

# The Belly Burn PLAN RESET ACTION PLAN

Start Date:

End Date:

\_\_\_\_\_

\_\_\_\_\_

Beginning  
Weight:

Ending  
Weight:

\_\_\_\_\_

\_\_\_\_\_

Beginning Waist  
Measurement:

Ending Waist  
Measurement:

\_\_\_\_\_

\_\_\_\_\_

## Day 1

- Breakfast Selection: \_\_\_\_\_
- Snack 1: \_\_\_\_\_
- Lunch Selection: \_\_\_\_\_
- Snack 2: \_\_\_\_\_
- Dinner Selection: \_\_\_\_\_

## Day 2

- Breakfast Selection: \_\_\_\_\_
- Snack 1: \_\_\_\_\_
- Lunch Selection: \_\_\_\_\_
- Snack 2: \_\_\_\_\_
- Dinner Selection: \_\_\_\_\_

## Day 3

- Breakfast Selection: \_\_\_\_\_
- Snack 1: \_\_\_\_\_
- Lunch Selection: \_\_\_\_\_
- Snack 2: \_\_\_\_\_
- Dinner Selection: \_\_\_\_\_

## Day 4

- Breakfast Selection: \_\_\_\_\_
- Snack 1: \_\_\_\_\_
- Lunch Selection: \_\_\_\_\_
- Snack 2: \_\_\_\_\_
- Dinner Selection: \_\_\_\_\_

## Day 5

- Breakfast Selection: \_\_\_\_\_
- Snack 1: \_\_\_\_\_
- Lunch Selection: \_\_\_\_\_
- Snack 2: \_\_\_\_\_
- Dinner Selection: \_\_\_\_\_

## Day 6

- Breakfast Selection: \_\_\_\_\_
- Snack 1: \_\_\_\_\_
- Lunch Selection: \_\_\_\_\_
- Snack 2: \_\_\_\_\_
- Dinner Selection: \_\_\_\_\_

## Day 7

- Breakfast Selection: \_\_\_\_\_
- Snack 1: \_\_\_\_\_
- Lunch Selection: \_\_\_\_\_
- Snack 2: \_\_\_\_\_
- Dinner Selection: \_\_\_\_\_

# The Belly Burn PLAN RESET

## Breakfast (Choose 1)

- 1 Vitamin C Crush
- 2 My Morning Squeeze
- 3 In the Pink
- 4 Beets & Berries
- 5 The Deep Green Clean

## Lunch (Choose 1)

- 1 Power Lunch
- 2 Banana Nut Crunch
- 3 Mint Chocolate
- 4 Salted Caramel
- 5 Dreamsicle

## Dinner (Choose 1)

- 1 Stuffed Acorn Squash
- 2 Quinoa Veggie Meat(less) Balls & Spaghetti Squash
- 3 Eggplant Lasagna
- 4 Creamy Broccoli Soup
- 5 Turmeric & Mushroom Egg Casserole
- 6 Spinach Avocado Bowl with Tarragon Ginger Dressing
- 7 Chickpea Veggie Bowl with Dill Detox Dressing
- 8 Beet & Veggie Burgers
- 9 Sweet Potato & Kale Soup
- 10 Southwestern Quinoa Avocado Salad
- 11 Veggie Stuffed Sweet Potatoes
- 12 Brussels Sprouts & Lentil Sauté

## Snack 1 (Optional - Choose 1)

- 1 Hard Boiled Egg
- 2 ½ Apple & 1 Tbsp Nut Butter
- 3 Veggies & White Bean Hummus

## Snack 2 (Optional - Choose 1)

- 1 Chia Shot
- 2 Olives
- 3 Roasted Chickpeas

## Prepare to feel amazing!

Detoxify, Reduce Inflammation,  
Lose Body Fat

- 1 Choose 1 selection from each category (snacks are optional).
- 2 Vary selections as much or as little as you'd like.
- 3 Follow the RESET for one full week.
- 4 Fill out the RESET Action Plan (page 2).
- 5 Marvel at your amazing accomplishment!

The  
Belly Burn  
PLAN  
RESET

*Morning*  
**Detox Smoothies**

Characteristics: Light and detoxifying.

## **My Morning Squeeze**

Serves 1

1 cup water  
1 cup raspberries, frozen  
1 cup spinach, frozen  
2 stalks celery  
½ tablespoon honey

### **What You Get!**

Nearly half your daily requirements of fiber and plenty of antioxidant love.

Combine all ingredients in a blender at full speed for about 1 minute. Pour and enjoy.

## **Vitamin C Crush**

Serves 1

1 cup water  
2 stalks celery  
1 kiwi, peeled  
1 big handful parsley

Combine all ingredients in a blender at full speed for about 1 minute. Pour and enjoy.

## **What You Get!**

Loads of immune-boosting, detoxifying, wrinkle-fighting vitamin C.

Note: This smoothie is very high in vitamin K, which is normally good, but can be problematic for people on blood thinners.

## **In the Pink**

Serves 1

1 cup water  
1 medium red beet, peeled and quartered  
½ lemon, washed, seeded and unpeeled  
1 tablespoon ginger, fresh and grated  
OR ¼ teaspoon ground ginger, dried  
½ tablespoon honey

Combine all ingredients in a blender at full speed for about 1 minute. Pour and enjoy.

## **What You Get!**

Kick phase-2 detoxification into high gear by clearing the garbage out of your body with this smoothie.

## **Beets & Berries**

Serves 1

- 1 cup water
- 1 cup berries, any, frozen or fresh
- 1 medium red beet, peeled and quartered
- ½ tablespoon honey
- ½ teaspoon cinnamon

Combine all ingredients in a blender at full speed for about 1 minute. Pour and enjoy.

### **What You Get!**

Give your liver a giant squeeze while you help to reduce inflammation.

## **The Deep Green Clean**

Serves 1

- 1 cup water
- 1 ½ cups loosely packed kale
- 1 big handful parsley
- 1 stalk celery
- ½ green apple

Combine all ingredients in a blender at full speed for about 1 minute. Pour and enjoy.

## **What You Get!**

A multivitamin in a glass.  
Everything you need, and then  
some.

Note: This smoothie is very high in vitamin K, which is normally good, but can be problematic for people on blood thinners.



The  
Belly Burn  
PLAN  
RESET

*Afternoon*  
**Power Smoothies**

Characteristics: Refreshing, clean and filling.

## Mint Chocolate

Serves 1

1 banana, frozen  
1 handful ice cubes  
½ cup coconut milk, unsweetened (from can\*)  
½ cup water  
½ cup spinach, frozen  
½ cup mint leaves, fresh  
OR 2 tablespoons mint extract\*\*  
2 tablespoons unsweetened cocoa, or cacao

## What You Get!

Improve digestion, kill bad bacteria and balance hormones with this minty smoothie.

Note: \*Source cans that are BPA-free. Most are labels as such. \*\*The true benefits of this recipe come from the mint leaves, not the extract. If possible, use fresh mint.

Combine all ingredients in a blender at full speed for about 1 minute. Pour and enjoy.

## **Dreamside**

Serves 1

1 cup ice  
½ cup coconut milk, unsweetened (from can\*)  
½ cup water  
1 medium orange, peeled and seeded  
½ teaspoon cinnamon  
¼ teaspoon nutmeg

Combine all ingredients in a blender at full speed for about 1 minute. Pour and enjoy.

## **What You Get!**

Boost energy, keep your bones strong, reduce anxiety and balance your hormones with this creamy dreamy smoothie.

Note: \*Source cans that are BPA-free. Most are labels as such.

## Power Lunch

- 1 cup water\*
- 1 cup berries, fresh or frozen
- 1 handful ice cubes
- ½ avocado
- 1 serving protein powder\*\*
- 1 handful fresh kale or spinach
- ½ teaspoon cinnamon

Combine all ingredients in a blender at full speed for about 1 minute. Pour and enjoy.

## What You Get!

Build muscle, satisfy your appetite and balance blood sugar levels with this perfect post-workout lunchtime smoothie.

Note: \*Protein powders thicken differently. Add more water to reach a consistency you enjoy.

\*\*I highly recommend [Tera's Whey](#) or [Orgain](#) as your protein powder selections.

## Salted Caramel

Serves 1

1 cup non-dairy, non-soy milk, unsweetened  
(coconut, almond, hemp)

Handful of ice cubes

½ banana, frozen\*

⅛ cup unsalted nuts (walnuts, cashews,  
almonds)

1 tablespoon chia seeds

1 tablespoon maple syrup

⅛ teaspoon sea salt

*Optional: make it green and add ½ cup  
frozen spinach*

### What You Get!

Give your belly a reason to smile with plenty of brain-boosting omega-3 fatty acids, monounsaturated fats and fat-burning fiber.

Note: \*If you plan on making this smoothie a couple times, consider peeling and freezing your bananas in advance.

Add all ingredients except for the ice cubes and banana. Pulse five times to ensure the chia seeds are mixed, then bring to high speed for one minute. After one minute, add ice cubes and banana. Blend for one additional minute.

## **Banana Nut**

Serves 1

1 cup water  
1 handful ice cubes  
½ banana, frozen  
2 tablespoons almond butter (or any organic nut butter)\*  
1 tablespoon chia seeds  
½ ground cinnamon  
*Optional: make it green and add ½ cup frozen spinach*

### **What You Get!**

**A lighter, but filling mid-day smoothie filled with plenty of healthy fat and fiber.**

Note: \*This recipe works well with Sunbutter sunflower seed butter, too!

Add all ingredients except for the ice cubes and banana. Pulse five times to ensure the chia seeds are mixed, then bring to high speed for one minute. After one minute, add ice cubes and banana. Blend for one additional minute.

The  
Belly Burn  
PLAN  
RESET

*Evening*  
**Delicious Dinners**

Characteristics: gluten free, dairy-free, anti-inflammatory, simple.

## Southwest Quinoa Veggie Salad

Serves 4

1 cup quinoa

2 cups water

½ cup corn

½ cup crushed tomato, drained

½ cup black beans, drained and rinsed

¼ cup red onion, diced

1 tablespoon extra virgin olive oil + 3 tablespoons reserved

1 teaspoon cumin

1 teaspoon paprika

½ teaspoon sea salt

### Preparation

1. Combine quinoa, water, 1 tablespoon of olive oil and sea salt in a small pot. Bring to a boil and reduce to a simmer. Follow instructions for the exact cook time of the quinoa you're cooking with.
2. While quinoa is cooking, add the remaining ingredients, except cumin and paprika, to a large bowl.
3. After quinoa is done, set aside and allow to cool for about 10 minutes.
4. Add cooled quinoa to prepared vegetable mixture and toss.
5. Finally, fold in cumin and paprika.
6. Serve with a large tossed greens salad. Enjoy.



## **Turmeric and Mushroom Egg Casserole**

Serves 4

8 eggs, whisked

2 cups Portobello mushrooms, diced

1 ½ cups sweet potato, peeled and chopped into 1/2" pieces

½ cup yellow onion, chopped

2 tablespoons extra virgin olive oil + 1 tablespoon reserved

1 teaspoon ground turmeric

½ teaspoon black pepper

½ teaspoon sea salt

### Preparation

1. Preheat oven to 400 degrees.
2. Lightly grease a 9 x 13" pan with 1 tablespoon of olive oil.
3. In a large sauté pan, heat 2 tablespoons of olive oil over medium heat for 2 minutes.
4. Add sweet potatoes to pan and sauté for about 5 minutes.
5. Add mushrooms and onions to pan, sauté for 5 additional minutes.
6. Remove from heat and set aside for at least 10 minutes, or until vegetable are no longer hot to touch. This will prevent the eggs from cooking before the casserole bakes.
7. In a large bowl, combine eggs with vegetable mixture.
8. Add in turmeric, black pepper and sea salt.
9. Pour mixture into greased 9 x 13" pan and bake for 21 to 23 minutes, or until center of casserole is firm to touch.
10. Serve alongside a mixed greens salad and enjoy.

## **Quinoa Veggie Meat(less) Balls with Spaghetti Squash**

Serves 4

1 ½ cups water  
¾ cup quinoa  
2 cups Portobello mushrooms, chopped  
½ cup chickpeas, drained and lightly mashed with fork  
2 eggs, whisked  
2 tablespoons extra virgin olive oil + 1 tablespoon olive oil reserved  
2 cloves garlic, crushed  
½ teaspoon turmeric  
¼ teaspoon sea salt  
¼ teaspoon black pepper

### Spaghetti Squash

1 spaghetti squash, sliced lengthwise and seeded  
1 tablespoon olive oil  
½ teaspoon sea salt

### Preparation

1. Preheat oven to 400 degrees.
2. Glaze flesh of spaghetti squash with olive oil, then sprinkle with salt.
3. Place face down on a baking pan, and bake for 40 minutes or until center of squash can be easily punctured with a fork.
4. While squash is cooking, cook quinoa in 1 ½ cups of water, olive oil and salt.
5. In a large bowl, add mushrooms, chickpeas, eggs olive oil, turmeric and black pepper. Mix thoroughly and set aside. Mixture should be very loose and wet.
6. After quinoa is finished, allow to cool for about 10 minutes.
7. Combine quinoa with the vegetable mixture.
8. Press quinoa mixture into meat(less) balls, forming about 16.
9. Place in the oven with the spaghetti squash at 400 degrees, baking for 18 to 20 minutes, turning halfway through.
10. After both meat(less) balls and squash are done, fork the squash on to plates along with about 4 meat(less) balls.
11. Serve with red sauce or on its own. Enjoy.

## **Creamy Broccoli Soup**

Serves 6

8 cups broccoli, coarsely chopped (include stem)  
4 cups vegetable broth (option to use Belly Burn Broth)  
1  $\frac{3}{4}$  cups coconut milk  
 $\frac{1}{2}$  cup onion, coarsely chopped  
2 cloves garlic, chopped  
 $\frac{1}{2}$  teaspoon turmeric  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon black pepper

### Preparation

1. Combine all ingredients to a medium or large stockpot.
2. Bring to a boil for five minutes, then reduce to a simmer for 15 minutes.
3. Using an immersion blender, puree until mixture is slightly chunky.  
Alternatively, carefully pour mixture into a blender, and pulse until you reach desired consistency.  
(Fill blender only halfway to avoid the risk of spilling the hot liquid).
4. Serve with a tossed green salad and enjoy.

## **Sweet Potato & Kale Soup**

Serves 6

3 cups water  
1 can coconut milk (canned)  
2 cups sweet potato (approximately 1 large potato)  
2 cups fresh kale, loosely packed  
1 cup onion, chopped  
1 clove garlic, minced  
1 tablespoon coconut oil  
½ teaspoon cinnamon  
½ teaspoon black pepper  
½ teaspoon ground turmeric  
½ teaspoon sea salt  
½ teaspoon ground ginger

### Preparation

1. Preheat oven to 400 degrees.
2. Peel and cube sweet potato.
3. Place cubed sweet potato on baking sheet lightly greased with coconut oil and bake at 400 degrees for approximately 20 minutes.
4. While sweet potato is baking, add water, coconut milk, onion, garlic, cinnamon, pepper, turmeric, salt and ginger to a medium stockpot. Bring to a boil.
5. Add baked sweet potato to mixture, followed by the kale. Remove from heat.
6. Using an immersion blender, puree until mixture is flecks of kale remain. Alternatively, carefully pour mixture into a blender, and pulse until you reach desired consistency.  
(Fill blender only halfway to avoid the risk of spilling the hot liquid).
7. Serve with a tossed green salad and enjoy.

## **Veggie Stuffed Sweet Potatoes**

Serves 4

2 sweet potatoes, washed and halved lengthwise  
3 eggs, lightly whisked  
1 cup spinach, frozen  
¼ teaspoon black pepper  
¼ teaspoon ground turmeric  
⅛ teaspoon sea salt

### *Avocado Topping*

1 avocado, mashed  
1 cup green onion, coarsely chopped  
⅛ teaspoon sea salt  
⅛ teaspoon paprika

### Preparation

1. Preheat oven to 400 degrees.
2. In a medium bowl, whisk eggs together with spinach, pepper, turmeric and salt. Set aside.
3. Place halved sweet potatoes on a baking sheet, and bake for 35 minutes, or until center of sweet potato can be easily punctured with a fork. Keep oven on.
4. Remove potatoes from oven and set aside for at least ten minutes, or until surface is cool enough to touch.
5. While potatoes are cooling, prepare avocado topping by adding avocado, green onion, salt and paprika to a small bowl.
6. Mix thoroughly and set aside.
7. If any of the surface area of the baked sweet potato became hard, gently remove with a knife, then scoop out the center of the sweet potato creating a boat.
8. Add the scooped sweet potato into the egg mixture and mix thoroughly. You can expect that some mixture will flow over from the boats. This is normal.
9. Return filled sweet potatoes back to oven and bake for 20 minutes.
10. Serve with a mixed green salad and enjoy.

## **Brussels Sprouts & Lentil Sauté**

Serves 4

1 ½ cups water

3 cups Brussels sprouts, washed and quartered

1 cup red lentils, rinsed

½ cup green onion, chopped

2 tablespoons extra virgin olive oil + 1 tablespoon reserved

½ teaspoon cumin

½ teaspoon paprika

½ teaspoon sea salt

### Preparation

1. Add rinsed lentils to water with 1 tablespoon olive oil and salt.
2. Bring to a boil, then simmer until liquid is absorbed. Lentils should be somewhat firm, not overly soft.
3. Add 2 tablespoons olive oil to a large pan and heat for 2 minutes.
4. Add Brussels sprouts, green onion, cumin and paprika to pan and sauté for ten minutes, frequently turning sprouts.
5. After lentils are done, remove from heat and add to sprout mixture.
6. Continue to stir over medium heat for 2 more minutes.
7. Remove from heat and serve with a mixed green salad.

## Stuffed Acorn Squash

Serves 4

2 acorn squash, washed, halved and seeded  
1 cup water  
1 cup yellow onion, diced  
½ cup white rice, rinsed  
2 carrots, peeled and coarsely chopped  
1 15-oz can black beans, rinsed  
1 egg, lightly whisked  
2 tablespoons of extra virgin olive oil + 2 tablespoons olive oil divided  
½ teaspoon garlic powder  
¼ teaspoon sage  
¼ teaspoon thyme  
¼ teaspoon sea salt  
¼ teaspoon black pepper

### Preparation

1. Preheat oven to 400 degrees.
2. As oven is preheating, prepare rice, squash and vegetables.
3. Glaze flesh of squash with 1 tablespoon of olive oil and place face down on baking sheet and bake for 30 minutes.
4. After removing, leave oven on.
5. Combine rice, water, 1 tablespoon of olive oil and salt to a small pot.
6. Bring to a boil and reduce to a simmer.
7. Heat 2 remaining tablespoons of olive oil to a pan and sauté carrots and onion for about five minutes.
8. In a large mixing bowl, combine carrot mixture with cooked rice, black beans, garlic powder, sage, thyme and pepper.
9. After mixture is cool to touch, add in whisked egg.
10. Spoon a generous amount of mixture into the center of the acorn squash.
11. Return squash to oven and bake for an additional 10 to 15 minutes.
12. Remove from oven and serve with a tossed green salad.

## Beet & Veggie Burgers

Serves 6

- 2 medium beets, washed, peeled and chopped into 1" pieces
- 2 ½ cup Portobello mushrooms, chopped
- 1 ½ cups chickpeas, drained
- 1 cup yellow onion, chopped
- ¼ cup oat flour
- ¼ cup green olives, chopped (with or without pimento)
- 2 tablespoons extra virgin olive oil + 1 tablespoon olive oil reserved
- 1 egg
- ½ teaspoon ground turmeric
- ½ teaspoon paprika
- ¼ teaspoon ground mustard seed
- ¼ teaspoon black pepper

### Preparation

1. Preheat oven to 400 degrees.
2. Toss chopped beets into medium bowl with paprika and 1 tablespoon of olive oil, place on baking sheet and bake in preheated oven for 12 minutes.
3. Heat 2 tablespoons of olive oil in pan, adding mushrooms and onion, sautéing until onions are translucent, or about 5 minutes.
4. To a blender, add egg, cooked beets, mushrooms, onions, chickpeas, oat flour, olives, turmeric, mustard seed and pepper.
5. Pulse for about one minute, or until mixture reaches a grainy/chunky consistency.
6. Form six patties from mixture and place back on baking sheet.
7. Return to oven for 30 minutes, gently flipping halfway through.
8. Remove from oven and serve with a with mixed green salad.



## Eggplant Lasagna

Serves 8

Ingredients 1 eggplant, peeled, halved and thinly sliced  
2 cups portabella mushrooms, chopped into small pieces  
2 cups zucchini squash (yellow or green), chopped into small pieces  
1 cup yellow onion, diced  
2 cloves garlic, crushed  
2 tablespoons olive oil

Sauce

28 ounce can of tomato puree  
6-ounce can of tomato paste  
1/4 cup olive oil  
2 tablespoons maple syrup  
1 teaspoon dried basil or 1 tablespoon fresh basil  
1 teaspoon dried parsley or 1 tablespoon fresh parsley  
3/4 teaspoon sea salt  
1/4 teaspoon garlic powder

Preparation

1. Preheat oven to 400 degrees.
2. Peel eggplant, then slice thinly using a vegetable peeler or a mandolin. Cover with a wet paper towel and set aside. Eggplant tends to brown very quickly. The wet paper towel will help keep the color fresh.
3. Heat two tablespoons olive oil in a large sauté pan. Add mushrooms, zucchini, onions, garlic and sea salt. Cook for about eight minutes to allow for moisture to get absorbed.
4. Transfer vegetables to a separate large bowl.
5. Begin making your sauce. Simply add all sauce ingredients together in a medium-size bowl and mix well.
6. Add sauce to the vegetable mixture, reserving 1 1/2 cups. Mix well.
7. Begin assembling the lasagna in a 9 x 13 pan. Begin with a layer of the vegetable mixture, then add a generous layer of the eggplant. Repeat.
8. Finish by topping with the reserved sauce.
9. Bake for 40 minutes.
10. Let sit for 10 minutes and serve with a mixed greens salad.

## **Spinach Avocado Bowl with Tarragon Ginger Dressing**

Serves 1

3 to 4 cups fresh spinach

2 tablespoons Tarragon Ginger Dressing (see extras section)

½ avocado, scored and cubed

¼ cup tomato, diced

¼ cup red onion, chopped

⅛ cup unsalted sunflower seeds

### Preparation

Combine all ingredients in a large bowl. Toss gently and enjoy.

## **Chickpea Veggie Bowl with Dill Detox Dressing**

Serves 1

- 3 to 4 cups greens (any type)
- 2 tablespoons Dill Detox Dressing (see extras section)
- 1 cup carrots
- ½ cup chickpeas, drained
- ¼ cup walnuts
- ¼ cup green onion
- ¼ cup cucumber

### Preparation

Combine all ingredients in a large bowl. Toss gently and enjoy.

The  
Belly Burn  
PLAN  
RESET

*Extras*

## **Tarragon Ginger Dressing**

Makes 8 servings

½ cup extra virgin olive oil  
½ cup apple cider vinegar  
½ cup chopped tarragon  
4 tablespoons fresh ginger, minced  
2 cloves garlic, crush  
¼ teaspoon sea salt

Blend all ingredients together for two minutes, or until garlic is thoroughly pureed. Pour two heaping tablespoons over a salad and enjoy.

## **Dill Dressing**

Makes 8 servings

½ cup apple cider vinegar

¼ cup extra virgin olive oil

¼ cup water

1 tablespoon honey

1 ½ tablespoons fresh dill, chopped

¼ teaspoon mustard seed

¼ teaspoon pepper

¼ teaspoon salt

Blend all ingredients together and pulse for one minute. Pour two heaping tablespoons over a salad and enjoy.

## **White Bean Hummus**

Serves 8

- 1 15-ounce can of cannellini beans
- ¼ cup green onions, chopped
- 2 tablespoons extra virgin olive oil
- 2 tablespoons tahini (sesame paste)
- 1 tablespoon lemon juice
- 1 clove garlic, crushed
- ½ teaspoon salt
- ½ teaspoon cumin

### Preparation

1. Blend all ingredients together until it is smooth and thick.
2. Serve with vegetables and enjoy

## **Roasted Chickpeas**

Serves 10

2 cans of chickpeas, drained

3 tablespoons olive oil

1 teaspoon ground turmeric

$\frac{3}{4}$  teaspoon black pepper

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon cumin

### Preparation

1. Preheat oven to 375 degrees.
2. Thoroughly toss together chickpeas, olive oil, turmeric, pepper, salt and cumin in a medium bowl.
3. Lay chickpeas on a baking sheet.
4. Bake for 35 to 40 minutes, gently turning chickpeas halfway through.
5. Remove from oven and allow to cool. Enjoy.



## **Chia Shot**

Serves 4

2 cups unsweetened non-dairy, non-soy milk (coconut, almond, etc.)

¼ cup chia seeds

⅛ cup unsweetened cocoa powder

3 tablespoons honey

1 tablespoon coconut oil

1 teaspoon vanilla

### Preparation

1. Combine all ingredients into a blender.
2. Pulse five times to ensure all of the chia seeds are mixed.
3. Blend for three to four minutes on high speed until mixture becomes smooth and pudding-like.
4. Refrigerate for at least 30 minutes before serving.