



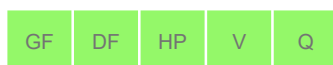
Matcha & Coconut Shake

Serves 1

1 cup (240ml) coconut milk,
unsweetened
1 banana, chopped, frozen
2 tsp. matcha
1 tsp. maple syrup

What you need to do

Place all the ingredients into a blender and blend until smooth and creamy. Pour into a glass and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 min	280	5	35	24

*Nutrition per serve

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