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Matcha Iced Latte (FP)

This is a refreshing afternoon pick-me-up with the added bonus of having the superfood benefits of matcha!

Serving Size: Single-serve

INGREDIENTS:

- 1/2 cup unsweetened nut milk
- 1/2 cup water
- 1/2 to 1 teaspoon powdered matcha tea
- 1 teaspoon THM Gentle Sweet (to taste)
- 1 teaspoon vanilla extract
- 2 teaspoons THM unflavored Pristine Whey Protein Powder
- 1/2 cup ice

INSTRUCTIONS:

1. Blend and serve. (Leave some ice chunky if desired.)

RECIPE NOTE:

For a creamier S-version, add 1 Tablespoon heavy cream or half-n-half.

The *Matcha Iced Latte* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com