

Going Review and Giveaway: Navitas Naturals Super Food Power Snacks and Chia Seeds

Description

Hey guys! Happy Friday!

Even as a stay-at-home parent I still look forward to Friday since that means I get at least 2 full days with my wife/partner in crime/Going Mom, Kelley! The rest of the work week can be difficult when itâ€™s just Avery and me hanging around. If you donâ€™t know yet, babies are demanding!



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When the kind Mic from [Navitas Naturals](#) agreed to send me a bag of their chia seeds and a bag of their [Cacao Goji Super Food Power Snacks](#), I was happy Iâ€™d have a quick, healthy snack for those stressful parts of the day. Avery isnâ€™t a demon child or anything, far from, but as a baby, she has her momentsâ€™,



Who you calling demon?!

Of course, I guess we all have our moments, huh?

Anyway, since the time I opened the package, I have been enjoying both products every day. The chia seeds are perfect in oatmeal, even overnight oats, to make the perfect, gooey deliciousness I crave. Add peanut butter and a banana and Iâ€™m set!

Speaking of bananas, I recently posted a recipe for [Banana Chia Pudding](#) using Navitas Naturalsâ€™ Chia Seeds. Have you tried this yet? If not, youâ€™re missing out!



Hereâ€™s what Navitas Naturals lists about their chia seedsâ€™ nutrition:

“Navitas Naturals Chia Seeds are an excellent source of healthy essential fatty acids â€“ containing eight times more omega-3 fatty acids than salmon! Chia seeds are also one of the most digestible plant proteins, an excellent source of dietary fiber, and a powerhouse of vitamins, minerals, amino acids, and free-radical fighting antioxidants.”

Another way to harvest the power of the chia is to make a quick chia jam with your favorite fruit. All you do is add chia seeds to your favorite pureed fruit, a little sweetener of choice and give it at least an hour to set. Voila! You have a thick, omega-3 rich jam thatâ€™s delicious on anything! Hereâ€™s a quick recipe:

Ingredients

â€¢ 1 cup strawberries

â€¢ 1 Tablespoon Navitas Naturals chia seeds

â€¢ 1 Tablespoon water

â€¢ stevia, to taste (use honey or maple syrup if desired)

Instructions

1. Mash strawberries with a fork or blend them. I use my Vitamix to blend, but both methods work great. The blended version will be more like jelly and less like jam.
2. Mix in chia seeds, water and stevia. I usually use 2-3 drops of liquid stevia, but I donâ€™t think the powder would be bad either. Be careful when adding, stevia can be very overpowering!
3. Cover the mixture and place in the fridge to thicken. 30-60 minutes should be all you need.



I added some blueberries in this batch.

And for the Organic Raw Cacao Goji Super Food Power Snacks? YUM! These are loaded with wholesome ingredients and no refined sugars or artificial anything which is exactly what I look for! Apparently, so does Avery.



These were great to have before and after a run with Avery and while having coffee as I watched her sleep on the monitor. I still have these at work and use them for my emergency hunger attacks if my lunch was not enough. Try them, you won't be sorry.



Navitas Naturals explains their nutrition best,

“Cacao is one of nature’s most complex superfoods. There are thousands of phytochemicals stored inside each little bean. A rich source of magnesium, cacao is also loaded with antioxidants and theobromine. Goji berries contain some rare compounds like germanium – an important mineral. The red chewy berry also provides protein, fiber, antioxidants and lots of beta carotene.”

So, does all of this sound good to you? Well, how about winning your own 8oz bag of these little power gems? Navitas Naturals has agreed to give away one bag to a lucky reader of Going Dad!

Click the Rafflecopter link below to enter and good luck! A winner will be chosen at the end of the day next Friday, March 21st, and announced soon after.



I could be yours!

[a Rafflecopter giveaway](#)

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