

Some other ways to use chia seed

Chia Gel (a food extender/calorie displacer)

1 part chia seed
10 parts water

Mix chia seed in water while stirring rapidly. Never pour water into the seeds or clumping will result. Let stand 5 minutes and mix again. Allow to set up for 15 minutes before using. Keep refrigerated, will keep up to 2 weeks, for later use in recipes.

For example 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.

The gel can be added to creamy/liquid food items such as jelly, jam, yogurt, mustard, ketchup, salad dressing, margarine, barbecue sauce, puddings, etc. The gel doesn't affect flavors, offers nutritional benefits, and cuts calories by decreasing the amount of the food item being extended or displaced.

Peanut butter & margarine extender

Mix 2 tablespoons of peanut butter or margarine for every ½ tablespoon chia gel. Mix well.

Note: Soaking in the water has softened the chia gel seeds, but they are still a little crunchy.

You'll need to experiment to find the ratio of chia gel to food item that you prefer.

Other suggestions

The easiest way to incorporate chia into your diet is to simply sprinkle ¼ - 1 teaspoon (or as much as you like) of whole seeds into foods like:

Any trail mix

Blend into salad dressings

Mix chia seed into any flavor of yogurt

Add to stews and slow-cooker recipes

Add to, or Sprinkle on 1 t of chia seed (or a to:

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, etc.

Agua Fresca de chía (Chilled chía water)

This is best prepared just before serving, as the longer the chia seeds are in the water, the thicker and more gel-like the beverage becomes (see chia gel recipe on next page). We recommend you make small batches the first few times, and experiment with the amount of chia seeds to determine how large or small an amount of seed you prefer.

Ingredients:

1/3-1/2 cup whole chía seeds (10 cups of water)
half cup lime juice (or to taste)
1 cup sugar (or to taste)

Pour the lime juice and sugar into the water and stir until the sugar is dissolved.
Add the chía seeds to the above ingredients.
Shake or stir vigorously and serve cold.

Try these recipes

Budincitos de Chía (Sweet molded cakes)

Ingredients:

Half cup whole chía seeds
2 heaping cups flour
1 tablespoon baking powder
1 cup sugar
3 whole eggs
1/2 cup canola oil
PAM spray or equivalent
half cup 1% milk
1 tablespoon vanilla
powdered sugar (optional)
Bundt cake mold or jello molds

Preheat oven to 350 degrees

Spray the mold/s with PAM

In a bowl, mix the flour, baking powder, chía seeds, and sugar.

In a separate bowl, with a spatula, beat the eggs with the oil, milk and vanilla.

Add the egg mixture to the flour mixture until completely mixed together.

Fill the mold/s with the batter.

Bake in a medium oven (350 degrees) for about 25 minutes (Individual molds should bake for a shorter period of time).

Remove the mold/s from the oven and let cool on a rack a few minutes until the cake/s can be easily removed from the mold/s.

Sprinkle cake/s with powdered sugar (optional)

Brownies

Brownies can be made with an inexpensive store-bought mix.

Most brownie mixes call for 2 eggs for traditional brownies, and 3 eggs for a more cake-like texture. Test samples were made with 3 eggs and 3 teaspoons of whole chia seeds. Mix seeds into batter. Bake about 3-5 minutes FEWER than the mix directions indicate.

Can use chia seeds as garnish if desired.

Oat and Chia Bar

2 cups rolled oats
½ cup raw pumpkin seeds
½ cup raw sunflower seeds
2 of 3 Tablespoons chia seeds
½ cup honey or maple syrup
2 Tablespoons unsalted butter or tahini

Preheat oven to 325 F. Butter an 8-inch square baking pan. Spread oats and seeds on baking sheets. Bake for 20 minutes, stirring twice to assure uniform toasting. Transfer to a medium bowl.

Pour honey into a small saucepan and bring to a boil. Reduce heat to low and simmer for 7 minutes or until honey reaches 275 F on a candy thermometer. When it starts to condense and thicken it is ready. Stir in butter. Pour hot syrup over oat mixture and stir to combine. Spread in pan evenly. Cut into bars. Tightly wrap in plastic or waxed paper.

Chia Fruit Salad

2 tablespoons chia seeds
½ cup unsweetened fruit juice
4 to 5 cups fruit

Add chia seeds and fruit juice to your favorite fruit salad combination. Mix thoroughly. Let sit 45 minutes as chia seeds gel. Serve chilled.

Chia Berry Smoothie or Sorbet

2 tablespoons chia seeds
1 cup apple juice or prickly pear nectar
16 ounce bag unsweetened frozen berries (blueberries, raspberries or strawberries)

Combine chia seeds and juice and let soak for half an hour. Whirl soaked chia and juice with berries in a blender till well mixed and smooth. Add more juice for a smoothie or serve as is for sorbet.

Chia Smoothie:

- 1 tablespoon chia seeds
- 1 cup apple or orange juice
- ½ cup prickly pear nectar
- 1 cup frozen berries
- 1 cup plain yogurt
- 2 teaspoons honey or agave nectar
- 4 of 5 ice cubes

Soak seeds in juice for half hour. Process all ingredients in blender until smooth.

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