



# ELDERBERRY MATCHA SHAKE

SERVINGS: 2    ACTIVE TIME: 2 mins    TOTAL TIME: 2 mins

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*When the seasons change, our bodies need a little extra help to keep our immune systems in good shape. This delicious shake is a breeze to make and is chalk full of antioxidants, vitamins and minerals to fight off bugs and remove toxins to keep your body strong. It's a great way to kick off your morning and it'll keep you cool as the weather gets warmer. Respect your elderberries and meet your matcha, it's the sensible thing to do.*

## Ingredients

- > 1 cup almond milk
- > 2 tablespoons Norm's Farms Elderberry Wellness Syrup
- > 1 tablespoon local honey
- > 2 teaspoons matcha powder
- > Half of a ripe banana
- > The juice of half a lemon
- > 2 cups of ice

## Directions

You can use any kind of milk you like, be it cow's milk, almond milk, coconut milk or soy milk. They all have different benefits and flavors and it is ultimately up to your personal preference. You can find matcha in most grocery stores these days, but if you have trouble finding it you can try your local Asian market or there is always the Internet to help you procure the less common ingredients.

Start by combining all of the ingredients except for the ice into a blender and pulse until the banana and matcha been well incorporated with the rest of the ingredients. Next add the ice and pulse until smooth. Divide across two glasses and serve immediately. You can also put half of it into the refrigerator and keep for up to 48 hours.



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## Shopping List

- |   |  |                                  |
|---|--|----------------------------------|
| <input type="checkbox"/> almond milk                            | <input type="checkbox"/> local honey   | <input type="checkbox"/> a lemon |
| <input type="checkbox"/> Norm's Farms Elderberry Wellness Syrup | <input type="checkbox"/> matcha powder | <input type="checkbox"/> ice     |
|   | <input type="checkbox"/> a ripe banana |                                  |