

# Breakfast

For a nutrient-packed breakfast that supports calorie burning, reduces cholesterol, and balances blood sugar, try this recipe made with oats and chia seeds:

## Recipe Ingredients:

- 1 cup of oats
- 4 tablespoons of chia seeds
- 2 cups of water
- 2 tablespoons of honey
- 1 teaspoon of cinnamon
- A pinch of salt

## Instructions:

1. In a pot, bring the water and cinnamon to a boil. Reduce the heat, add oats, and simmer for 5 minutes.
2. Remove from heat, cover, and let it rest for 5 minutes.
3. Stir in chia seeds, honey, and salt. Mix well and enjoy!

## Nutritional Highlights:

- **Chia Seeds:** Rich in omega-3 and omega-6 fatty acids, antioxidants, and anti-inflammatory agents, promoting heart health and easing arthritis and digestive issues. One ounce contains 27% phosphorus, 18% calcium, and 30% manganese.
- **Oats:** High in beta-glucan fiber that lowers LDL cholesterol, plus essential nutrients like manganese, selenium, zinc, and iron. A cup of cooked oats provides around 150 calories, 4 grams of fiber, and 6 grams of protein.

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