



Superfood Parfait

(for breakfast OR Dessert!)

This delicious little morsal has 100% of your Magnesium for the day, lots of brain healthy Omega 3's, fiber, antioxidants, zinc and iron. It's an incredible start, or end, to the day!

INGREDIENTS: For Base version

- 1/4 cup plain greek yogurt
- 1/2 c coconut, or flax milk
- 2 T chia seeds
- 2 T hemp hearts
- 1 T monk fruit
- 1 cap of vanilla

Instructions:

Simply mix all ingredients together and leave overnight. This gives the chia seeds plenty of time to puff up for breakfast!

We actually eat it for dessert!

The macros do not include the toppings

Ideas for different flavors: Add some unsweetened coconut, 1 t cacao, and/or peanut butter, any berry, matcha, add some collagen to it, the ideas are simply endless!

Macros:

1 serving
calories 242
net carbs 2.5g
protein 12g
fat 16g