

# Around The World In 5 Green Tea Smoothies



## Kyoto Matcha & Red Bean Smoothie

**Inspired by:** Japan

Think of this one as the smoothie version of a sweet wagashi treat — earthy, cozy, and just exotic enough to make your breakfast feel artsy (and sneakily nourishing). Packed with antioxidants and slow-release carbs, it's the perfect morning smoothie to ease you into a calm, productive day.

**Ingredients:**

- 1 tsp ceremonial matcha
- 1 frozen banana
- 1/4 cup unsweetened red bean paste (anko)
- 1/2 cup unsweetened almond milk (or oat milk)
- (Optional) Pinch of sea salt

**Taste profile:** Earthy, subtly sweet, and satisfyingly wholesome.

**Top it with:** Black sesame seeds or chia seeds.

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## Bangkok Thai Tea & Coconut Smoothie

**Inspired by:** Thailand

This one is sunshine in a cup — spicy, creamy, tropical, and packed with naturally sweet fruit. Refreshing and light, it's a fabulous midday pick-me-up.

**Ingredients:**

- 1/2 cup brewed Thai green tea (cooled)
- 1/2 frozen mango
- 1/4 frozen banana
- 1/2 cup light coconut milk
- 1 tsp raw honey
- Ice cubes

**Taste profile:** Sweet-meets-spicy tropical bliss.

**Top it with:** Toasted coconut flakes and a lime wedge.

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## Marrakech Mint Green Smoothie

**Inspired by:** Morocco

Cucumber, mint, green tea — basically a spa day your body will love.

**Ingredients:**

- 1/2 cup brewed mint green tea (cooled)
- 1/2 cucumber (peeled and chopped)
- 1/2 green apple
- Juice of 1/2 lime
- Handful of fresh mint leaves
- Ice

**Taste profile:** Crisp, hydrating, lightly sweet.

**Top it with:** Mint leaves and cucumber ribbons.

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## Mumbai Mango Lassi Matcha Smoothie

**Inspired by:** India

Lassi meets matcha and magic happens — creamy, fruity, and secretly packed with protein.

**Ingredients:**

- 1/2 cup plain Greek yogurt (unsweetened)
- 1/2 cup mango chunks
- 1/2 cup cooled green tea
- Pinch of ground cardamom
- (Optional) Dash of rosewater

**Taste profile:** Creamy, naturally sweet, lightly floral.

**Top it with:** Crushed pistachios and a swirl of raw honey.

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## Nordic Berry & Jasmine Green Smoothie

**Inspired by:** Scandinavia

Minimalist. Icy. Gorgeous. Basically the smoothie version of hiking a glacier — but cozier.

**Ingredients:**

- 1/2 cup brewed jasmine green tea (cooled)
- 1/2 banana
- 1/2 cup frozen mixed berries
- 1/2 cup oat milk
- Tiny dash of vanilla extract

**Taste profile:** Light, floral, gently tart.

**Top it with:** Fresh berries and ground flaxseed.

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### Which Destination Are You Sipping First?

Tell me in the comments — I'd love to hear! 💚 ✨