BetterBody Foods

Keto Matcha Latte

Prep: 10 min Cook: 0 min Total: 10 min Servings: 1

Calories: 288 Fat: 31g Protein: 2g Carbs: 3g Fiber: 1g

Ingredients

- 1 tsp matcha powder
- 3 Tbsp lukewarm water
- 2 - 3 tsp zero calorie sweetener or 1-2 drops of liquid stevia
- 1/3 cup heavy cream
- 3/4 cup unsweetened almond milk
- 1 Tbsp BetterBody Foods MCT Oil

Directions

1. In a small container, whisk matcha powder and lukewarm water until no more lumps. In a heat proof container add in heavy cream, sweetener of choice, and almond milk warm until medium heat, about 2-3 minutes or until hot. Pour hot milk mixture into a mug and top with frothed matcha tea, then drizzle with 1 Tablespoon of BetterBody Foods MCT oil.
2. Enjoy your Keto Matcha Latte!