

Matcha Latte

Matcha green tea is a delicious beverage and the health benefits are many. You can read my newsletter article about it [here](#). A word of caution it does have caffeine. This makes it a great beverage to use as you wean off coffee. If you normally don't drink caffeine, drink only limited amounts of this or leave it out. The gelatin is optional but highly beneficial for your digestive system.

1 serving

½ -1 tsp matcha green tea powder

1 tsp gelatin

Hot water

7-12 drops liquid stevia or ½-1 tsp raw honey

4 Tb hemp milk heated

- Put matcha powder and gelatin into a cup.
- Pour hot water into the cup while whisking with a small whisk or fork
- Add stevia and hemp milk
- Whisk until frothy.