Matcha Hemp Latte

Matcha is a green tea full of catechins, which have been linked with cancer prevention, weight loss and heart benefits. Matcha Green Tea is a fine powdered form of shade grown green tea leaves. Because it is a powder you consume the entire leaf and your body gets more benefits from its nutritional properties than traditional brewing. It is helpful to have a mini whisk to make it but you can use a fork. Green tea does contain caffeine that might give you a little buzz if you are not use to it. It is a great coffee replacement.

Hemp is one of nature's richest forms of complete protein. It is considered to be hypo-allergenic and is easily digested.

Yield: 1 serving

1 tsp matcha green tea powder
1 cup boiling water
1/4 cup fresh hemp milk (recipe below)
6-12 drops of liquid stevia

- Place matcha powder into a cup.
- Whisk in the boiling water to dissolve the tea
- Whisk in the hemp milk until frothy
- Enjoy!

Hemp Milk

Yield: 4 cups

1 cup shelled hemp seeds
3 cups filtered water

- Blend hemp seed and water together in a high speed blender for 3 minutes.
- Store in a glass container in the refrigerator for up to 5 days.