

Some Chia Recipes

(Provided by Good Cause Wellness and its customers)

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ARIZONA

CHIA INC.

www.arizonachia.com

Drinks - Shakes-Smoothies

Drinks

Agua Fresca de chía (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 sugar OR 1/4 to 1/3 cup Agave Nectar
10 cups water
1/3 – 1/2 cup CHIA seed
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 seed
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.

Shakes

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 seed
2 cups milk
5 t honey

Directions:

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

Almond Chia Maca Shake

Ingredients:

2 cups almond milk
1 T soaked CHIA seed
1 T maca powder
1 t vanilla extract
2 t Organic Agave Nectar (available at www.GoodCauseWellness.com)
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.

Smoothies

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
1T CHIA seed

Optional *Ingredients*

1 -2 ice cubes (add if not using frozen fruit)
1 T seeds or nuts (sesame, sunflower, pumpkin, soaked almonds or brazil nuts).
Liquid choices

Desired amount: 1/2 -1 cup: Apple juice Orange juice Coffee Yogurt (soy or dairy)Milk Tofu (blend into liquid first with 1/8 cup water)Water

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.

Orange Banana Smoothie

1/2 cup fresh orange juice
1 frozen banana
2 T soaked CHIA seed
1 pitted date
1 T protein or green powder
2 ice cubes (optional)
Blend 30-45 seconds or to desired smoothness.

Winter Green Smoothie

1 cup apple juice
1 banana
2 T soaked CHIA seed
2 mint leaves
1 -2 t green 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 soaked CHIA seed

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.

Banana Cream Smoothie

1 cup yogurt (dairy or non-dairy)

1 banana

1/4 cup fresh or frozen strawberries

2 T soaked CHIA seed

1 T raw honey

Blend 30-45 seconds or to desired smoothness.

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Baked goods

Banana Bread with Chia Seed

Ingredients:

1/2 cup sugar
5 T butter, softened
2 large eggs
1-1/2 cups all-purpose 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 seed
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 butter 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.

Cocoa Chia Brownies

Ingredients:

2 cups sugar
1 cup flour
1/2 cup cocoa
1 cup walnuts or pecans
1-1/2 cups CHIA seed
4 eggs
1 cup butter, 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.

Pumpkin Bread

Ingredients:

1/4 cup margarine, softened
10-3/4 t Equal for Recipes or 36 packets Equal sweetener or 1-1/2 cups Equal Spoonful
1 egg
2 egg whites
1/2 -3/4 t orange extract
1 cup canned pumpkin
1-1/4 cups all-purpose flour
2 t baking powder
3/4 t baking soda
1/2 t salt
2 T CHIA seed
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 margarine and Equal 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; 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.

Salad Dressings

Papaya Salad Dressing

Ingredients:

1 papaya (skinned, seeded, sliced)
1/2 cup orange juice
1 T soaked CHIA seed
1 t lime juice
1 t chile powder
Sea salt to taste

Directions:

Blend 45-60 seconds or to desired smoothness. Drizzle over favorite salad.

Super Garlic Dressing

Ingredients:

1 T CHIA seed
3 T water
2 cloves garlic
1 T mustard powder
2 T raw apple cider 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. 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.

Other Recipes

French Toast

Ingredients:

Bread
Eggs
CHIA seed

Directions:

Prepare Chia Gel (see 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.

Creamy Mushroom Soup

Ingredients:

1 cup cashews (preferably raw) or other nuts (for making nut milk)
1-1/2 cups CHIA seed
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.

Vegetable Stir Fry

Ingredients:

1/2 T olive oil
1/2 t toasted sesame oil
1-2 T ginger, minced
1/2 onion, sliced
3 T tamari
1-2 T rice wine 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 seed
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 tamari, rice wine 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.

Sweets

Chocolate Truffles

Ingredients:

1 cup raw walnuts
1/2 cup pitted dates
4 T raw carob
1/4 cup coconut water
1/2 T CHIA seed

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 seed

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.