Longevity Matcha

The Matcha Ritual • A mindful morning drink



INGREDIENTS

- 2 tsp matcha powder (adjust to taste)
- 1–2 level scoops Primeadine GF, subject to current pack guidance
- ¼ cup hot water, approximately 80°C (not boiling)
- ¾ cup almond milk *or coconut milk*
- A little maple syrup, to taste

METHOD

1. Sift the matcha into a wide cup or bowl to remove lumps.

2. If using Primeadine GF, add the amount directed on your pack and mix with the matcha.

3. Add the hot water and whisk briskly until smooth and lightly frothy.

4. Pour in the almond milk (or coconut milk) and sweeten lightly with maple syrup if desired. Enjoy slowly.

DON'S KITCHEN NOTES

My twist: almond milk is a lighter-tasting alternative to coconut milk. Adjust matcha strength to suit your preference and caffeine tolerance.

Adapted from an Oxford Healthspan recipe. Primeadine GF was gifted by Oxford Healthspan. Matcha contains caffeine and L-theanine; effects vary between individuals.

Watch the episode: youtu.be/hqW-jCi6Iac