Chia Seed Recipes

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Health Benefits of Chia Seeds

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Benefits to Using Chia Seeds

Here are ten benefits to using chia seed in your life. Chia seeds are:

1. **Nutritious.**

Chia seed provides ample calcium and protein to your tissues. The seeds are also rich in boron, which helps the body assimilate and use calcium. The nutrients also support proper brain functioning.

2. **Water loving.**

The seed can soak up ten times its weight in water. Do this fun experiment. Put one tablespoon of chia seed in a cup of water and stir. Wait a few hours and see what happens. When inside your body, the seeds help you stay hydrated longer, and retain electrolytes in your bodily fluids.

3. **Easily digestible.**

The shells are easily broken down, even when swallowed whole. This is an improvement over flax seed, which have to be ground up to be digested properly. If you eat flax seed whole, it will just pass through.

4. **Concentrated.**

If I could only take one cup of food for a few days, I'd choose chia! The food value per volume is simply astounding. You don't need much.

5. **Mild tasting.**

Unlike some seeds, the flavor is very mild. The mild taste makes it easy to put in sauces, smoothies, breads,
puddings, and whatever you want. They won't really change the taste, but will add to your nutrition!


The health pioneer Paul Bragg did an experiment an endurance hike with friends. They divided up into a chia-eating group and another group, who ate whatever they wanted. The group eating only chia seeds finished the hike four hours, twenty seven minutes before the others, most of whom didn't even finish at all.

7. Versatile.

The seeds can be used to replace less-healthy fat in just about any recipe. You can use them uncooked in salad dressings, spreads, fruit shakes, ice cream, and just about anything you want. You can also add them to cookies, cakes, muffins, and other baked goods. I usually just mix in a couple of teaspoons to my juice or water and drink them down!

8. Slimming and trimming.

Yes, the seeds will help you lose weight, for two reasons. The first reason is that they are so filling that you will eat less of other foods. The second reason is that they actually bulk up and cleanse your body of old "junk" in your intestines.


Chia seeds are known as the "Indian Running Food". Also, the ancient Aztec warriors used chia seed during their conquests. I'm a runner, and I've used chia seed to enhance stamina and endurance on my mountain runs, some of which are several hours long!
10. Regenerating.

After eating, the nutrients travel to the cells very quickly due to the ease in digestion and assimilation. Use them when you want to build or regenerate healthy body tissue. I hope to give you some recipes soon, but go ahead and experiment.

Chia seed is great for those who want to increase their energy. I hope you enjoy the recipes in this book, and share them with others.

Sincerely,

Christopher
Recipe 1 – Chocolate Chia Pudding

Serve this as a pudding, or use as a fruit dip with bananas, apples, or other fruit. The Chia seeds, when mixed with water, set up like a gel, and helps to give this recipe its pudding-like consistency.

**Ingredients**

1 ½ Cups Soaked Sunflower Seeds (Start with 1 Cup dry)  
2 Cups pitted dates  
2 T Chia Seeds  
6 Tb. Cocoa powder (or Carob powder)  
1 Cup Water

**Directions**

Put all the ingredients into the Vita-Mix or blender and blend thoroughly.

Refrigerate.

This pudding is delicious with grated Brazil nuts on top.

Hint – If you don’t have sunflower seeds any nut will do as a substitute.
Recipe 2 – Chewy Sweet Chia Squares

This is a hit, even among people who usually don’t like “Health Food”. Again, feel free to substitute ingredients for those you have. I make these a bit differently every time. You just need 4 Cups of “dry” ingredients and you have loads of options.

**Ingredients**

½ Cup Almond Butter (or Peanut Butter)
½ Cup Honey

½ Cup sliced or slivered almonds
½ Cup raisins
½ Cup Chia seeds
½ Cup Shredded Coconut (unsweetened)
½ Cup pumpkin seeds
½ Cup dried cranberries (Craisins)
½ Cup oat flakes (or sunflower seeds)
½ Cup hemp seeds (or sesame seeds)

Pinch of salt (optional)

**Directions**

Put the almond butter and the honey into a saucepan and just WARM until melted. Mix together. Add ALL dry ingredients and stir thoroughly.

Press into an 8 by 8 cake pan or other suitable container. Press firmly, using your fingers.

Refrigerate for a couple hours to firm up. Cut into squares and enjoy!
Recipe 3 – Quick Banana Blueberry Chia Ice Cream

To make this ice cream, it’s best to use a POWERFUL blender such as a Vita-Mix.

**Ingredients**

2 tablespoons Chia seeds  
4 previously frozen bananas (without peels)  
1 Cup Fresh blueberries

**Directions**

Put the blueberries into the blender and blend.

Add the Chia seeds and 1 frozen banana and blend again.

Add the other bananas one at a time. The mixture will begin to get very thick at some point, due to the frozen bananas. When you need to, use the “tamper” of your blender to push the mixture down to blend thoroughly.

Blend completely but don’t overdo it. If you continue to run the blender after the ingredients are mixed it will only create heat and melt your ice cream.

Serve up immediately into bowls and enjoy this bright blue tasty treat.
Recipe 4 – Perfect Peach Chia Smoothie

The Chia Seeds make this smoothie surprisingly filling, yet it feels so light.

**Ingredients**

3 Peaches  
1 frozen banana  
1 T. Chia Seeds

**Directions**

Note – if you don’t have a frozen banana, you can add some ice to make the smoothie cool.

Simply add all ingredients to the blender and blend.
Recipe 5 – Green Chia Vibrance Smoothie

Awesomely Alive and Vibrant, this smoothie makes you feel good.

**Ingredients**

1 T. Chia Seeds  
1 T. Sesame Seeds or Almonds  
2 Cups fresh pineapple, cut up  
1 frozen banana  
5 or 6 large romaine lettuce leaves, washed

**Directions**

Put all the ingredients except the banana into the blender or Vita-Mix and blend thoroughly. Use the tamper if necessary.

Then add the banana and blend again. If you don’t have a Vita-Mix or powerful blender, use almonds instead of the sesame seeds. It takes a powerful blender to grind the sesame seeds well.

Drink Fresh.

Hint – if the smoothie isn’t sweet enough for you, add a couple dates or another banana.
Recipe 6 – Snowflake Chia Macaroons

This is such a simple recipe but very satisfying.

**Ingredients**

¾ Cup Honey  
3 Cups shredded coconut (unsweetened)  
½ Cup Chia Seeds

**Directions**

Simply warm the honey in a saucepan (or the sun) and pour over the coconut and seeds. Mix well. Press into a 9 by 13 casserole pan and refrigerate a few hours. Cut, serve, and enjoy!

For variety you can also add some pumpkin seeds, hemp seeds, flax seeds, sesame seeds, or almonds to the mix.
Recipe 7 – Fabulous Chia Fudge

I have experimented with many different fudge recipes. It was a tough job, but someone had to do it! I found this one rich and fulfilling as well as the tastiest and it’s pretty simple. This is another mixture where the Champion juicer comes in handy.

**Ingredients**

- 2 Cups Sesame Butter (tahini) or Peanut Butter
- 3 Cups soaked raisins (start with 2 cups dry)
- 1/3 Cup Cocoa powder or Carob Powder
- 1/3 Cup Honey
- 1/3 Cup Chia Seeds
- 1 tsp. cinnamon
- 1 Cup Walnuts, chopped

**Directions**

Mix the tahini or peanut butter and raisins together in a bowl and stir together, then run the mixture through the Champion with the “solid” plate rather than the mesh piece.

If you don’t have a Champion Juicer or other food processor, try a Vita-Mix or blender.

Add the remaining ingredients, stir, and press into a 9 by 13 casserole pan. Refrigerate for a few hours. Cut into pieces and serve.

Try substituting one cup of hemp seed, pumpkin seed, or shredded coconut for the cup of chopped nuts. Each one gives a different taste and texture. Try combinations also.
Recipe 8 – Christopher’s Chia Carob Dip

We use this as a fruit dip for fresh peaches, pears, and bananas. It’s tasty enough to eat plain! It’s quick to make up. If you forgot to soak the almonds, just add ½ Cup more water.

Ingredients

1 ¾ Cups soaked almonds (start with 1 Cup dry)
1 ½ Cups pitted dates
¼ Cup carob powder (or cocoa powder)
¼ Cup Chia Seeds
1 Tablespoon pure vanilla flavoring (or piece of vanilla bean)
2 Cups water

Directions

Blend everything together in the Vita-Mix or blender. Use the tamper if you need to (I usually don’t need to). Pour it into a bowl and refrigerate for several hours.

Serve with any kind of fresh fruit as a dip.

Hint – You can use another kind of nut if you want, instead of almonds. Try figs instead of dates to make it sweet. Experiment and enjoy.
Recipe 9 – Powerhouse Chia Shake

Powerful!

**Ingredients**

2 Apples, cored and cut  
1 or 2 frozen bananas  
1 Stalk celery  
1 T. Chia Seeds  
1 T. Bee Pollen (build up to this amount)  
1 T. Maca Powder (available at Health Food Stores)

**Directions**

Put all ingredients into the Vita-Mix or blender and blend thoroughly. The color may not be your favorite but it is a nutritional powerhouse, and tastes great also!
Recipe 10 – Tasty Chia Granola

Substitute nuts and seeds for your favorites, if desired.

**Ingredients**

1 1/2 cups rolled oats  
2 T. whole flaxseeds  
1/4 cup light olive oil  
1/4 cup honey  
1/4 cup Chia seeds  
1/2 cup chopped walnuts or chopped almonds  
1/2 cup dried raisins, craisins, or goji berries

**Directions**

Preheat oven to 250 F.  
In a large bowl, combine all ingredients, stirring until dry ingredients are coated with olive oil and honey.

Brush a baking tray with oil then spread mixture onto it.

Bake for 30 minutes, stirring every 10 minutes. If you don’t like crunchy raisins, you can add them after cooking.
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