



Iced Matcha & Crème



Entire recipe: 56 calories, 4g total fat (2g sat. fat), 105mg sodium, 5g carbs, 1g fiber, 1g sugars, 1g protein

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Prep: 5 minutes



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Ingredients

1 tbsp. sugar-free French vanilla powdered creamer
1 heaping tsp. (or 1 single-serve packet) unsweetened matcha green tea powder
1 packet natural no-calorie sweetener
1/2 cup unsweetened vanilla almond milk
1 1/2 - 2 cups ice

Directions

In a tall glass, combine creamer, matcha, and sweetener. Add 1/4 cup hot water, and stir to dissolve. Add almond milk and ice. Stir until cold and well mixed.

MAKES 1 SERVING

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