



Simple | Healthy | Delicious

## Maca Berry Chia Parfait

### INGREDIENTS

½ cup berries

¼ cup milk of choice

1 teaspoon Nature's Earthly Choice Maca Powder

1 teaspoon pure vanilla extract

3 tablespoons chia seeds

Yogurt of choice



### DIRECTIONS:

1. In a blender, combine the berries, milk, maca powder, and vanilla extract. Add the chia seeds and whisk for 5 minutes. Refrigerate overnight, at least 6 hours.
2. Layer the berry-chia mixture in a glass with yogurt of your choice. Top with whipped cream, chopped berries, or coconut flakes.