



GUT HEALING CHIA PUDDING

A triple whammy of goodness! Not only do chia seeds offer all nine essential amino acid proteins, they are high in soluble fiber, are one of the richest plant sources of omega-3 fatty acids, and the “slimy” nature of chia, slippery elm and aloe gel help soothe the gut lining.

Flavor Variations:

Instead of strawberries, try:

- Banana and pomegranate
- Cocoa powder and mint extract
- Mango and papaya

DIRECTIONS

1. In a blender, add all of the ingredients except the chia seeds and blend on high until smooth. In a small bowl, mix together the chia seeds and the liquid purée.
2. Pour into individual glass bowls or a glass container with lid and refrigerate until it thickens (~1-2 hours) or overnight.

To make ½ cup apple purée:

INGREDIENTS:

- 1 medium apple
- ¼ cup water

DIRECTIONS:

1. Cut and core one medium apple (keep the skin on).
2. In a sauce pot, add the apples and ¼ cup of water. Stew on low to medium heat until apples are soft (~10 minutes).
3. Using a hand blender, purée the apples.
4. Let cool and store in an airtight glass container in the fridge.

Equipment:

High speed blender, small mixing bowl

Makes: 2 servings

INGREDIENTS

- 3 Tbsp chia seeds
- 2 dates, soaked
- ½ cup strawberries
- ½ cup coconut milk (or almond milk)
- ¼ tsp slippery elm powder (optional) (Note: Slippery elm can be purchased online through iHerb.com)
- 2 Tbsp fresh aloe gel (optional) (Note: Peel a fresh aloe leaf and scoop the gel right out)
- 2 Tbsp apple purée (or 1 tsp honey) (for added sweetness if desired)