

Chia Seeds for daily bowel motions



Chia seeds are excellent for bowel health, providing a very high level of moisturising fibre to assist with your daily bowel motions.

Here is a simple recipe to keep your body regular.

First create a chia seed gel...

2 tablespoons of chia

1/3 to 1/2 cup of water, soak for 5 min until a gel forms.

Then...

Stir in yogurt 100gm – 200gm or

Add fruit e.g. Banana, berries, apples, pears...

If needed a little milk such as zymil, A2, vitasoy soy milk, almond milk, rice milk etc.

Top with crunchy stuff – museli, corn flakes, nuts seeds, mojo museli.

Enjoy as a breakfast or snack

You can also add lite coconut milk & 100% fruit jam to make a delicious custard-like snack or blend acai berries and other berries to a puree and mix together

For more great chia seed recipe ideas see...

www.chiaseedrecipes.com

www.thechiaco.com.au



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