

# Raspberry Chia Smoothie

Raspberries are an excellent source of vitamin C, manganese and fiber. They are a good source of copper, vitamin K, pantothenic acid, biotin, vitamin E, magnesium, folate, and potassium.

Ch, ch, ch, chia! Just 1 ounce of chia seeds (about 2 tablespoons) provides 10 grams of fiber! The current recommendation is to aim for 25-35 grams of fiber per day. Many Americans fall short on their daily fiber requirements and, on average, include 15 grams or less per day

Why is fiber important?

- Helps you feel full longer. This can aid in weight management.
- Reduces blood sugar spikes. Fiber helps your body absorb sugar more slowly, which reduces spikes and then crashes.
- May help lower your cholesterol. Soluble fiber turns into a gel in your intestines which helps bind extra cholesterol to be excreted.
- Helps keep you regular. Insoluble fiber adds bulk to your bowel movements and helps relieve constipation.



## Ingredients

1 C Frozen Raspberries  
¼ C Apple Juice  
½ C Plain Yogurt  
1 Banana  
1 T Chia Seeds  
½ tsp. Vanilla Extract  
¾ C water  
About 6 ice cubes

## Directions

1. Add all ingredients, cover and puree until smooth
2. Serve immediately or freeze for later. Enjoy!

## Yields - 16 oz.

Calories: 355

Sodium: 100 mg

Fat: 7 g

Fiber: 13 g

Protein: 11 g

Carb: 66 g