



# Capilano Manuka Matcha Latte

**EASY • 5 MINS**

For those slow mornings or mid-arvo pick-me-ups, a Capilano Honey Matcha Latte is pure green gold. Smooth, earthy, and naturally sweetened – it's the perfect balance of flavour and feel-good energy.



**SKILL LEVEL**  
Easy

**PREP TIME**  
5 mins

**SERVINGS**  
2

## Ingredients

- 1 ½ cups (375ml) hot water (not boiling, around 80°C)
- 1 ½ tsp high-quality matcha powder

## Method

1. Place the matcha powder in a small bowl and add 1-2 tablespoons of hot water.
2. Whisk vigorously until smooth and frothy.

Visit [capilano.com.au](http://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- 2 tsp Capilano Manuka Honey MGO 200+ (adjust to taste)
- ½ cup (125ml) warmed milk of your choice (dairy or plant-based)

Used in this recipe



### Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

#### Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties.

Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

## Method

3. Stir in Capilano Manuka Honey until fully dissolved.
4. Divide the matcha mixture evenly between two cups and top each with the remaining hot water, whisking again to combine.
5. Warm the milk of your choice, either steaming or frothing it, and pour gently over the matcha.
6. Stir lightly and serve immediately.

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