

Matcha Collagen Latte

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 scoop Genuine Health collagen (marine or bovine) unflavoured
- 1 tsp matcha powder
- 1 tbsp coconut butter (aka manna)
- 1 tsp raw honey
- 1 cup almond milk
- 1/2 cup hot water
- Sprinkle bee pollen

Instructions:

1. In a high power blender, place 1 scoop (10g) collagen, matcha powder, coconut butter, raw honey, almond milk and hot water.
2. CAUTION: Let the steam from the hot water evaporate before you place the lid on the blender.
3. Blend on high for 30-60 seconds until nice and creamy.
4. Pour into a mug and sprinkle with bee pollen.

Notes:

Serves 1.