



# Chia Shake



## Vegan and Dairy-free (if needed)

Such a great option for breakfast, or a snack during a busy day.

With the winning combo of the cacao and chia, it is fulfilling and full of vitamins and minerals such as vitamin B, calcium, iron, magnesium, zinc, and more. It is a wonderful source for healthy fats, it combats fatigue, boosts your energy level, and is loaded with flavonoids.

If you are a Boba tea lover and are looking for a better option, this recipe is also for you.

- ♥ 1 mason jar
- ♥ 1 oz. chia seeds (add more chia seeds for a thicker consistency)
- ♥ 2 tbsp cacao powder
- ♥ ½ - 1 tbsp. maple or raw honey
- ♥ 6-8 oz. of unsweetened dairy or non-dairy milk/coconut milk/nut milk of your choice

1. In a blender, mix the cacao, maple/honey, and your chosen liquids.
2. In the bottom of the mason jar, place the chia seeds.
3. Pour the cacao drink from the blender on top of the chia in the Mason jar.
4. Shake well and let it be until chia seeds are hydrated (about 20 min). If you are making it for work, there is no need to wait, as it will be ready by the time you arrive at your destination.

- Enjoy during your workday or at home if you need something light for breakfast.
- You could always make it the night before if your mornings are busy.
- Needs to be refrigerated.

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