

# Raspberry Chia Treat

1 T. red raspberry leaves fresh or 1 t. Dried leaf  
2 c. boiled water  
4 T. chia seeds  
1 c. frozen red raspberries  
½ lemon juiced  
4 medjool dates or sweetener of choice

Boil the water, remove from heat, add leaves and steep for 10-15 minutes. Strain tea and put in a blender with pitted dates, lemon juice and red raspberries. Blend until smooth and add chia seeds. Stir for 30 seconds to a minute. Chill and enjoy as a thick sweet soup or drink.

Recipe by Kelly Pomeroy