

FUEL **UP**

Cheer for Chia Seeds

Small and mighty in nutritional content, chia seeds are great sources of fiber, antioxidants, and heart-healthy omega-3 fats. Chia seeds easily find their way into tasty puddings, smoothies, and baked goods.

EASY PUDDING

Mix with milk or fruit juice and stir. After 5 minutes, put the mixture in the fridge for 2 hours and top with berries.

SUPER SMOOTHIE

Soak 2 tablespoons in 1/2 cup of milk or water for 20 minutes, then add to your smoothie recipe.

SPRINKLE AWAY

Use as a topping on oatmeal, salad, or stir-fry.

