



## BREADS

### Vegan Raw Matcha Lemon Biscotti



**Description:** This recipe is a new way to have one of those perfect morning treats without any of the guilt! Featuring BōKU®'s Matcha Green Tea paired with zesty fresh lemon, this will be a refreshing energizer for the productive day ahead! Created by BōKU®'s own team member & raw chef extraordinaire, Nick White!

**BōKU® Ingredients:** Matcha Green Tea

**Ingredients:**

1 ½ cups whole raw almonds, soaked in water for 1hr and strained

Zest of 1 lemon

3 tablespoons freshly squeezed lemon

1/4 cup filtered water

3 tablespoons raw agave nectar

¼ cup ground flax seeds

1 tsp matcha green tea

1 tbs raw vanilla extra or regular organic vanilla extract

1/2 tsp fine sea salt

#### **HOW TO BōKU:**

In a food processor with the metal S blade, add the soaked almonds, lemon zest, lemon juice, water, and agave until smooth. This takes about 2 - 3 minutes. Remember to scrape down the sides when necessary. Next add the Bokū Matcha Green Tea, ground flax seeds, vanilla and sea salt. Process until you have a smooth consistency.

Separate the dough into fourths and form each fourth one at a time on a dehydrator sheeted tray. Make each fourth 5 inches long by 3 inches wide and 1in tall. Shape the at least 1 or 2 inches apart and dry at 105 F for 9- 12 hours.

Cut into individual biscotti and place cut-side down on the mesh sheets. Dry for 4 to 5 hours or until crispy. Share them right away or let them chill out and put them in an airtight container. They will last for 2 weeks.

#### **Variations:**

If you do not want to use a dehydrator you can set the oven to 150 F, form the squares on a lightly oiled parchment paper lined cookie sheet and put in the oven 2-3 hours or until firm enough to flip over slice and bake for another 3 to 4 hours or until crisp and slightly golden brown. They will not be raw at this point but will not harm most of the nutrients in the process. If desired, you may want to press slivered almonds into the biscotti prior to firming up.

### Vegan Matcha Donuts



**Description:** Have your tea and eat it, too! This delicious vegan, organic matcha green tea donuts will satisfy your sweet tooth and give you a boost of antioxidants and energy! Matcha is high in fiber and is known to improve mental clarity. Reap these benefits in this yummy baked, not fried, treat!

**BōKU® Ingredients:** Matcha Green Tea

**Prep Time:** 18 minutes

**Cook Time:** 12 minutes



**Serves:** 6 (depending on size of molds)

**Ingredients:**

- 1 1/2 cups whole wheat flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 3/4 cup almond milk
- 1 teaspoon raw apple cider vinegar
- 1 teaspoon pure vanilla extract
- 1/4 cup unsweetened applesauce
- 1/4 cup organic coconut oil
- 1 cup icing sugar
- 1 teaspoon Organic BōKU® Matcha powder
- 3 tablespoons almond milk

**HOW TO BōKU:**

1. Preheat your oven to 350°F and grease a donut pan with coconut oil.
2. Combine all the dry ingredients in a large bowl. In a separate mixing bowl, combine the wet ingredients. Add the wet ingredients to the dry ingredients. Mix until just combined and a soft dough is formed.
3. Scoop dough into the pre-greased donut pan and bake in the oven for 12 minutes. Remove from the oven and allow to cool.
4. Begin making your glaze by mixing the icing sugar, BōKU® Matcha Green Tea powder and almond milk together.
5. Once the donuts have cooled, simply dip each donut into the bowl of icing, and set on a cooling rack. Top with sprinkles or organic coconut sprinkles.

Serve at room temperature and store in an airtight container for best results. Enjoy!

**Super Matcha Scones**



**BōKU® Ingredients: Super Matcha Green Tea**

**Ingredients:**

- 2 cups oat flour
- 4 tbsp baking powder
- 1 tbsp matcha powder
- Pinch of sea salt
- 1/3 cup coconut oil, melted
- 1 can (16oz) coconut milk, room temp
- 1 tsp vanilla extract

1/3 c frozen (do not thaw) blueberries

**Glaze:** Mix ½ cup powdered sugar mixed with 1 tbsp non-dairy milk (add small amounts of milk at a time).

**HOW TO BōKU:**

Preheat oven to 400 degrees.

Combine flour, baking powder, sugar and BōKU Matcha Green Tea in a mixing bowl.

Add in coconut oil, vanilla extract and coconut milk and mix with hands until a dough forms.

Work the dough into a ball and spread onto a parchment paper so it is about 2 inches thick.



Bake for about 20 minutes or until the bottoms turn slightly golden brown.  
Let cool, then drizzle with glaze.

### Matcha Nice Cream



**BōKU® Ingredients: Super Matcha Green Tea**

**Ingredients:**

- 2-3 tbsp BōKU Matcha Green Tea
- 2 cups full-fat coconut milk, chilled and divided from water
- 1 cup raw cashews, soaked 4-6 hours, and rinsed well
- ¾ cup organic white, gold or raw sugar or maple syrup
- 1 tsp vanilla extract
- ½ cup almond milk
- small pinch of salt

**Instructions:** In a blender combine cashews and almond milk until the mixture is thick and creamy. Add remaining ingredients and blend until creamy. Place mixture in airtight container and place in the freezer for one hour. After one hour, stir, then let sit for another hour or until it hardens completely in freezer. Serve and garnish with mint leaves if desired.

### Chocolate Coconut Energy Bites



**BōKU® Ingredients: Super Matcha Green Tea**

**Ingredients:**

- ½ cup soft, pitted dates\*
- 1/2 cup raw almonds
- 1/4 cup unsweetened cocoa powder
- 1 T BōKU matcha green tea powder
- 1 T unsweetened almond milk
- 1 cup coconut shavings

**HOW TO BōKU:**

Add dates and almonds to the food processor and blend until the ingredients turn into a sticky, dough-like ball. Break up the mixture and add the cocoa powder, non-dairy milk and BōKU matcha tea. Blend until all ingredients have been combined and turn into a sticky, dough-like ball. Roll the mixture into 10 small balls with your hands. In a large bowl with the coconut shavings, roll each ball until covered with coconut. Place on sheet of parchment paper. Store in refrigerator for up to 2 weeks or longer in freezer.

## RICE & NOODLES

### Vegan Wild Rice Stuffing



**Description:** This stuffing made of wild rice, shallots, BōKU® Golden Berries, and mushrooms is wildly delicious! Naturally gluten free, vegan, protein rich and high in fiber, this recipe is a winner all the way around and makes a perfect addition to your Thanksgiving meal. You don't have to be a vegan to appreciate the great taste of this vegan wild rice stuffing. Enjoy!

**BōKU® Ingredients: Super Golden Berries™**



### Ingredients:

- 2 quarts vegetable stock
- 3 cups wild rice, rinsed
- 1 pinch sea salt
- 1 tablespoon olive oil
- 6 large shallots, chopped
- 6 garlic cloves, minced
- 1 pound white mushrooms, thinly sliced
- 1 tablespoon soy sauce or wheat-free tamari
- 1 teaspoon dried thyme
- 1/2 cup BōKU® Super Golden Berries™
- Freshly ground black pepper
- 1 cup chopped fresh parsley
- 1/3 cup chopped fresh sage

**HOW TO BōKU:** 1. Bring the stock to a boil. Add the rice and salt to the stock and bring to a boil. Reduce the heat, cover and simmer for 35-45 minutes, or until the water is absorbed. Remove from heat.

2. Heat the olive oil in a sauté pan, add the shallots and garlic and cook for about 10 minutes, or until golden. Add mushrooms and continue to cook, stirring it occasionally, until the mushrooms release their juices that will help make your stuffing delectable!

3. Add the pepper, soy or tamari, and thyme. Cook until the liquid evaporates. Transfer to a large bowl with the rice. Add the golden berries, parsley and sage and toss to combine together. Taste and adjust the seasonings, adding more pepper, if necessary. Enjoy!

## BōKU® BREAKFASTS

### Matcha Chia Pudding



**Description:** Cha-cha-cha-chia! Try this energizing breakfast packed full of fiber, omega-3's, antioxidants, and anti-inflammatory compounds. Easy to make, raw, and vegan, this breaky contains as much caffeine as a cup of coffee. This is the ultimate breakfast of chia-champions!

**BōKU® Ingredients: Matcha Green Tea**

#### Ingredients:

- 4 tablespoons chia seeds
- 1 cup almond milk (or other non-dairy milk)
- 1 tablespoon rolled oats

1-2 tablespoons organic maple syrup

1 teaspoon vanilla

½ teaspoon matcha powder

#### HOW TO BōKU:

1. Blend 1 tablespoon of the chia seeds into a blender with all other ingredients.
2. Pour mixture into a bowl and stir in remaining 1 tablespoon of chia seeds.
3. Cover with and refrigerate for at least 3 hours (or overnight!) until your pudding is the perfect consistency.
4. Enjoy with maple syrup or fresh fruit on top (or both!)



## SUPER SIPS

### Matcha Mint Iced Tea



**Description:** Matcha mint iced tea is a cool refreshing beverage that makes a perfect treat any day. This recipe is super quick

and easy and tastes delicious! The matcha provides an energy boost that is great for that little middle of the day pick-me-up, and the cool mint leaves are a fantastic compliment to the rich green tea flavor.

#### **BōKU® Ingredients: Matcha Tea**

##### **Ingredients:**

- 2 Cups Filtered Water
- 2 Teaspoons BōKU® Super Matcha Green Tea
- 2 Cups Crushed Ice
- 1 Lime, Sliced
- Pinch of Mint Leaves
- Splash of Almond Milk, Add to Taste
- If Desired: Honey or Organic Coconut Sugar

##### **HOW TO BōKU:**

1. Using a shaker bottle, shake together the water, almond milk, and matcha until there are no clumps and the liquid has a smooth texture.
2. Add the ice, a squeeze of lime, and pinches of mint followed by another round of shaking. (Add the honey or organic coconut sugar in this step also if desired)
3. Pour into glasses with a slice of lime and some extra mint leaves.
4. Enjoy!

### Hot Matcha Latte



**Description:** This delicious Matcha Green Tea Latte is more than just a pretty face (let's be serious – Matcha Green Tea Latte's could model they are so good looking). Matcha Green Tea is notorious for enhancing energy, detoxifying, and even enhancing your mood! It's also high in fiber and organic content which buffers the absorption of caffeine. Hit the road coffee jitters – matcha is in town!

Want to get fancy? Try a little Latte foam art! To make the design pictured, just space out small dollops of frothed milk on top of your matcha mixture. Take the end of a skewer or tip of a thin knife and drag through the dollops, connecting them all on the same line.

#### **BōKU® Ingredients: Matcha Green Tea**

##### **Ingredients:**

- 1 teaspoon BōKU® Matcha Green Tea
- 1/4 cup boiling water
- 2 teaspoons pure organic maple syrup or honey





1 cup unsweetened almond milk, steamed or heated

**HOW TO BōKU:**

1. Combine hot water, matcha powder and pure maple syrup into your favorite coffee cup and mix well.
2. Heat the nut-milk over the stovetop OR using a milk frother.
3. Pour the hot almond milk into the mug with the matcha mixture and enjoy!

**Matcha Lemon Chia Chiller**



**BōKU® Ingredients: BōKU Matcha Green Tea**

**Ingredients:**

1 cup water

1 cup coconut water

2 tbsp chia seeds

1 tbsp fresh lime juice, or to taste

Sweetener, to taste. ½ tbsp B Grade maple syrup, few drops of liquid stevia or 1/32 tsp of stevia powder. You may also choose a different sweetener of your choice.

**HOW TO BōKU:**

Add chia, coconut water and plain water into a glass and mix well. Let sit for 10 minutes to allow the chia seeds to absorb up liquid. Add lemon juice and sweetener to taste. Shake to combine and enjoy!