# Chia Seeds

## How Chia Seeds Can Supercharge Your Health

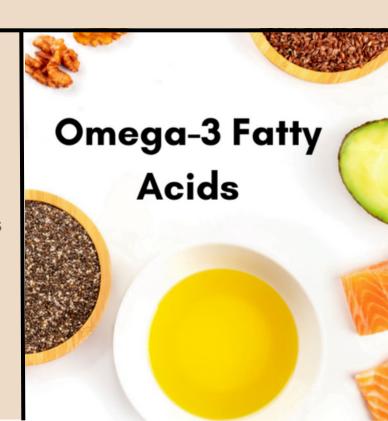


#### ORIGIN

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.



### 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.

#### OF

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: <u>Click here</u> cleveland clinic wellness: <u>Click here</u>