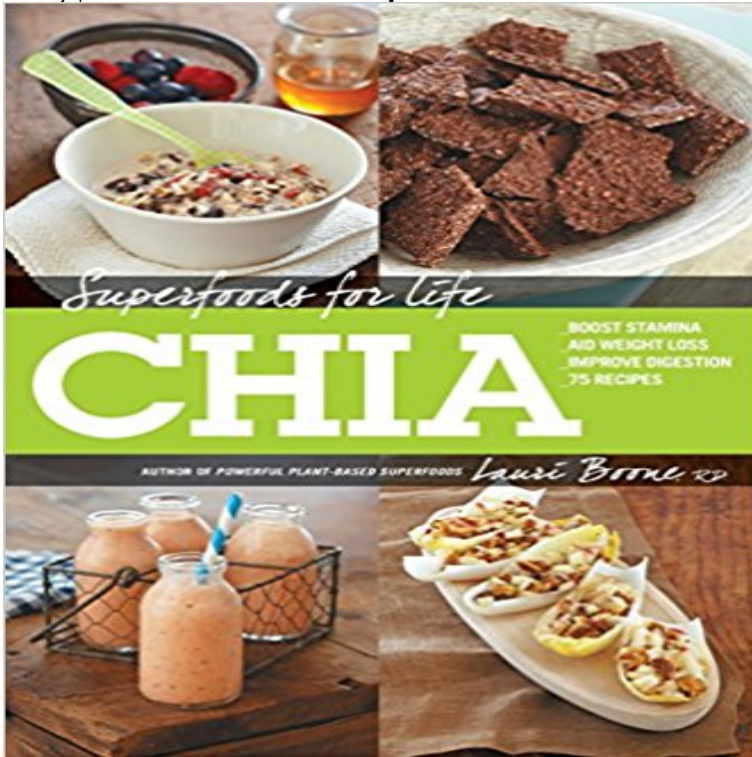


## Superfoods for Life, Chia: - Boost Stamina - Aid Weight Loss - Improve Digestion - 75 Recipes



Chia is one of nature's all-star superfoods. High in protein, fiber, minerals and essential fatty acids, this little seed packs a nutritional punch. Moreover, it's portable, versatile and easy to integrate into your diet. Just a spoonful adds a shot of nutrition to drinks, crunch to salads, or a tasty protein substitute in garden burgers and soups. This handy guide includes 75 delicious recipes, fun facts and lore, and tons of tips for using chia every day for health and beauty. Learn how you can integrate chia into your diet for improved health and well-being. Superfoods for Life, Chia gives an overview of the superfood, fun history and facts, and its reputed nutritional benefits. Once you've discovered how great chia is, you'll learn more about key nutritional properties and cures associated with chia, including its role as an inflammation fighter, and natural source of potent omega-3 fatty acids and other essential nutrients. Each chapter references studies and research. The included 75 recipes within this book are sure to get you excited about integrating chia easily and deliciously into every meal.

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