

Your Summer Power Smoothie

Do you ever get the feeling that your "get-up-and-go" has gotten up and gone without you? This is a really simple recipe that will take 3 minutes to throw together, but will give you hours of sustained energy.

Ingredients

1 mango, peeled and chopped

2 cups water

½ cup plain yoghurt

2 tbsp raw honey

2 tbsp HCW Oat Bran

1 tbsp HCW Chia Seeds (optional)

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Place all the ingredients in a blender and mix until smooth.

A little Side note about Chia Seeds

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Chia seeds are tiny black seeds from the plant *Salvia Hispanica*, which is related to the mint.

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This plant grows natively in South America.

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Chia seeds were an important food for the Aztecs and Mayans back in the day.

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They prized them for their ability to provide sustainable energy... in fact, "chia" is the ancient Mayan word for "strength."

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Despite their ancient history as a dietary staple, only recently did chia seeds become recognized as a modern day superfood.

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In the past few years, they have exploded in popularity and are now consumed by health conscious people all over the world.




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