

# Dalgona (Whipped) Matcha Latte

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Serves 1

1 Point on all plans (if you use a different milk or sugar, adjust points)

- 1 1/2 tsp matcha powder (or more or less to your taste)
  - 1 1/2 tsp zero calorie sweetener (or to taste) \*\*I think it needs more, but I like sweet ☐
  - 2 tsp boiling water
  - 2 Tbsp aquafaba ( chick pea juice, drained from the can) OR 1 egg white (egg white will not be cooked, it will be consumed raw, the USDA does not recommend this)
  - 1 cup unsweetened almond or cashew milk, or milk of choice
1. In a small bowl, combine matcha powder and sugar substitute. Add boiling water and whisk until matcha and sugar are dissolved, Set aside
  2. In another bowl, measure 2 Tbsp of aquafaba. Beat with an electric mixer with the whisk attachment on high until stiff.
  3. Drizzle in/scrap in matcha mixture and whisk in on low until completely incorporated.

4. Pour milk over ice and to with matcha whip. Stir together, enjoy.