

Your morning must-have drink when you wake up!
This elixir gives your body and digestive system all of the necessary signals that it's time to wake up and start the day!

CHIA - Despite their small size, chia seeds are full of important nutrients. They are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fiber, iron, and calcium. Omega-3 fatty acids help raise HDL cholesterol, the "good" cholesterol that protects against heart attack and stroke.

LEMONS - wake up your liver! The structure of lemon juice is similar to the digestive juices found in the stomach, which helps food move through the gastrointestinal tract smoothly.

APPLE CIDER VINEGAR - has numerous benefits including aiding in digestion, regulating your body's PH and reducing bloating.

RAW HONEY - You can skip the honey if you are excluding sugar from your diet, otherwise honey is a potent prebiotic, meaning it nourishes the good bacteria that live in the intestines, which are crucial not only for digestion but your overall health.

When making this recipe, you need to give the chia seeds an opportunity to expand and absorb the liquid for at least 15 minutes. Be sure to mix or shake as the seeds will gel into a mass at the bottom of your glass or jar. Make a pitcher of the lemon, chia, water and apple cider vinegar in advance so that it's easy to grab a glass in the morning!

Chia Lemon Elixir

- 1 tbsp of chia seeds
- 1.5-2 cups of water
- 1/2 lemon or lime juice
- 1 tbsp raw apple cider vinegar

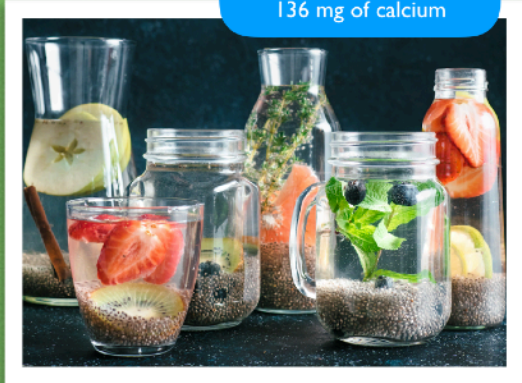
Add Ins

- 1 inch of sliced cucumber
- Mint leaves
- Fresh or frozen strawberries
- Fresh or frozen black or blueberries

Sweetener

- 1 tbsp raw honey
- 1/2 tsp stevia

2 tbsp of Chia has close to four grams of protein and 136 mg of calcium



Times this recipe by 5 to make a jug of the elixir water.
The flavours intensify after 24 hours.