



LIVINGOOD DAILY

MATCHA RECIPE GUIDE





Iced Matcha Collagen Latte

Servings: 1 | Time: 5 minutes

Put all ingredients in a blender or use a hand frother and mix until smooth. Pour over ice and enjoy!

1 scoop [Livingood Daily Matcha + Moringa](#)

1 1/2 cups milk of choice (I like almond milk or coconut milk)

1 scoop [Livingood Daily Vanilla Collagen](#)

1 tsp vanilla extract or raw local honey



Matcha Latte

Servings: 1 | Time: 15 minutes

Heat milk to desired temperature in a small pan. Stir often and do not boil (can also use a milk frother instead). Remove from the heat and pour into a blender or a cup if using a hand frother.

Add the matcha and remaining ingredients and blend until frothy. Pour into your mug and sprinkle a tiny sea salt on top if you wish!

1 scoop [Livingood Daily Matcha + Moringa](#)

1 1/2 cups milk of choice

1 scoop [Livingood Daily Vanilla Collagen](#)

Optional: 1 tsp raw local honey



Bulletproof Matcha Latte

Servings: 1 | Time: 5 Minutes

Bring the water and nut milk to a boil (can use 1 1/2 cups of the same thing if you prefer). Put all ingredients into a blender and blend on high until smooth and frothy!

Alternative Method:

Try all water with a splash of coconut milk or almond milk.

1/2 cup of water

1 cup unsweetened nut milk

1 scoop [Livingood Daily Matcha + Moringa](#)

1/2 scoop [Livingood Daily Vanilla Collagen](#)

1 Tbsp coconut oil

1 Tbsp organic ghee or butter

1 tsp sea salt



New!

Chocolate Matcha Latte

Servings: 1 | Time: 5 Minutes

Put all of the ingredients into a blender. Blend until smooth and pour into a cup. Can also pour over ice to serve it cold.

1 cup milk of choice

1 scoop [Livingood Daily Matcha + Moringa](#)

1 tsp raw cacao powder

1 scoop [Livingood Daily Chocolate Collagen](#) (optional)

1/2 tsp pure vanilla extract

Optional: sweetener of choice
- pinch of cinnamon, raw honey
or organic maple syrup



New!

Matcha Lemon Sparkling Water

Servings: 1 | Time: 5 Minutes

Using a miniature hand mixer, mix the matcha with hot water until smooth. Fill a glass with ice and pour in the lemon juice and sparkling water to the top. Pour the matcha on top.

1 scoop [Livingood Daily Matcha + Moringa](#)

2 Tbsp hot water

1 Tbsp lemon juice

Sparkling water

Ice



New!

Cinnamon Matcha Latte

Servings: 1 | Time: 10 Minutes

Using a miniature hand frother, mix the matcha with hot water until smooth. Warm the milk in a small saucepan or using a milk warming frother.

Pour the warm milk into your cup and add the cinnamon and any sweetener desired. Pour the whisked matcha into your cup and sprinkle a little more cinnamon on top.

1 scoop [Livingood Daily Matcha + Moringa](#)

2 Tbsp hot water

1 cup milk of choice

1/4 tsp cinnamon

Optional: sweetener of choice
- raw honey or pure organic maple syrup



New!

Matcha Chocolate Mint Smoothie

Servings: 1 | Time: 10 Minutes

Place the ingredients into a blender and blend on high until the mixture is smooth. Add the dark chocolate chips and pulse briefly to distribute them evenly without breaking them up completely and/or sprinkle a few cacao nibs on top for added crunch.

1 scoop [Livingood Daily Matcha + Moringa](#)

1/2 frozen banana

1 cup almond or coconut milk
(or milk of choice)

1 Tbsp cocoa powder

1 scoop [Livingood Daily Chocolate Collagen](#)

1 Tbsp fresh mint leaves (or a few drops of mint extract to taste)

1 tsp pure organic maple syrup
(optional)

Optional: cacao nibs or dark chocolate chips



New!

Blueberry Matcha Smoothie

Servings: 1 | Time: 5 Minutes

Place the ingredients into a blender and blend on high until the mixture is smooth.

- 1 cup frozen wild blueberries
- 1 scoop [Livingood Daily Matcha + Moringa](#)
- 1 cup unsweetened almond milk (or milk of choice)
- 1 Tbsp raw honey or pure organic maple syrup
- 1 scoop [Livingood Daily Vanilla Collagen](#) or 1/2 tsp pure vanilla extract
- 1/2 frozen banana (optional)
- 1 Tbsp chia seeds and/or flax seeds
- A few Ice cubes



New!

Matcha + Moringa Dr. Livingood's Way

Servings: 1 | Time: 5 Minutes

Mix and enjoy!

1 scoop [Livingood Daily Matcha + Moringa](#)

1 scoop [Livingood Daily Electrolytes](#)

1 1/2 cups water

Ice

FEATURED PRODUCTS

CLICK ANY IMAGE TO VISIT THE STORE PAGE!





DISCLAIMER: †These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Always consult with a qualified healthcare professional prior to beginning any diet or exercise program or taking any dietary supplement. The content on our website is for informational and educational purposes only and is not intended as medical advice or to replace a relationship with a qualified healthcare professional.