

Matcha Latte

Low calorie frothy latte



1 Servings



5-10 Minutes

Ingredients

- 3 grams of ceremonial grade matcha
 - 25-30 ml of hot water
 - (Optional) 1-2 tsp of vanilla syrup
 - 300-400ml of your choice of milk
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Directions

1. Warm your matcha whisk with hot water
2. Then sift around 3 grams of ceremonial grade matcha in your matcha bowl
3. After sifting, add 10 ml of hot water (no higher than 80 °C) and whisk in a “Z” motion until a layer of froth appears on the surface of the matcha
4. Pour your milk and syrup (optional) in the glass cup first then use a frother to froth your milk
5. Once milk is frothed to your liking, pour your matcha into the cup and stir
6. Enjoy