

# Iced Cucumber Lemon Matcha

**Serving size: 12 oz**

**Makes 1 servings**

## Ingredients:

- ¼ tsp Matcha Powder
- 9 fl oz Warm Water
- 1 ½ TBSP Sugar
- 1 ½ TBSP Water
- 1 oz (2 each) English Cucumber Ribbons
- 3 TBSP Lemon Juice

## Preparation:

1. Whisk matcha powder into warm water until dissolved. Chill.
2. Make a simple syrup by combining sugar and water in a pot. Bring mixture to a simmer and stir until sugar is dissolved. Chill mixture.
3. To make cucumber ribbons, cut cucumber in half width wise. Use a mandolin to cut halved cucumber into ribbons lengthwise.
4. Combine matcha tea mixture, simple syrup and lemon juice and pour over ice. Garnish with cucumber slices.

*Registered Dietitian Approved!*



Scan here to download recipe

## NUTRITION FACTS PER SERVING

<b>calories</b>	80
<b>total fat (g)</b>	0
saturated fat (g)	0
trans fat (g)	0
<b>sodium (mg)</b>	10
<b>total carbohydrate (g)</b>	23
dietary fiber (g)	0
sugar (g)	20
<b>protein (g)</b>	0

