



GREEN TEA FRAPPUCCINO

summer sips in sixty seconds!

I love a Green Tea Frappuccino from Starbucks as much as the next person, but I don't love the nutritional breakdown! With 48g of sugar and 320 calories in a TALL size, it was time for me to create a lightened up recipe! This recipe uses matcha green tea powder, which is loaded with antioxidants! Save yourself over 250 calories, 45g carbs, and 9g fat by making your own!



INGREDIENTS

1 cup coconut milk, light (carton or canned)
1 ½–2 cups ice
2 tsp matcha green tea powder
1 Tbsp sweetener
¼ tsp vanilla
optional: coconut whipped cream

PROCEDURE

- Combine ice, coconut milk, matcha green tea powder, sweetener of choice, and vanilla extract, in a blender.
- Adjust consistency if necessary using additional ice or milk.
- Top with coconut whipped cream and devour!

NUTRITION* per 8 oz glass (yields 2):
46 calories | 4g carbs | 3g fat | 0g protein

*Nutrition calculated using carton Silk coconut milk & stevia as sweetener



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