

Morning Fiber Drink

1 tbsp fresh ground organic flax seed

¼ tsp fresh ground organic chia seed

1 tsp Complete Paleo protein powder (optional)

1-2 tbsp date syrup

2 tbsp organic apple cider vinegar (optional)

Put date syrup, apple cider vinegar and Complete Paleo in large cup and add boiling water to 2/3 full. Stir until completely mixed.

Grind flax and chia seeds in a clean coffee grinder until completely ground. Add ground mixture to cup and stir continuously to avoid clumping.

Add cold or hot water to fill the cup. Cold water for a warm drink or hot water for a hot drink. Stir before drinking and enjoy.