



Green Tea Collagen Latte

1 serving

10 minutes

Ingredients

1 1/4 cups Unsweetened Almond Milk
 1/3 oz Collagen Powder
 1 tsp Green Tea Powder (Matcha)
 1 tsp Maple Syrup
 1 tsp Coconut Oil

Nutrition

Amount per serving	
Calories	127
Fat	8g
Carbs	6g
Fiber	1g
Sugar	4g
Protein	10g
Selenium	4µg

Directions

- 1 Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
- 2 Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
- 3 Pour into a mug and enjoy!

Notes

Nut-Free: Use a nut-free milk instead, like coconut or oat.

More Flavor: Adjust the maple syrup according to preference.

Additional Toppings: Sprinkle with additional green tea powder to serve.

Make it Vegan: Omit the collagen powder.