

Maca Chai Smoothie Bowl

simple
healthy
delicious

Ingredients

- 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.

