Prepared for Wellness

Iced Matcha Latte



Ingredients:

- **1 tsp** Jade Leaf matcha powder
- 1 cup coconut milk (or milk of choice)
- 1/4 cup coconut milk creamer (or creamer of choice)
- 1/4 tsp ground cinnamon
- 2 tbsp water
- 1 coffee mug (or small heat resistant bowl)
- 1 drinking glass filled halfway with ice
- 1 matcha whisk, hand frother, or small whisk

Directions:

Step 1: Place 2 thsp of water in mug or bowl. Heat for 40 seconds in microwave.

Step 2: Add matcha powder & cinnamon to heated water & *blend until smooth.

Step 3: Add coconut milk to matcha and stir vigorously to blend.

Step 4: Pour into ice filled drinking glass. Top with coconut milk creamer ℰ enjoy!

*For best results blend with hand frother, small whisk, or matcha whisk