

Matcha Latte

Matcha green tea is a delicious beverage high in antioxidants. Matcha is the powdered form of green tea that boosts your metabolism. 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 Tb [grass fed gelatin](#)

8 oz hot water

¼ cup [hemp](#) or [almond milk](#)

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

- Put match powder and gelatin into a blender
- Pour in the hot water and hemp or almond milk
- Blend a few seconds until frothy
- Pour into a cup and add sweetener

If you want to make it without the blender

- 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.