



Morning Skin Boosting Parfait

Ingredients:

1 c bone broth

1 c full fat coconut milk

1/2 cup water

4 tbsp cocoa powder

1/4 c steamed and frozen cauliflower florets

20 drops of stevia or monk fruit equivalent

3 tbsp (or more) chia

Optional Garnishes: berries, cherries, cacao nibs, coconut manna

Method:

Place all in blender and blend on high until mixture is thick and chia is pulverized.

Pour into 4 jars and refrigerate until thick.

Garnish right before serving.

Optional Garnish #1: Choice berries or cherries and mint

Optional Garnish #2: Cacao nibs and coconut manna