**The Perfect Breakfast Combination, It Regulates Blood Sugar, Reduces Cholesterol and Helps You Lose Weight**

**  May 9, 2017 | **  [Diet & Weight Loss](http://www.healthyfoodhouse.com/category/diet-weight-loss/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

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Having trouble deciding what to have for breakfast? You certainly want something that will kick-start the organism, give you health benefits and keep you energized throughout the day.

Well, we have the answer for you!

The following breakfast recipe is so amazing, it can actually regulate the blood sugar levels, lower the cholesterol and get rid of the stomach fats.

As you know, breakfast is one of the healthiest meals of the day. It is not wise to skip it ever, so make sure you eat right each and every morning.

Chia seeds and oats breakfast may just be the match made in heaven for you. Both ingredients are super healthy and give the metabolism and immunity a boost it needs to go through the entire day.

Aside from this, they provide weight loss properties, and can melt the belly fat and excess fat stuck in the body.

**Oatmeal** is full of beta-glucan soluble fiber, a compound that can balance the blood sugar levels, lower the bad cholesterol and strengthen the heart.

Plus, it offers a decent content of protein, fiber and minerals.

**On the other hand, chia seeds** provide omega 3 and omega 6 in large doses and have more calcium than milk and other dairy products. Again, chia seeds can help the heart work properly and give out plenty of antioxidant and anti-inflammatory benefits.

Chia seeds are recommended for people suffering from arthritis and can lower the cholesterol as well.

**The Recipe**

Ingredients:

* 1 cup oats
* 2 cups water
* 2 teaspoons vanilla powder
* 1 tsp cinnamon powder
* 2 tablespoons honey
* 1 pinch sea salt
* 4 tablespoons of chia seeds

Directions:

In a pot, add water, cinnamon and vanilla. Bring it to boil and then reduce heat and throw in oats. Again, let mix boil for 5 minutes and set aside. Cover and leave for 5 minutes to rest.

Finally, add honey and salt. Sir well and pour mix in a bowl. Add chia seeds at last, while the breakfast is still hot.

Have a blast!

Source: [healthyandtastyrecipes.com](http://healthyandtastyrecipes.com/perfect-breakfast-combination-regulates-blood-sugar-reduces-cholesterol-melts-belly-fat-2/)