



## Dr. Laleh's Hyperbiotics Chia Shake

### Ingredients

### Amount

Prebiotics*	1 Scoop
Unsweetened Almond milk	1 C
Stevia Cocoa	1 tsp
Chia Seeds	2 TBS
Ice	1-2 C

### \*Hyperbiotics Prebiotics:

[https://www.amazon.com/gp/product/B06XKLJ9C5/ref=ppx\\_yo\\_dt\\_b\\_asin\\_image\\_o02\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B06XKLJ9C5/ref=ppx_yo_dt_b_asin_image_o02_s00?ie=UTF8&psc=1)

### Preparation:

- Add Almond milk to a Nutribullet blender Cup
- Add prebiotics and mix well.
- Add Chia seeds and chill for at least 15 minutes (May be chilled overnight)
- Add ice and blend well until ice is crushed into a thick "ice cream" consistency.
- Enjoy fresh, stores well in the fridge for up to 4 hours.

## Nutrition Facts

Servings 1.0

Amount Per Serving

**calories** 187

**% Daily Value \***

**Total Fat** 11 g **17 %**

Saturated Fat 1 g **5 %**

Monounsaturated Fat 1 g

Polyunsaturated Fat 7 g

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 184 mg **8 %**

**Potassium** 284 mg **8 %**

**Total Carbohydrate** 19 g **6 %**

**Dietary Fiber** 16 g **65 %**

**Sugars** 0 g

**Protein** 10 g **20 %**

Vitamin A **10 %**

Vitamin C **0 %**

Calcium **222 %**

Iron **6 %**