



# *NHC-Natural Healthy Choices* *Simply, Natural and Organic*

## **NHC Ebook: Chia Seeds**

### Health Benefits and Recipes



By Robert Ostler and Caroline Gao

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### **Resource Information:**

[Cooking Tips with Coconut Flour](#)

[Coconut Sap Products](#)

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## Health Benefits and Recipes

**Chia seeds** are one of nature's most nutritious foods. As more consumers start to discover the benefits of chia seeds, you'll find this wonderful product incorporated into many food items.

Chia Seeds are a tiny edible seed that's easily digested. They are high in protein, minerals and enzymes and the outer hull of this seed is an excellent source of fiber. Chia seeds are also a good source of essential oils since it contains almost a third of its mass as omega-3 and omega-6 oils.

Chia seeds, which are black or white in color, are covered with a highly absorbent hull. The hull can absorb over seven times its weight in water, producing a gelatin-like substance as the seeds are soaked. The gel-like substance acts as a barrier to slow the release of carbohydrates and thus, enabling a slower conversion into glucose (blood sugar) as the seed is digested.

The gelatinous characteristic of these seeds is an attribute used to make other foods more nutritious. It aids in making chia seeds mix in easily with sauces (barbecue, tartar and marinades), sandwich dressings (mayonnaise, ketchup, mustard), jams, jellies, ice cream drinks, smoothies, yogurts and nut butters.

Since the seeds absorb significant amounts of water, the lower calorie and nutritious chia gel gives you a "filled up" feeling. For many, this means eating smaller quantities and ingesting fewer calories. The regular consumption of chia seeds has been a successful weight-loss strategy for many.

Chia gel adds a very slight nutty flavor to sauces, beverages or foods.

Chia seeds can be ground into a powder for use as a nutritious ingredient or they can be roasted and added to soups, stews and salads. Chia seeds can be kept for long periods of time if stored in a cool, dry area.



## Health Benefits and Recipes

### Chia Seeds Offer Powerful Health-Building Benefits:

• **Super-Energizing For Increased Endurance and Sustained Energy.** A Balanced Blend of Protein, Essential Fats, Fiber, Complex Carbohydrates, and Antioxidants. Chia is unrivalled among all seeds and grains for providing energy to your mind and body. Native peoples knew about chia and made it their power food of choice. The energy and endurance of native athletes, runners, and warriors is legendary.

***Now you can benefit from their knowledge about chia!***

• **Improves Cardiovascular Health. Provides Extremely High Levels of Heart-Healthy Essential Fatty Acids (EFAs).** Chia's oil contains the highest-known percentage of omega-3 alpha-linolenic acid, an incredible 62%–64%! Foods really can be the 'best medicine.' And chia's benefits just get better!

• **Stabilizes Blood Sugar. Reduces Blood Glucose Swings and Supports Conditions of Hypoglycemia and Diabetes.** Chia's soluble fiber exerts a stabilizing influence on blood glucose levels by regulating the rate at which complex carbohydrates are digested and assimilated in the body. This creates steady, stable blood glucose levels...which also means steady, high energy levels. ***That's the 'magic' of chia, based on the best nutritional science and traditional tribal knowledge!***

• **Reduces Cravings for Sweets and Junk Foods. Chia's Soluble Fiber Allows the Measured Release of its Natural, Unrefined Carbohydrate Energy into the Bloodstream.** This is exactly the opposite of a blood sugar rise followed by a crash, which happens when consuming foods high in sugar, refined carbohydrates (e.g., white-bread products), and concentrated sweeteners (such as high-fructose corn syrup). Some people may not even know what normal blood sugar regulation feels like (due to poor diets or long-term blood sugar problems). Chia can help restore normalcy to blood glucose levels, especially for individuals suffering from lifelong consumption of 'standard American diets' (SAD) in our sugar-and-carbs-gone-wild civilization.

• **Improved Mental Focus and Concentration. Chia's Balanced Essential Fats (Omega-3 and Omega-6) Can Significantly Boost Brain Power and Brighten Mood (EFAs are known for their antidepressive effects).** Essential fats make cell membranes more flexible, and enable more efficient membrane function, including better nerve transmission and nutrient transport into cells. A healthy nervous system supports more efficient brain function. In fact, ***the essential fats in chia are well-known for helping improve brain function!***

• **High-Quality Protein. Chia Contains 20% or More Protein,** a higher percentage than found in other grains, such as wheat, corn, rice, or oats. Plus, chia is high in **Natural Antioxidants** (unlike flax), which means it stays fresh far longer and supplies

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● **Gluten-Free. Unlike Typical Grain-Source Proteins, Chia Protein Contains No Gluten.** Chia thereby is an ideal food for individuals having gluten sensitivity, carbohydrate intolerance, hypoglycemia, Celiac Disease, Crohn's Disease, or for anyone wishing to avoid common gluten-containing grains like corn, barley, and wheat. (Moreover, simple carbohydrates—including high-gluten foods—are implicated in obesity and blood glucose instability, and generally provide poor nutrient-density.) ***Chia is a gluten-free, nutrient-dense alternative to grain-source proteins!***

● **An Ideal Superfood. Chia is an Excellent Functional Food for Most People,** including individuals exhibiting food allergies, food sensitivities, or food and chemical hypersensitivity. One study found no evidence of allergic response to chia, even among individuals having peanut and tree nut allergies. Plus, chia is an ideal superfood because it is portable, won't easily spoil (i.e., protected by natural antioxidants), and safely can be stored for extended periods; chia can be eaten raw, but also remains fresh after grinding; and even after being ground and mixed with water, chia (as a gel) can keep for up to 2 weeks in the refrigerator. ***Chia absolutely puts the "super" in "superfood"!***

● **Super-Hydration and Electrolyte Balance. Chia's Soluble Fiber (i.e., Hydrophilic Colloids) Massively Retains Water...keeping you well-hydrated and maintaining your electrolyte balance.** Chia seeds hold 12 (or more!) times their weight in water. When consuming chia seeds that have been hydrated, you thereby obtain that hydration for yourself for hours! Because when chia is placed in water, juice, or mixed (whole or ground) into moist foods, it greatly swells and thereby provides effective super-hydration for your body. This uniquely powerful swelling capacity also provides special properties (i.e., thickening) you may find useful in the kitchen...or anywhere you happen to be when you need hydration. Given that water is the major component of our bodies, chia's value for hydration is very significant indeed, especially for active persons, ***and can make a huge difference in your levels of hydration, and thereby in your quality of life!***

● **Supports Healthy Elimination and Detoxification. Healthy Oils and Soluble Fiber** work together supporting greater regularity and comfort...beneficial effects not to be underestimated! Considering that most Americans are deficient both in essential fats and soluble fiber, ***chia is an obvious choice for supporting better elimination and natural detoxification, naturally.*** powerful dietary antioxidants. In addition, chia's high-quality, vegetable-source protein works synergistically with its other benefits (like reducing cravings and cardio-protective properties). ***The cumulative effect of consuming chia is super nutrition giving you exceptional staying power and supporting your active, healthy lifestyle!***

● **Promotes Lean Muscle Mass. Chia's High-Quality Vegetable Protein Helps Build Increased Lean Muscle Mass.** Therefore it is useful for weight loss and weight maintenance. Chia is suitable for all lifestyles and dietary regimens, including low-carb diets and vegetarian diets. In addition, chia's **essential fatty acids** (see above) actually ***boost*** metabolism and contribute to optimal metabolic function, thereby serving to build and maintain lean muscle mass.

## Health Benefits and Recipes

● **Uniquely Balanced.** Chia Offers Amazingly Balanced Ratios of **Macronutrients**. In fact, chia's ratios are better balanced than most grains, seeds, and many other foods. That's why chia is considered by many to be Nature's perfect food! ***Add chia to your diet, and witness your own transformation for yourself!***

● **Sustainably-Grown.** Our Chia is Grown Using **No Chemicals, Herbicides, Pesticides, Fungicides, or Artificial Fertilizers...and No GMOs!** Why does this make a difference? Because sustainably-grown seeds are hands-down healthier for you...and for the planet. Chemical-free chia both better sustains your health and contributes to sustainable agricultural practices by reducing or eliminating toxins associated with industrial agriculture. That means a happier, healthier, more wholesome planet! ***Sustainability matters! You can count on our natural chia for healthy and complete nutrition, and for a cleaner, greener world!***

● **Completely Natural.** Our Chia Contains a Colorful Mixture of **Black and White Seeds**. They are neither "hybridized" nor otherwise tinkered with in a laboratory (as are some brands of so-called 'white' chia seeds). Special note on seed color: Independent studies positively show that differences in seed color (i.e., black or white) are ***not*** associated with any substantial differences in composition or nutritional value. Rather than seed color, differences in nutritional composition among chia seeds primarily relate to external growing conditions (e.g., where and how they are grown), including factors as various as climate, soil type, etc. Thus all colors of chia seeds are equally nutritious if they are grown under the same conditions. For more information, see Ayerza and Coates (2006). ***So mix it up! After all, Nature truly 'knows best'!***

### NUTRITIONAL CONSIDERATIONS AND APPLICATIONS:

**Chia Seeds** (*Salvia hispanica* L.) contain oil amounts varying between 32-39%, with the oil offering the highest known natural percentage of **alpha-linolenic fatty acid** (60-63%). **Alpha-linolenic acid** is an essential fatty acid acting in the human body as a substratum for the transformation into **EPA** and **DHA** through the action of desaturation and elongation enzymes. The seeds also contain some **omega-6 essential fatty acids** and exhibit a favorable omega-3 to omega-6 ratio of 3:1. Modern diets contain too few omega-3 fatty acids. The seeds possess 19-23% **protein** and the amino acids of chia protein have no limiting factors in the adult diet (i.e., they are a **complete protein source** providing all of the essential amino acids in an appropriate balance).

**Chia Seeds** are also a good source of **B vitamins**, **phosphorus**, **potassium**, **zinc**, **boron**, and **copper**. They also have demonstrated strong **antioxidant** activity. The most important antioxidants they provide are **chlorogenic acid**, **caffeic acid**, and **flavanol glycosides**. Because oxidation is significantly delayed, chia offers great potential within the food industry when compared to other alpha-linolenic acid sources, such as flax seeds, which exhibit rapid decomposition due to a lack of antioxidants. The human body easily digests chia seeds. The seed's outer layer is rich in muciloid **soluble fiber** (chia possesses 5% soluble fiber) and absorbs up to twelve (or more) times its weight in water. When mixed with water or stomach juices, the seeds form a **gel** that creates a physical barrier between the carbohydrates and the digestive enzymes that break them down.

## Health Benefits and Recipes

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The carbohydrates thereby are digested and converted into glucose (blood sugar) at a slow, uniform rate. There is no insulin surge or spike needed to lower the blood sugar level. The water-retaining capacity of the **gel** also maintains bodily **hydration** (i.e., helping level out water intake) and **electrolyte balance**.

**Sustainably-grown raw chia seeds** are the highest-quality available anywhere! Click above to order or please visit our [Chia Seeds](#) page to learn more about the remarkable powers of chia!

Especially tasty and useful ways to consume chia include creating a [Chia Gel Smoothie](#) or a [Basic Chia Gel](#). Chia is a nearly perfect superfood (for all the above reasons), and can be used in an almost infinite variety of ways. See **Directions** below for additional serving suggestions.

### Chia benefits of chia seeds

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#### **High In Omega-3 Acids.**

Chia seeds have higher levels of alpha-linolenic acid (ALA) than flax seed. ALA is an essential acid because it is not produced by the body. In fact, chia seeds have the highest whole-food source levels of Omega-3 acids, as measured by percent of weight.

#### **Rich In Antioxidants.**

Chia is a great natural source of antioxidants, including chlorogenic acid, caffeic acid, myricetin, quercetin and flavonols.

#### **Full of Important Nutrients:**

**Chia is an excellent source of calcium**, phosphorus, manganese, potassium, iron, zinc and copper. Chia contains six times more iron than spinach per serving.

[Low In Sodium and Cholesterol-Free.](#)

**Chia contains less than half the sodium of flax seed**, per serving. This is important to those with high blood pressure and concerned about sodium intake. As a plant-based source of Omega-3, chia is cholesterol-free.

#### **Promotes Hydration.**

Chia soaks up water and this promotes hydration and electrolytes retention.

#### **Helps in Weight Loss.**

Chia is very filling. As more Chia is eaten, there's less room for higher caloric foods.

#### **Builds Endurance.**

The Mayan word for Chia is "strength." Chia builds stamina and endurance because it steadily releases slow-burning glucose into the bloodstream

#### **Gluten-Free.**

The protein in chia seed is gluten free.

**Stays Fresh**, Unlike flax seed, chia seed stays fresh for extended periods of time.

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### NUTRITION INFORMATION:

### DIRECTIONS:

Take 1-4 tablespoons daily. Chia seeds may be consumed raw, sprouted, ground, cooked, or as a gel. Use creatively in smoothies, salads, soups, or when baking (e.g., in toppings, fillings, or crusts).

To prepare chia gel, whisk 1/3 cup chia seeds in 2 cups water. Let stand for 3 minutes and whisk again. Chia gel keeps for up to 2 weeks when refrigerated. You may also grind the chia seeds in order to release the essential fatty acids (omega-3 and omega-6) for greater assimilation.

Please visit our [Recipes](#) page for more ideas on preparing delicious dishes using chia! We especially recommend our new **Chia Seed Smoothie** recipe and **Basic Chia Gel** recipe.

## Chia Seeds

### Nutrition Facts

Serving Size: 1 Tbsp (12g)

Servings Per Container: 113

#### Amount Per Serving

**Calories 60**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

Polyunsaturated Fat 2.5g      **0%**

Monounsaturated Fat 0g      **0%**

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Potassium 60mg**      **0%**

**Total Carbohydrate 5g**      **2%**

Dietary Fiber 5g      **20%**

Sugars 0g

**Protein 3g**

Vitamin A 0% • Vitamin C 0% • Calcium 8%

Iron 6%      Magnesium 10%

\*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower, depending on your calorie needs.

### Chia Seeds

### Easy Ways to Add Nutrition to Every Meal!

#### Omegas per Tablespoon

Serving size: 1 tablespoon (12g)

Omega -3  
ALA (Alpha Linoleic Acid)..... 2,375mg

Omega -6  
LA (Linoleic Acid).....875mg

Omega -9  
OA (Oleic Acid).....290mg

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### Agua Fresca de chía (Chilled chia water)

**Best prepared just before serving.** The longer the chia seeds are in the water, the thicker and more gel-like the beverage becomes.

Ingredients:

1/2 cup lime juice

1 cup Coconut Crystals OR 1/4 to 2/3 cup Coconut Nectar

10 cups water

1/3 - 1/2 cup Chia Seeds

several sprigs fresh sage for garnish

**Directions:**

Pour lime juice and sugar into the water and stir until the sugar is dissolved. Add the chia seeds to the above ingredients. Shake or stir vigorously. Garnish with the sage sprigs. Serve in tall glasses over ice.

### Chia Lemonade

Ingredients:

1 T Chia Seeds

1 cup natural apple juice

2 t lemon juice

Ice

Directions: Combine chia seeds and apple juice and let soak 30 minutes until it thickens like jelly. Add lemon and ice for a refreshing slushy drink.

### Smoothies/Blended drinks

Basic recipe

1/2 - 1 cup liquid of choice

1 banana fresh or frozen in 1" pieces

1/4 cup fresh or frozen fruit of choice

1 scoop Wheat Grass Powder

1T Chia Seeds

Optional ingredients

1 - 2 ice cubes (add if not using frozen fruit)

1 T seeds or nuts (sesame, sunflower, pumpkin, flax seeds, soaked almonds or brazil nuts).

Liquid choices

Desired amount: 1/2 - 1 cup:

Apple juice

Orange juice

Yogurt

Tofu (blend into liquid first with 1/8 cup water)

Water



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### **Fruit choices**

Desired amount: 1/4 cup of fresh or frozen fruit

Any fresh or frozen fruit that you like can be used for smoothies.

The more fruit you add the thicker the drink.

With a 1/4 cup liquid you can create a pudding like dessert from any fresh fruit and liquid of your choice.

### **Smoothies sample recipes**

#### **Orange Banana Smoothie**

1/2 cup fresh orange juice

1 frozen banana

2 T Chia Seeds

1 pitted date

1 T protein or wheat grass powder

2 ice cubes (optional)

Blend 30-45 seconds or to desired smoothness.

#### **Winter Green Smoothie**

1 cup apple juice

1 banana

2 T Chia Seeds

2 mint leaves

1 - 2 t wheat grass powder

Blend 30-45 seconds or to desired smoothness.

#### **Tropical Sorbet Smoothie**

1/4 cup water

1 banana

1/4 cup frozen pineapple

1/4 cup frozen mango

2 T Chia Seeds

Lemon juice to taste

Blend 45-60 seconds or to desired smoothness. This will be a thicker smoothie, almost like a soft serve ice cream.

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### Banana Cream Smoothie

1 cup yogurt (dairy or non-dairy)  
1 banana  
1/4 cup fresh or frozen strawberries  
2 T Chia Seeds  
1 T raw honey or coconut nectar  
Blend 30-45 seconds or to desired smoothness.

### Prickly Pear Shake

Ingredients:

4 cactus fruits, peeled  
1 apple, diced  
1 pear, diced  
1 banana  
1 cup walnuts and almonds, chopped  
1/4 cup Chia Seeds  
2 cups milk (soy or dairy)  
5 t Coconut Nectar

Directions:

Add all the ingredients into a blender or food processor and blend thoroughly.

### Chia Fruit Delight

Ingredients:

1-2 T Chia Seeds  
2-3 T almond butter  
1 scoop Wheat Grass Powder  
1 apple, diced  
1/2 banana, sliced  
2 t raisins or dried cranberries  
Splash of milk (nut, soy or rice)  
Pinch of cinnamon  
Water to achieve desired consistency.  
1 cup berries (blueberries, raspberries, strawberries-fresh or frozen)

**Directions:**

Pour ingredients into blender, blend for about 45 seconds or until mixture reaches desired consistency. For thicker drinks, add more milk and omit water.

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### Almond Chia Maca Shake

Ingredients:

2 cups almond milk  
1 T Chia Seeds  
1 T ground flax seeds  
1 T maca powder  
1 t vanilla extract  
2 t coconut Nectar  
Ice cubes for a colder shake (optional)

Directions:

Place all ingredients in a blender and blend until smooth and creamy. Stored in a sealed jar, the Almond Chia Maca Shake will last up to two days in the refrigerator.

### Baked goods:

#### Banana Bread with Chia Seeds

Ingredients:

1/2 cup Virgin Coconut Crystals  
5 T Coconut Oil, softened  
2 large eggs  
1-1/2 cups coconut flour (about 6 3/4 ounces)  
1 t baking soda  
1 t salt  
1/2 t ground cinnamon  
1/4 t ground nutmeg  
1/8 t ground cloves  
2 T Chia Seeds  
1 (6-ounce) carton vanilla low-fat yogurt  
3/4 cup ripe mashed bananas (about 1-1/2 bananas)  
1/4 t vanilla extract

Cooking spray

**Directions:**

Preheat oven to 350°F.

Place sugar and coconut oil in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add eggs, one at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, baking soda, salt, ground cinnamon, ground nutmeg and ground cloves. Stir in chia seeds. Add flour mixture and yogurt alternately to sugar mixture, beating well and beginning and ending with flour mixture. Fold in bananas and vanilla. Pour batter into an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350°F for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan and enjoy.

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### Pumpkin Bread with Chia Seeds

**Ingredients:**

1/3 cup Virgin Coconut Oil, softened

1/2 cup coconut crystals

1 egg

2 egg whites

1/2 - 3/4 t orange extract

1 cup canned pumpkin

3/4 cups coconut flour

2 t baking powder

3/4 t baking soda

1/2 t salt

2 T Chia Seeds

1-1/2 t ground cinnamon

3/4 t ground ginger

1/4 t ground nutmeg

1/2 cup raisins

1/3 cup chopped pecans

3 T apricot spreadable fruit

Pecan halves or chopped pecans (optional)

**Directions:**

Beat coconut oil and sugar until blended in mixer bowl; beat in egg, egg whites, orange extract and pumpkin. Mix in combined flour, baking powder, baking soda, salt, chia seed and spices; mix in raisins and chopped pecans.

Spread batter evenly in greased loaf pan, 8-1/2 x 4-1/2 x 2-1/2 inches. Bake bread in preheated 350°F oven until browned and toothpick inserted in center comes out clean, 50 to 60 minutes. Cool bread in pan 5 minutes; remove from pan and cool on wire rack. Heat spreadable fruit until melted in small saucepan; brush on bread and garnish with pecans.

### Coconut Chia Brownies

**Ingredients:**

1 cups Coconut sugar crystals

1 cup Coconut flour

1/2 cup cocoa

1 cup walnuts or pecans

1-1/2 cups Chia Seeds

4 eggs

3/4 cup coconut oil, melted and cooled

2 t vanilla

**Directions:**

Mix dry ingredients in one bowl and stir well. Mix wet ingredients in a separate bowl and mix well. Add wet ingredients to dry ingredients bowl and gently mix until flour is well incorporated.

Pour into greased 9x13 inch pan.

Bake at 325°F for approx. 35 minutes or until a toothpick inserted in center comes out clean.

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### *other good ways to use chia*

#### **Chia Gel**

Make chia gel (8-9 parts water to 1 part chia seeds) by soaking chia seeds in water for at least 12 hours.

It's best to make small batches. Use clean quart sized jars filled with three cups water. Stir the water while adding one-third cup Chia Seeds. Avoid clumping by stirring several times within 10 minutes until chia seeds are well blended and do not separate from the water. Store gel in refrigerator for 12 hours.

Chia gel can be added to many foods and drinks. Try using half chia gel and half juice (of any kind.) Can also be added to salad dressings, dips, spreads, soups, etc.

#### **Papaya Salad Dressing**

Ingredients:

1 papaya (skinned, seeded, sliced)

1/2 cup orange juice

1 T Chia Seeds

1 t lime juice

1 t chile powder spice

Sea salt to taste

Directions:

Blend 45-60 seconds or to desired smoothness.

Drizzle over favorite salad.

#### **Super Garlic Dressing**

Ingredients:

1 T Chia Seeds

3 T water

2 cloves garlic

1 T mustard powder

2 T raw coconut vinegar

2 T extra virgin olive oil

1 t sea salt

Directions:

Let the chia seeds sit in the water for a few minutes until they become gelled. Grate the garlic with a very fine grater such as the Microplane. Add the garlic into the chia gel. Add the mustard powder, vinegar, oil and salt. Whisk until well combined. If it is thicker than you'd like, add a little more water. This is also good with lemon juice in place of the vinegar. Serve over any type of salad.

## Health Benefits and Recipes

### Chia French Toast

Ingredients:

Bread

Eggs

Chia Seeds

Directions:

Prepare Chia Gel (see previous recipe for Chia Gel.)

Beat eggs and mix in 1 or 2 teaspoons of chia gel (per slice of toast) into egg mixture. Prepare French Toast as normal.

### Chia Vegetable Stir Fry

Ingredients:

1/2 T virgin coconut oil

1/2 t toasted sesame oil

1-2 T ginger, minced

1/2 onion, sliced

3 T Coconut Aminos

1-2 T coconut vinegar

3/4 cup water

2-4 cups kale, coarsely chopped

2 carrots, thinly sliced

1/2 bell pepper, thinly sliced

3 oz mushrooms

2 tomatoes, chopped

3-4 garlic cloves, finely  
chopped

2 T Chia Seeds

5 cups cooked brown rice  
(or brown basmati rice)

#### Directions:

In a large wok or skillet, sauté ginger and onion in oils over medium heat until softened (approximately 3 minutes). Add Coconut Aminos, coconut vinegar and water. Stir fry for additional 3 minutes. Add vegetables, garlic, tomatoes and chia seeds. Cover and cook for 10 minutes or until vegetables are tender, but still firm. Stir occasionally. Serve over rice.

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### Chocolate Truffles

Ingredients:

- 1 cup raw walnuts
- 1/2 cup pitted dates
- 4 T raw carob
- 2 T Coconut Nectar with ¼ cup water
- 1/2 T Chia Seeds

Directions:

Blend the walnuts and dates in a food processor until reaching a smooth texture. Mix the carob, coconut water and chia seed. Add to nut and date mixture and stir well. Form into balls using your hands. Place on cookie sheet and chill until firm.

### Apricot Truffles

Ingredients:

- 1 cup almonds, soaked for 12 - 48 hours and blanched
- 1 cup dried apricots
- 1/2 cup honey dates
- 1 T lemon zest
- 1 t vanilla
- 1/2 T Chia Seeds

Directions:

Process the almonds, apricots and dates in a food processor. Add lemon zest, vanilla and chia seeds. Form dough into small balls and chill before serving.

### Creamy Mushroom Soup

Ingredients:

- 1 cup cashews (preferably raw) or other nuts (for making nut milk)
- 1-1/2 Chia Seeds
- 1-1/2 t sesame oil
- 1 lb mushrooms, sliced (mixed variety or your favorite)
- 1 t olive oil
- 1 t tamari (optional)
- 1-1/2 cups onions, diced
- 2 stalks celery, diced
- 2 cloves garlic, diced
- cayenne pepper, dash
- 1/2 t sea salt
- 1 tomato, diced

#### Directions:

Add raw cashews to 5-1/2 cups water and blend until smooth to make 6-1/2 cups cashew nut milk. Add chia seeds and allow to stand for 15 minutes. Sauté 1/2 lb mushrooms in sesame oil for approx. four minutes. Mix sautéed mushrooms into nut milk by hand and pour into a sauce pan. Sauté onion, celery and garlic in olive oil with tamari for 4 minutes. Fold sautéed vegetables into the saucepan containing the nut milk and mushrooms. Slice the remaining mushrooms and add to the mix along with cayenne pepper and sea salt. Cook for 30 minutes on medium high heat. Add diced tomato 1-2 minutes before serving.

## Health Benefits and Recipes

### *the best of the rest*

- Sprinkle in with Grape Nuts Trail Mix (about 1 t chia seeds)
- Blend in chia seeds with salad dressing
- Mix in chia seeds into any flavor yogurt
- Add to stews and slow-cooker recipes
- Chia seeds are terrific added to many foods
- Sprinkle 1 t of chia seeds into:
  - **Oatmeal**
  - **Couscous**
  - **Eggs (sprinkle on, or add while beating eggs)**
  - **Muffins (mix into batter)**
  - **Quesadillas (sprinkle on cheese before grilling)**
  - **Salads**
  - **Sandwiches (grilled cheese, peanut butter)**
  - **Soups**
  - **Tabouli**

### ***Chia Seeds...For Your Best Health!***

**Contain the highest plant source of Omega-3 on the planet!**

### **Easy Ways to Add Nutrition to Every Meal!**

