

Mood-Boosting Keto Matcha Latte with Collagen & MCTs



Prep Time

10 minutes

Total Time

10 minutes

Servings

1

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, dairy-free, soy-free, gluten-free

Required Equipment

Blender



Nutrition

72 Calories

2g Fat

10g Protein

2g Net Carbs

Ingredients

- 1 cup Water (8 ounces)
- ¼ cup Unsweetened coconut milk (2 ounces)
- 1 tsp Matcha
- 1 scoop Natural Force Collagen Peptides
- ½ tsp Natural Force Vanilla Keto Coffee Creamer
- ½ tsp Cinnamon
- ½ tsp Ashwagandha

Instructions

1. Combine water and coconut milk in a small saucepan on the stovetop and heat over medium heat until almost boiling.
2. In a blender, combine hot water and coconut milk, matcha, Collagen Peptides, Vanilla Keto Coffee Creamer, cinnamon, and ashwagandha.
3. Blend for 1-2 minutes.
4. Pour blender contents into your favorite mug and enjoy immediately!