



ALTERED ATHLETICS

COLLAGEN GREEN TEA LATTE (HOMEMADE)

Calories: ~80

Protein: 10g | **Carbs:** 2g | **Fat:** 3g

Ingredients:

200ml brewed green tea

10g unflavored collagen peptides

30g unsweetened almond or oat milk

Dash cinnamon & vanilla extract

Directions:

Mix together and enjoy chilled or warm