

Green Tea Collagen Latte

5 ingredients · 10 minutes · 1 serving



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!

Ingredients

300 milliliters Unsweetened Almond Milk
10 grams Collagen Powder
2 grams Green Tea Powder (Matcha)
7 grams Maple Syrup
5 milliliters Coconut Oil

Nutrition

Amount per serving

Calories	127	Fiber	1g
Fat	8g	Sugar	4g
Carbs	6g	Protein	10g

