

White Chocolate Matcha Latte

Adapted from Dawson Church

This drink came about as a variation on the popular bulletproof coffee from Dave Asprey's Book the Bulletproof Diet. The fat and protein rev up your metabolism creating energy and a sharp, focused mind.

1 large serving or 2 small servings

1 tsp [Matcha Green Tea](#)

½ Tb [cacao butter](#) or coconut oil

12 oz hot water

¼ cup nut milk, hemp, almond or coconut
stevia to taste (optional)

Optional:

¼ tsp vanilla

1 scoop [collagen](#)

¼ tsp cinnamon

- Heat the water.
- Place Matcha powder, cacao butter and collagen if using into a blender.
- Pour in the hot water, nut milk and vanilla if using, blend until smooth and frothy.
- Add stevia to taste
- Sprinkle with cinnamon if using. Enjoy

Nutrition Information

Matcha Green Tea; A Magnificent Metabolic Booster

Matcha green tea is a super-potent form of green tea, found only in Japan, that's got 3x the antioxidant power. It's got 137 times more of the antioxidant EGCG, which improves virtually every part of your metabolism - accelerating body fat breakdown, preventing fat accumulation and speeding up metabolism itself.

Cacao Butter: The World's Most Powerful Antioxidant

This metabolic rock star is what gives chocolate its melt-in-your mouth, satisfying quality. Infused with relaxing minerals like magnesium and potassium, **cacao butter** also has the antioxidants epicatechin and resveratrol that cools the inflammation that stress your adrenals. And it's loaded with super-healthy fats that keep your appetite down and your energy up, plus saturated fats like palmitic acid that strengthen your brain and heart. The cacao bean contains the highest antioxidant power of any food in the world - 10x more than blueberries and 20x more than spinach.

Cinnamon: A Potent Blood Sugar Blocker

Want to add a little Christmas deliciousness to your morning metabolic boost? Just add some **cinnamon** - a powerful blood sugar reducer that lowers insulin, your #1 fat-making hormone. Cinnamon's power comes from, MCHP a compound that mimics insulin, meaning less insulin is needed and more fat burning occurs! It also lowers "bad" cholesterol (LDL) while having no effect on good (HDL) cholesterol.

Vanilla: The Ultimate Brain Booster

This scrumptious ingredient has over 200 organic components that create an irresistible flavor and delicious aroma. Used by the Aztecs who added this to their favorite chocolate drink, **vanilla extract** is loaded with vanilloids, powerful compounds that reduce brain inflammation, sharpening your mind and speeding thinking.