



# Cabarrus Health Alliance

## January 2020

### Chia Seed Pudding

Serves 4

**Ingredients:**

- 1 cup unsweetened almond milk or Coconut milk
- 1 cup Greek yogurt
- 3 tablespoons pure maple syrup
- 1 teaspoon pure vanilla extract
- A sprinkle of sea salt
- ¼ cup chia seeds
- 1 cup raspberries
- 1 tablespoon sliced almonds, toasted

**How to Make:**

1. Take a medium size bowl and gently whisk the almond milk, yogurt, 2 tablespoons maple syrup, the vanilla and sprinkle of salt until just blended.
2. Whisk in the chia seeds; let stand for 30 minutes. Stir to distribute the seeds if they have settled. Cover and refrigerate overnight.
3. The next morning spoon the chia pudding into 4 glasses, top with the strawberries, spoon over the 1 tablespoon of maple syrup and top with the almonds and serve.

### One Cup Wonder - Morning Smoothie

Serves 4

**Ingredients:**

- 3 cups chilled water or nonfat milk, homemade almond milk or coconut milk
- 1 cup blackberries
- 1 cup blueberries
- 1 cup spinach
- 1 kiwi peeled and roughly chopped
- ½ avocado, peeled and stone removed
- ½ lemon, peeled
- ¼ cup almonds

**How to Make:**

1. Blend all of the ingredients in your vitamix or blender to a consistency you like.
2. Make extra and store in the refrigerator so they're ready when you need a quick snack or breakfast on the go.

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## So Easy North Carolina Sweet Potato Soup

**Serves 4**

### **Ingredients:**

- 1 onion, peeled and roughly chopped
- 2 large carrots, washed and roughly chopped
- 1x 2inch fresh ginger, peeled and grated
- 2 garlic cloves, peeled and crushed
- ¼ teaspoon dried red chili flakes
- 4 cups sweet potatoes, peeled and cubed
- 5 cups low in sodium vegetable stock
- Sea salt and freshly ground black pepper

### **How to Make:**

1. Place all the ingredients into a large saucepan and place the pan over medium to high heat on the stove, bring to a boil.
2. Turn down to a simmer and cook for 15 minutes or until the sweet potatoes are tender.
3. Remove the pan from the heat and carefully pour into a blender. Blend until smooth.
4. Season to taste and serve with sour cream and a sprinkling of red chili pepper flakes if desired.