

Green Monster Matcha Energy Balls Recipe:

1 cup raw cashew, soaked overnight in water. Or soaked with boiling water, covered for 1 hr.

3/4 cup pitted dates, soaked in warm water for a few minutes to plump up

3/4 cup shredded unsweetened unsulfured coconut, more for rolling

1 tbsp organic Matcha powder

Blend all ingredients in a high speed blender or food processor until fully combined and almost smooth in consistency.

Roll into 1 teaspoon sized balls. Place in refrigerator for 1 hr to set. These can keep in the freezer for up to 3 months for future snacking.

These Green Monster Energy Balls are a great morning or afternoon snack alongside your morning coffee or tea. Or you may want to consider swapping out that morning coffee for a Matcha Green Tea Latte instead.

Here is how I make mine:

Matcha Green Tea Latte Recipe:

Combine 1/2-1 teaspoon of organic matcha powder to 1/4 cup of nearly boiled water.

Whisk in a "W" formation with a bamboo whisk [like this one](#) until fully dissolved. You can also give it a few pulses in your blender if you do not have a whisk.

Add your favorite non-dairy steamed milk and enjoy.

If you are brand new to Matcha, you may wish to add 1 tsp of raw honey or real maple syrup to taste.