

Eggs, Berries, & Almond Matcha Tea



servings: 1

prep time: 2 Minutes

cooking time: 0 Minutes

ingredients

- 3 hard boiled eggs
- 1/2 cup raspberries
- 1/2 blueberries
- 1 scoop matcha powder
- 1 1/2 cups almond milk, steamed or warm

directions

Mix together matcha with almond milk and serve with a side of eggs and berries.

Enhanced: Scramble the eggs with spinach, tomatoes, and bell peppers to add extra vegetables. Serve with a whole-grain English muffin or Ezekiel toast for complex carbohydrates.

Nutrition Info

Calories: 394, Carbohydrate: 30 grams, Protein: 21 grams, Fat: 20 grams