



Recipes

Beverages

Matcha Green Tea Latte

Prep Time: 10 minutes

Cooking Time: None

Yield: 1-2 servings

Ingredients:

Loose matcha green tea

1 cup filtered water

1/2 cup almond milk or Karen's Cashew Cream

1 tablespoon MCT Lean MCT Oil

Directions:

1. Brew 1 cup matcha green tea according to package instructions.
2. Add almond milk or Karen's Cashew Cream.
3. Add MCT oil.
4. Mix in a high-speed blender or Vitamix until frothy.
5. Enjoy!

Note:

Matcha green tea is available as a concentrated powder and can be found at health food stores

Do not add matcha green tea powder to boiling water because it will taste "grassy." Boil the water and let it sit for 5 minutes before adding the tea.