

Matcha Magic

Serves: 2

Ingredients:

- 2 cups almond milk
- 1 tbsp pure vanilla extract
- 2 teaspoon matcha powder
- 4-5 drops of cold pressed coconut oil
- Raw honey to drizzle

Method:

1. Place everything in the blender and blend until well combined.
2. Drizzle with honey.

Variations:

1. You may use coconut milk or cashew milk too.
2. Top it with pre-soaked pumpkin seeds.
3. You can use 2 tsp of moringa powder too in place of matcha powder.
4. It can be a wonderful a post workout drink too by adding 1 tbsp sattu to it.

Notes:

- Matcha is packed with antioxidants.
- Helps boost metabolism and calms the mind and body.
- Matcha is rich in fibre, chlorophyll and vitamins.
- Matcha powder contains L-theanine, an amino acid that has been shown to reduce stress.

Also watch : [Is Matcha a Superfood ?](#)

