



# Super Chia Breakfast Cereal

*Looking to pump up your morning oatmeal? Add some chia seeds – they're virtually tasteless, but add a nice grainy texture and tons of protein, fibre, and brain-boosting fatty acids. Hot or cold, this breakfast isn't just a smart choice in the morning. Its rich omega-3 concentration just might make you smarter for the rest of the day.*

**Prep: 2 minutes • Total: 10 minutes or less**

## Ingredients:

Rolled oats	½ cup	125 mL
Almond, soy, or rice milk	¾ cup	185 mL
Chia seeds	1 Tbsp	15 mL
Raisins or Goji berries	1 Tbsp	15 mL
Cinnamon	½ tsp	2.5 mL
Honey	1 Tbsp	15 mL

## Directions:

### For a cooked version:

1. Place all ingredients, except honey, into a pot.
2. Simmer for 5 to 10 minutes on low heat, until everything is softened. Stir continuously.
3. Stir in honey just before eating, and serve.

### For a cold version:

1. Place oats, milk, chia, and raisins into a bowl the night before, and allow oats to soften overnight.
2. Stir in cinnamon and honey in the morning.
3. Feel free to add additional toppings to the hot or cold version: fresh berries, bananas, coconut flakes or nuts are some delicious options. Enjoy!

## Nutrition Facts

Serving Size (343g)

Servings Per Container

Amount Per Serving

**Calories 310**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 6g**      **9%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 70mg**      **3%**

**Total Carbohydrate 63g**      **21%**

Dietary Fiber 7g      **28%**

Sugars 23g

**Protein 5g**

Vitamin A 15%      • Vitamin C 6%

Calcium 30%      • Iron 15%

\*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: Chatelaine, February 2011*

**Makes 1 serving (343g / serving) • 1 serving = 1 bowl oatmeal**

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