

# Chia Flax Mixture

3 ingredients · 10 minutes · 10 servings



## Directions

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1. Combine whole flax seeds, chia seeds and water in a jar with a cover.
2. Shake occasionally for 10 minutes.
3. Store in the refrigerator. This will make enough to put 2 tablespoons in your smoothie each day for a week.

## Ingredients

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|-------------------|-----------------|
| <b>1/4 cup</b>    | Chia Seeds      |
| <b>2 tbsps</b>    | Whole Flax Seed |
| <b>1 1/2 cups</b> | Water           |