



Simple | Healthy | Delicious

Maca Chai Smoothie Bowl

INGREDIENTS

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| 1 chai tea bag |
| 1 cup milk of choice |
| ¼ cup nut butter of choice |
| 1 ripe banana |
| 1 teaspoon Nature's Earthly Choice Maca Powder |
| 1 teaspoon pure vanilla extract |
| ½ teaspoon ground cinnamon |



DIRECTIONS:

1. Warm the milk in small pot over medium heat. Steep the chai tea bag until infused and let cool.
2. In a blender, combine the chai-milk and remaining ingredients. Add 4 or 5 ice cubes for a frostier smoothie. Blend until combined.
3. Transfer to a bowl and garnish with cinnamon, granola, coconut flakes, or cocoa powder.