



matcha

iced refresher information

DIRECTIONS

Pour 6.5 oz water into cocktail shaker.
 Add 2.5 tablespoons of mix.
 Shake well for 30 seconds.
 Pour over 12 oz ice in 16 oz cup.
 Top with 1.5 oz milk and ENJOY!

MIXING GUIDE

-serving size	16 oz	20 oz	24 oz	30 oz
tablespoons of powder	2.5	3	3.5	4
ounces of water	6.5	8	10	12
ounces of ice	12	15	18	23
ounces of milk on top	1.5	2	2	3

INGREDIENTS

Allulose, icewave Adaptogen Blend™ (Cassava Root Fiber, Chicory Root Inulin, CognatiQ™ Coffee Cherry Extract, Ashwagandha Root), Cane Sugar, Matcha Green Tea, Pure Bourbon Vanilla, Natural Vanilla with Other Natural Flavors, Monk Fruit Extract.

Nutrition Facts

46 servings per container

Serving size 1.04 Oz (29.5g)

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 28g 10%

Dietary Fiber 10g 36%

Total Sugars 8g

Includes 7g Added Sugars 14%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 0.3mg 2%

Potassium 67mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

