

# Low-Carb Dalgona Matcha Latte

Hands-on 5 minutes Overall 10 minutes

**Nutritional values (per serving, 1 glass using egg white):** Total carbs: 3.1 g, Fiber: 1 g,

**Net carbs: 2.1 g,** Protein: 5 g, Fat: 2.3 g, Calories: 52 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 1 serving)

1 large egg white *or* 1/4 cup heavy whipping cream (60 ml/ 2 fl oz)

1 tbsp [powdered Erythritol](#) *or* [Swerve](#) (10 g/ 0.4 oz) *or* [stevia](#) to taste

1/4 tsp [vanilla powder](#) *or* 1 tsp sugar-free [vanilla extract](#)

1 tsp [matcha powder](#), green tea powder

3/4 cup unsweetened [almond milk](#) *or* cashew milk (180 ml/ 6 fl oz ml)

*Optional:* 2-4 ice cubes

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## Instructions

1. Separate the egg white from the egg yolk and place in a bowl.
2. Beat the egg white using a hand whisk or an electric mixer.  
Optionally, you can add a pinch of cream of tartar or a few drops of lemon juice. This will help the egg white stay fluffy. If you're using heavy whipping cream, make sure not to over-beat it. You want it soft rather than stiff.
3. Add sweetener and vanilla and mix in.
4. Sift in the matcha and gently fold in.
5. After 20 to 30 seconds it will be soft, creamy and well combined.
6. To serve, place 2-4 ice cubes in a glass and pour in unsweetened almond or cashew milk. Use a spoon or spatula to top with the fluffy matcha mixture.
7. Unlike the [Dalgona Chocolate Milk](#), the matcha powder will not deflate the meringue and will be super fluffy so make sure your glass is big enough.
8. Optionally, sprinkle more matcha or vanilla on top. Enjoy immediately. I stir mine before serving — it makes this drink super creamy!

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