



Episode 10 - Recipes

Matcha Latte

INGREDIENTS

- 1 teaspoon good quality matcha (or less)
- 1/4 cup almond milk (or milk of your choice)
- 1 cup hot water
- 1/2 teaspoon coconut butter
- 1 tablespoon local honey
- 1/2 teaspoon vanilla

top with cinnamon

DIRECTIONS

1. Put all ingredients into the blender
2. Blend on high for 30 seconds
3. Pour over ice or serve hot
4. Top with cinnamon

