

## **RECIPE – GOJI CHOCOLATE CHIA PORRIDGE**



### **Ingredients**

- 1 tablespoon Chia Seeds**
- 1 cup Rice Milk / Coconut Milk / Almond Milk**
- 1 tablespoon Dried Goji Berries / Wolfberries**
- 1 tablespoon Raw Cacao Nibs**
- 1 teaspoon Raw Cacao Powder**
- ½ teaspoon Cinnamon Powder**
- Agave Syrup / Honey to taste**

### **Method**

Mix all the ingredients together thoroughly. Leave to soak for 5 to 10 minutes, stirring occasionally. The mixture will begin to go gloopy and take on a porridge-like consistency. Add more milk if required. You can eat the mixture as it is, or add it to muesli or porridge, or mixed fruit such as blueberries, raspberries and banana.

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## **About the Ingredients**

### **About Chia Seeds**

Native to Mexico and Guatemala, the Chia seed has been used for centuries for its nutritious and health giving properties. Chia seeds are full of omega 3 and 6 fatty acids, which are great for lubricating joints and cells. Chia is said to reduce risk of heart disease, lower cholesterol, and reduce blood pressure as well as balance hormones. Chia contains protein and calcium, aiding muscle growth and repair, and bone strength. It also contains iron, zinc, fibre and antioxidants. A true superfood.

It is always best to soak Chia seeds prior to eating them. A gel like consistency is created which is extremely beneficial for the digestive system, and helps the body to absorb the natural oils and nutrients within the seed.

Chia also helps the body to rehydrate, and can be taken as a drink by adding 1-2 teaspoons to your water bottle with a dash of lemon or lime juice and sweetener to taste.

### **About Goji Berries**

The Goji berry, native to China, is also known as the Wolfberry when grown locally in Europe. It has been used for centuries in Chinese medicine and is widely known as a superfood. Goji berries contain 6 essential vitamins, 11 essential and 22 trace minerals, 18 amino acids, 5 unsaturated fatty acids, 5 carotenoids, and high levels of antioxidants. Goji berries also contain protein, aiding muscle repair and strength, as well as calcium, potassium, iron, zinc, selenium, riboflavin (vitamin B2), and vitamin C.

### **About Raw Cacao**

You can find raw cacao in many health food stores and online, sold as whole beans, nibs or powder. Native to the Americas; the Andes, the Amazon, and the basins of South America, it is also grown in Africa, Indonesia and Malaysia, and is imported world wide. Originally named Theobroma which means "food of the Gods", it is the number one Superfood.

Cacao is especially good for runners as it is packed full of antioxidants and nutrients, but also contains the natural stimulant theobromine, which gives you a boost of energy before heading out the door. Theobromine stimulates the central nervous system, dilates the blood vessels and relaxes smooth muscles. Cacao is also very high in magnesium, which aids bone strength, prevents muscle cramps and improves heart health. It also contains iron, copper, calcium, chromium, manganese, zinc, sulphur, phosphorus, vitamins A, B, C and E, amino acids, and omega 6 fatty acids.

Raw Cacao also contains phenylethylamine, which controls the ability to focus attention and stay alert, epicatechin, a flavenoid beneficial for cardiovascular health. It is also said to improve blood flow and learning and memory capacity. When Cacao is cooked, it loses its flavenoid content and a lot the health benefits are lost. Cacao also contains anandamide and serotonin, known as the 'happy hormone', as well as tryptophan, a natural anti depressant amino acid, which can make you feel a lot more positive about those miles ahead!