

---

# Matcha Green Smoothie Bowl

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Vanilla Pudding Base:

1/2 cup raw cashews

1/4 cup coconut oil

1/2 cup full-fat coconut milk

1-2 tbsp honey

1/2 tsp vanilla paste (or 1 tsp vanilla extract)

To make the smoothie:

4-5 frozen vanilla cashew cubes

1 frozen banana

1 tsp matcha powder

1 tsp greens superfood powder (optional)

Toppings: Granola, fresh berries, coconut flakes, cocoa nibs, chia seeds

---

Instructions:

1. Soak cashews in filtered water for 3 hours or overnight. Drain and place in the blender with the coconut oil. Blend for 30secs. Add the coconut milk, honey and vanilla and blend until smooth.
2. Divide the mix into ice cube trays and store in the freezer.
3. When ready to make the smoothie. Put 4-5 pudding cubes in a blender with the banana. Mix the matcha powder and superfood powder (if using) with 2 tablespoons of water until smooth. Add to the blender and blend until smooth. Transfer to a bowl and decorate with your desired toppings.