

IMPROVE YOUR HEALTH WITH CHIA



10 Fun Ways To Use Chia

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Chia seeds are the new quinoa. The new ingredient to wriggle its way into the mainstream after a few decades as the fibrous, whole-mealy staple of the granola belt. I know many of you out there are still trying to work out what to do with them once you've bought a packet. And since I hate the idea of anyone buying a packet of anything and having it sit there going to waste, henceforth a wee list of clever applications.

I've written on why chia seeds are so healthy before. Amongst many things. they're godsend when you're quitting sugar. They help to control your appetite because they fill you up (with the addition of liquid they swell to 17 times their original size) and they're a fabulous source of protein. They're also full of nutrients – vitamins A, B, D, E, calcium, potassium, iron, magnesium – which help with the detox hell that some can suffer.

1. Use In Place Of an Egg In Recipes

Substitute 1 tablespoon of chia seeds (preferably finely ground) + 3 tablespoons of water per egg.

2. Thicken Up Soups Or Gravies

If you don't want to use cornstarch or other thickening agents, add a teaspoon of chia seeds or chia bran at a time until you reach your desired thickness. Bear in mind it takes a minute or two for the seeds to swell and work their magic. Be patient!

3. Sprout Chia Seeds To Use In Salads.

These things are quite zesty...a bit like broccoli sprouts. Chia seeds are mucilaginous so you can't use the usual tray or jar sprouters. Instead...



- Sprinkle a thin layer of seeds on the bottom of an unlaquered terra cotta dish or plate.
 - Put the terra cotta dish in a larger plate of water.
 - Cover with another plate.
 - Small amounts of water permeate the terra cotta plate upon which the chia seeds sit, and provide exactly the right amount of water to sprout them.
 - Day 2, lightly mist the seeds (or sprinkle) with water.
 - Day 3, they should be right to eat.
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4. Add To a Chocolate Brownie or Truffle Recipe To Turn Them Into Protein Bars

Throw in a few tablespoons of protein powder while you're at.

5. Try a Chia-coconut Goob, Especially if You're An Athlete

Just mix coconut water and some seeds to form an electrolyte-laden “goo”. I got my Dad onto this. He runs marathons and does 24-hour mountain bike races and swears by the idea (and he’s a hard guy to get on board!). It’s infinitely better than the commercial goobs and energy drinks.

6. Use as a Slow Cooker Aid.

Cooking with a slow cooker can often leave you with a lot of excess liquid. I do two things.

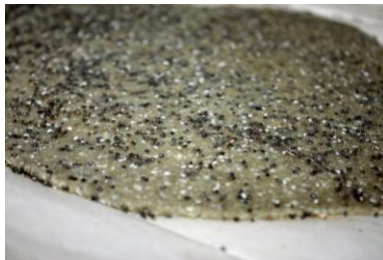
The first: I thicken the sauce by adding some seeds or chia seed bran. The second, I remove any excess liquid (a very brothy, nutritious mixture) and put in a jar with some chia seeds and then eat with toast, over rice, pasta or vegetables.

7. An Easy Thick Omelette.

Add chia seeds to beaten eggs, soak for 10 minutes and turn into an omelette or frittata.

8. Make Crackers.

Make a thin batter of ground chia seeds and milk and cook in a slow oven to make crackers.



9. Make a Cinnamon Chia Butter.

Add ground seeds to nut butter and amp the nutrition. Or add to butter with some cinnamon and spread on hot toast.

10. Make a Healthy Pudding.

Add 1/2 cup of chia seeds to 1 1/2 cups of almond or cashew milk. I make mine in a jar and carry it to the office, or on planes when I'm travelling. It's filling, can be made the night before and is spill-proof!

Comments

Comment 1

[Lisa Coyne](#) · [Northern Michigan University](#)

One of my favorite summer breakfasts is Overnight Chia Oatmeal: Mix 1/4 cup steel cut oats, 1 cup unsweetened vanilla almond milk, 2 tablespoons chia, 1 tablespoon raisins or goji berries and a generous topping of cinnamon, stir well. Cover and refrigerate overnight, in the morning, stir again and enjoy.

Comment 2

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Yesterday I made this recipe for "goo" as you call it! It was delicious! :)

- 5 cups water.
- 10 Medjool dates, pitted.
- 1/4 cup chia seeds.

Preparation:

1. In the blender combine the water and dates. Blend until the dates are liquified.
2. Pour into a large jar and add chia seeds. Place the lid on and shake vigorously.
3. Place in fridge to thicken for 30+ minutes. The longer it sits the more suspended the chia seeds get after shaking.

I left over night and shook a few times, made two mason jars!

Comment 3

[Wendie Webber](#) · [Follow](#) · [Chief cook and bottle washer](#) at [Mind Design Hypnosis](#)

Pudding Recipe:

- 3 Tbsp Chia seeds.
- 3 Tbsp Xylitol.
- 3 Tbsp Raw Cacao.

1 can organic coconut milk (the thicker, the better).

Whisk together in a bowl until smooth. Chill. Serve with a dollop of yogurt. Devour.

Credit:

<http://www.hungryforchange.tv/article/10-fun-ways-to-use-chia>

By Sarah Wilson

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