HEALTHY TIPS

Eat This Chia Coconut Pudding For An Entire Week To Completely Clear Your Colon

By bestfolkmedicine · 10/04/2019 · 2 min read



One thing is for sure- there is nothing better than starting your day with a nourishing breakfast rich in nutrients that will help your detox organs function optimally. Whether a smoothie or a bowl of freshly made juice, your body will definitely thank you.

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If you are looking for a breakfast that will help detoxify the body on an even deeper level, stick with us. We will present a recipe for a chia coconut pudding rich in fiber that will detoxify the body and boost your nutrient levels.

Chia Coconut Pudding Recipe

You will need:

A can of coconut milk

½ cup of water

6 pitted dates

¼ cup + 2 tbsp of chia seeds

A dash of sea salt

A tbsp of hemp seeds

¼ cup of sunflower and pumpkin seeds, mixed

A cup of chopped pineapple

Preparation:

In a blender, put the water, milk, dates, and sea salt. Blend for a minute or two until the dates are entirely blended. Transfer the content into a glass container and add the chia seeds. Mix well.

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Put the container in the fridge overnight or for 4 hours at least. Put a cup of chia pudding into a bowl and top it off with hemp seeds, pineapple pieces, and the sunflower and pumpkin seed blend.

Why Are Chia Seeds so Good for Us?

Chia seeds are abundant in omega-3s, vitamin C, calcium, magnesium, manganese, protein, and phosphorus. They will support the overall health and detoxify it from toxins and chemicals.

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Moreover, omega-3s are beneficial for the restoration and regeneration of the cells, particularly the brain ones. Plus, it contains anti-inflammatory characteristics and it can help fight off inflammation

associated with chronic illness.

Thanks to the fiber present in these seeds, your metabolism will work better, your cholesterol will reduce, and your colon will be less prone to diseases caused by surplus waste deposits.

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Sources:

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