

# Bulletproof Keto Matcha Latte

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 2.6 g, Fiber: 0.2 g, **Net carbs: 2.4 g,**

Protein: 1.8 g, Fat: 29.7 g, Calories: 268 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 1 serving)

1/2 cup boiling water (120 ml)

1/2 - 1 tsp matcha powder

1/3 cup Aroy-D coconut milk (80 ml)

1 tbsp Brain Octane Oil or MCT oil or extra virgin coconut oil

*Optional:* 1-3 drops liquid Stevia or 1-2 tsp Erythritol or Swerve or 1 tsp Homemade Sugar-free Honey

*Note: I received a free sample of Bulletproof Brain Octane Oil and Coffee, both of which I will review in a future post.*

## Tips:

If you are new to matcha, start with just 1/2 tsp matcha powder and add more to taste.

Make sure you use liquid coconut milk like Aroy-D, do not use coconut cream or creamed coconut milk.

Avoid using coconut oil if making ice latte - coconut oil will solidify in cold drinks.

## Instructions

1. First, you need to mix the matcha powder in hot water. You can use a bamboo whisk or a frappe maker/ milk frother.
2. Add Brain Octane Oil and whisk again. Pour in a serving glass.
3. To make the coconut milk froth, I used a milk frother. Apart from using a milk frother, I described other methods for frothing in my Low-Carb Cappuccino recipe. Pour the frothy coconut milk in the glass with matcha. Optionally, sprinkle with more matcha powder, vanilla bean powder or cinnamon, and add your favourite low-carb sweetener or some Homemade Sugar-Free Honey. Enjoy hot or let it cool down and add a few ice cubes :-)

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