CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Matcha Latte

Calm Energy & Strength Support

www.consciousrewire.com

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What This Supports: Calm Energy • Strength Support • Focus • Low-Prep Fuel

Why It Works: Matcha provides caffeine paired with L-theanine, supporting alertness without the sharp spike of coffee. Combined with healthy fats and collagen, this drink supports steady energy and connective tissue health.

Ingredients:

• 1.5 cups cashew or coconut milk
• 1–2 tbsp each: grass-fed butter, cacao butter, MCT oil
• 1–3 tbsp honey
• 1–2 tsp cinnamon
• 1 scoop collagen protein

Directions:

1. Add milk and fats to a saucepan and heat on low to medium-low until fully melted.
2. Add remaining ingredients and blend for 30 seconds.
3. Top with additional honey and cinnamon if desired. Enjoy hot or chilled.

Key Nutritional Benefits:

• **Calm focus:** Matcha's L-theanine supports relaxed alertness.
• **Strength support:** Collagen contributes protein for connective tissue and joints.
• **Satiety:** Healthy fats help sustain fullness between meals.

Best Use:

• Morning energy without coffee jitters
• Pre-workout for low-to-moderate intensity training
• Midday focus drink

Quick Notes:

• Reduce honey for lower sugar intake
• Adjust fats if you prefer a lighter drink
• Not a complete meal—pair with balanced nutrition later