



CMC



### Chia Fresca

**Chia Seeds come from the Salvia Hispanica plant grown in Mexico and South America  
It is a favourite traditional drink enjoyed in Mexico and Central America, in which the seeds  
are mixed into lime or lemon juice with added sweetener.**

#### Ingredients

- 250ml water or coconut water
- 1 – 1.5 tbsp chia seeds
- 1/2 tbsp fresh lemon or lime juice, or to taste
- Sweetener, to taste (I like 1/2 tbsp maple syrup, stevia, agave nectar)

#### Tips

Leave for 30 minutes / few hours / overnight

Chia Seeds soften and absorb fluid

I add a splash of ACV (apple cider vinegar) to mine



### **Benefits**

- Insoluble & soluble fibre source which helps keep you fuller longer
  - Assist movement in the Digestive tract
  - May help control blood sugar levels
  - Good Source of OMEGA 3 fatty acid (ALA)
- Minerals: calcium, iron, magnesium, zinc, copper, manganese, niacin