Tiny little chia seeds are high in:
- Fiber
- Protein
- Omega 3s
- Antioxidants
- Vitamins and minerals

In studies, chia seeds have shown to have health benefits such as:
- Lowering cholesterol
- Regulating heart rhythms and blood pressure
- Preventing blood clots
- Decreasing inflammation
- Lowering LDL cholesterol
- Slowing down digestion, which can prevent blood sugar spikes after eating a meal and give a feeling of fullness.

**Chia Seeds Fresca Recipe**

**Ingredients:**
- 2 cups of cold, fresh drinking water
- 1 large lemon (or 3 tablespoons of lemon juice)
- 1 tablespoon fresh chia seeds
- ½ teaspoon of maple syrup or honey (optional)

**Instructions:**
- Combine all ingredients and stir well.
- Garnish with a citrus slice, a sprig of mint, or with cucumber slices.
- Optional: add ice.