



NutritionRx
Jennifer Broxterman

Chia Fresca

This traditional drink is simple, quick, and easy to incorporate into your diet. High in protein, and a significant source of fibre, the chia fresca also contains as many omega-3 fatty acids as an entire serving of salmon. It's as easy as taking a multivitamin, and has almost as many benefits.

Prep: 2 minutes • Total: 2 minutes

Ingredients:

Chia seeds	2 Tbsp	30 mL
Cold water	1 cup	250 mL
1 lemon, juiced	1 each	1 each
Honey, or agave nectar	1 tsp	5 mL

Directions:

1. Juice the lemon.
2. Stir ingredients together.
3. Enjoy!

Nutrition Facts

Serving Size (326g)

Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 8g **32%**

Sugars 7g

Protein 4g

Vitamin A 0% • Vitamin C 40%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Natural News.com

Makes 1 serving (326g / serving) • 1 serving = 1 glass

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