desired number of ice cubes in the cup. The more ice cubes, the more diluted your matcha latte could be. Typically, I use three ice cubes.



10 Finally, combine the matcha mixture and the milk!

Be careful of the mixture spilling out, especially if you're using a bowl or cup with a wider lip.



11 Lastly, add a sweetener of your choice — or none at all! It's up to your preference. In this guide, I used about 1.5 teaspoons of honey.

Tip: Sweeteners like sugar can be used, or even liquid sweeteners like Stevia! Honey and maple syrup are also wonderful natural sweeteners that can make your matcha latte a wonderful sweet treat.



12 Last but not least, stir, stir, stir!

You are done with your matcha latte! Enjoy with a sweet treat!



Conclusion

That's it! A matcha latte can be quickly made at home, with some ingredients you may already have in your fridge. Making a matcha latte can be a wonderful way to get a headstart on your day and clear your mind.

Next time you're craving a matcha latte, remember that you can just as easily make it at home! Being able to fully customize sweetness level, amount of matcha flavor, as well as what kind of milk you use is a big perk to homemade matcha.

Hope you enjoyed this glimpse into the wonderful, bright-green world of matcha!