

# Maca Berry Chia Parfait

simple  
healthy  
delicious

## 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.