



# Chia Seed Cookbook: Healthy Eating Recipes To Lose Weight & Gain Energy

*Michelle Bakeman*

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Chia seeds are taking the world by storm. Chia seeds can be used in a variety of meals and even drinks. These little seeds are packed with big benefits such as the following:

- **Give you more energy**
- **Help you lose weight**
- **Curve hunger**
- **Help you maintain a healthy blood sugar level**
- **Cleanse the toxins from your body**
- **Hydrate you**
- **And Much more!**

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