

Chia Seeds

How Chia Seeds Can Supercharge Your Health



ORIGIN

Mexico and Guatemala

NUTRIENTS

About 2.5 tablespoons has 140 calories, 5 grams of protein, 10 grams of fiber, 12 grams of carbohydrate and 9 grams of fat, of which 8 grams are heart-healthy fats.



Omega-3 Fatty Acids

RECEPIES

Chia Seed Smoothie:

Blend 1 banana, 1 cup of frozen berries, 1 tbsp chia seeds, 1 cup coconut milk, and ice. Pour into a glass and enjoy.

OR

Sprinkle them on salads or ice cream; mix them into your cookie batter.



HEALTH BENEFITS

It may be beneficial for heart health, improve blood sugar levels, reduce inflammation, and help with healthier weight management.



FUN FACT

Chia seeds can absorb up to 12 times their weight in liquid, which makes them useful in keeping baked goods moist.



SOURCES

Mayo Clinic: [Click here](#)

cleveland clinic wellness: [Click here](#)