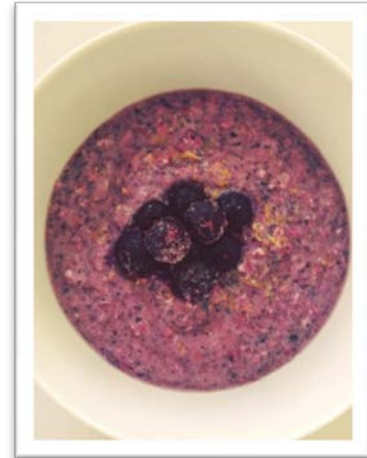


Berry Lemon Chia Pudding

Serves 2

Ingredients:

4 tablespoons chia seeds
1/2 cup oats
1 cup fresh or frozen mixed berries
1½ cups milk of your choice
2 teaspoons grated, fresh ginger
1 teaspoon lemon juice
1/4 teaspoon grated lemon zest (optional)
1 tablespoon honey



Instructions:

1. Blend the berries, milk, ginger, lemon and sweetener together on high until smooth.
2. Pour the mixture over the chia seeds and oats in a mixing bowl. Stir and allow the mixture to sit for 10 minutes. Stir again, then transfer to the fridge for 1-2 hours (or overnight), until it has a thick, pudding-like texture. Top with lemon zest and more berries as desired!
3. Can be stored in the refrigerator for up to 3 days!

Provides 455 calories and 20 g protein

Nutrition Tips:

- For a quick breakfast on treatment days, prepare this recipe the night before and divide into individual containers. This also makes a great snack between meals.
- Chia is high in fiber, which can help with constipation—a common side effect of many medications and certain chemotherapies. They are also rich in plant-based omega-3 fats, which are helpful for reducing inflammation in the body.
- Chemotherapy and radiation treatment can also cause nausea. Adding ginger and lemon to meals may help reduce nausea symptoms.
- Try sprinkling lemon zest on top for an extra zing of flavor!

Recipe provided by Courtney Evans, MGH Dietetic Intern 2017. Adapted from "The Full Helping".