



## Banana Muffin Iced Matcha Latte



Entire recipe (about 10 oz.): 121 calories, 4g total fat (1.5g sat. fat), 124mg sodium, 22g carbs, 1g fiber, 10g sugars, 2g protein

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**Prep:** 5 minutes



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### Ingredients

- 1 tsp. or 1 packet [matcha green tea powder](#)
- 2 tsp. sugar-free French vanilla powdered creamer
- 2 tsp. [natural no-calorie brown sugar substitute](#) that measures like sugar
- 1 packet natural no-calorie sweetener
- 5 oz. plant-based banana milk (like the kind by [Almond Breeze](#) or [Mooala](#)), divided
- 2 oz. unsweetened vanilla almond milk
- 1 graham cracker (1/4 sheet), finely crushed
- 1 dash cinnamon

### Directions

In a medium glass, combine matcha powder, creamer, brown sugar substitute, and sweetener. Add 3 oz. hot water, and stir to dissolve.

Fill a large glass with ice. Add matcha mixture, 2 oz. banana milk, and almond milk. Stir to mix.

Using a [countertop frother](#) or [handheld version](#), froth the remaining 3 oz. banana milk until light and foamy.

Spoon frothed milk over the drink, and top with crushed graham cracker and cinnamon.

**MAKES 1 SERVING**

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