

Peanut Butter Chia Shake

Blend in Vitamix blender or Nutribullet until smooth:

2 scoops *The Hormone Cure Vanilla Hormone Balancing Shake*

1/2 avocado

1 tablespoon organic, unsweetened peanut butter

1 cup of spinach

2 tablespoons chia seeds

3-4 ice cubes

Enjoy!

***Geek out with Dr. Sara: Don't be concerned about the high number of calories found in chia seeds. Chia seeds have long been used in central and South American folk medicine and as a staple food for increased energy and overall health. Modern science is beginning to recognize and study the many health benefits of chia as well. Although they are high in calories, they also contain omega 3 and 6 oils, which have been proven to increase insulin sensitivity in the body. Since insulin insensitivity causes weight gain, obesity, and type-2 diabetes, consuming chia seeds can actually promote weight loss*

Ali, Norlaily Mohd, Swee Keong Yeap, Wan Yong Ho, Boon Kee Beh, Sheau Wei Tan, and Soon Guan Tan. "The Promising Future of Chia, *Salvia hispanica* L." *Journal of Biomedicine and Biotechnology* 2012 (2012). <http://www.ncbi.nlm.nih.gov/pubmed/23251075>

Li, Pingping, Nathanael J. Spann, Minna U. Kaikkonen, Min Lu, Da Young Oh, Jesse N. Fox, Gautam Bandyopadhyay et al. "NCoR Repression of LXRs Restricts Macrophage Biosynthesis of Insulin-Sensitizing Omega 3 Fatty Acids." *Cell* 155, no. 1 (2013): 200-214. <http://www.ncbi.nlm.nih.gov/pubmed/24074869>

Approximately 507 calories