

# Green Matcha Smoothie

Perfectly festive for St. Patrick's Day, this delicious dairy-free breakfast or snack matcha smoothie is packed with fruit and a nutritious handful of spinach.



One of the best things about this delicious recipe is that it is dairy, soy and gluten free. Did you know that 10% of the U.S. is following a plant-based diet? While some eaters have to based on an allergy or intolerance, others are doing it to kick-start a healthier lifestyle all around. Regardless of the reason, we suggest you try this filling, colorful, flavorful smoothie bowl made with dairy-free [Daiya Foods](#).

## Green Matcha Smoothie

Perfectly festive for St. Patrick's Day, this delicious dairy-free breakfast or snack matcha smoothie is packed with fruit and a nutritious handful of spinach.

Author: Daiya Foods  
Recipe Type: Smoothie  
Serves: 1 smoothie



Print

### Ingredients

- 1 Kiwi, (halved)
- 1 banana
- 1 Daiya Peach Greek Yogurt Alternative, (You can use any flavor, but we used peach)
- 1 Tbsp Matcha Powder
- ½ Cup Non-dairy milk
- 1 Handful Spinach, (optional)
- Ice

### Instructions

1. Add fruit, matcha powder, non-dairy milk, ice and greens to a blender
2. Blend until smooth

3/13/17

<http://honestcooking.com/green-matcha-smoothie/>