

# Matcha Latte

Matcha tea has been drunk in Japan as part of the tea ceremony for almost 900 years, and Buddhist monks would drink Matcha tea to keep them alert, awake and focused during long, silent hours of deep meditation.

1 tsp of Greens Organic Matcha

¼ cup hot water

¾ cup of soya or almond milk, simmered

1. Add the matcha to hot water and slowly whisk
2. Slowly add the simmered milk, tipping cup slightly creates more foam.

*Enjoy hot or warm!*

