

# Matcha Collagen Latte

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 tsp matcha powder
- 1 scoop collagen unflavoured
- 1-3-1/2 cup hot water
- 1/2 cup non-dairy milk\*
- Optional: 1/2 tsp with honey

## Instructions:

1. Boil water in a kettle. Once boiled open lid to kettle and let cool for 5 minutes. Never combine scalding hot water with matcha, it will make the matcha very bitter.
2. Place 1 tsp of matcha powder into mug and combine with hot water. Whisk until no powdery bits remain.
3. Using a milk steamer or frother, steam milk to desired consistency. See notes for another method if you don't have a milk steamer/frother.
4. Pour milk into mug with matcha. Add honey if using and stir. Enjoy right away!

## Notes:

Serves 1. \*I use Elmhurst 3-ingredient oat milk If you don't have a milk frother or steamer, you can place all your ingredients into a high power blender and blitz until frothy.