



Strawberry Dalgona Matcha



Entire recipe: 96 calories, 2.5g total fat (0g sat. fat), 255mg sodium, 21g carbs, 2g fiber, 4.5g sugars, 6g protein

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Prep: 10 minutes

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Ingredients

3 tbsp. pasteurized liquid egg whites (like Egg Beaters 100% Real Egg Whites)
1 tbsp. natural no-calorie sweetener that measures like sugar
1 tsp. or 1 packet [matcha green tea powder](#)
1/2 packet of strawberry sugar-free powdered drink mix (like [the kind by Crush](#))
1 cup unsweetened vanilla almond milk
1/4 cup freeze-dried strawberries, crushed, divided
Optional: 1 dash citric acid

Directions

In a medium bowl, beat egg whites with [a hand mixer](#) on high until frothy, about 3 minutes. Add sweetener, and continue to beat for 1 minute.

Add matcha powder, and beat until mixture is very thick and high peaks have formed, 1-2 minutes.

Pour the drink mix (just half a packet) into a tall glass. For some tart flavor, add optional citric acid. Add almond milk, and stir to dissolve. Stir in 3/4 of the crushed strawberries.

Add ice to the glass. Top with the frothy matcha mixture and remaining crushed strawberries.

MAKES 1 SERVING

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