

Matcha Latte Bowl

Bowl Latte Matcha

- 5 min
- Easy
- 280 kcal per serving
- Breakfast
- Vegan
- Gluten-Free
- Quick



Ingredients

FOR ONE SERVING

Matcha powder <i>(Poudre de matcha)</i>	2 tsp
Oat milk <i>(Lait d'avoine)</i>	200 ml
Banana <i>(Banane)</i>	1 whole
Granola <i>(Granola)</i>	30 g
Honey <i>(Miel)</i>	1 tbsp

Nutrition facts

PER SERVING

Calories	280
Protein	8 g
Carbohydrates	38 g
Fat	12 g
Fiber	4 g

Preparation

- 1 Slice the banana and set it aside.
- 2 Warm the oat milk in a small saucepan or microwave until hot but not boiling.
- 3 Whisk the matcha powder into the warm oat milk until smooth and frothy.
- 4 Pour the matcha latte into a bowl.
- 5 Top with the sliced banana and granola.
- 6 Drizzle the honey over the top and serve immediately.

GOOD TO KNOW

For a smoother matcha, sift the powder before whisking.