Chia Delight

SERVES 2

Ingredients:

- 2/3 cup chia seeds
- 2 cups unsweetened dairy free milk
- 1/2 teaspoon pure vanilla extract
- 2 Tablespoons unsweetened coconut flakes

Directions:

- Mix all ingredients in a mason jar, Leave overnight in the fridge, Consume the next morning (you can also warm the chia seed pudding and add cinnamon for those colder fall days).
- To make this chia pudding extra powerful, add pomegranate seeds, cacao nibs, fresh blueberries or goji berries.

What is Chia?

Chia is an edible seed that comes from the desert plant *Salvia hispanica*, grown in Mexico dating back to Mayan and Aztec cultures. “Chia” means strength, and folklore has it that these cultures used the tiny black and white seeds as an energy booster. That makes sense, as chia seeds are a concentrated food containing healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium.

Chia seeds are an unprocessed, whole-grain food that can be absorbed by the body as seeds (unlike flaxseeds). One ounce (about 2 tablespoons) contains 139 calories, 4 grams of protein, 9 grams fat, 12 grams carbohydrates and 11 grams of fiber, plus vitamins and minerals.

The mild, nutty flavor of chia seeds makes them easy to add to foods and beverages. They are most often sprinkled on cereal,

sauces, vegetables, rice dishes, or yogurt or mixed into drinks and baked goods. They can also be mixed with water and made into a gel.

Benefits of Eating Chia Seeds:

1. **Help weight loss.** Chia seeds are popular for weight loss. They **reduce food cravings** by preventing some of the food that you eat from getting absorbed into your system. This blockage of calorie absorption makes them a great diet helper.
2. **Feel fuller faster:** They can also help your diet by making you feel full. This is because they absorb 10 times their weight in water, forming a bulky gel.
3. **Hydration for athletes:** They are also great for athletes because the "chia gel" can hydrate the body.
4. **Reduce your blood pressure:** There's evidence to suggest they can reduce blood pressure.
5. **Omega-3:** They are the richest plant source of Omega-3 (the vital fats that protect against **inflammation**—such as **arthritis**—and **heart disease**). In fact, they contain more Omega-3 than salmon!
6. **Benefits for diabetes:** Because chia seeds slow down how fast our bodies convert carbohydrates into simple sugars, studies indicate they can **control blood sugar**. This leads scientists to believe chia seeds may have great benefits for diabetics.
7. They are **easier to digest than flax seeds**, and don't need to be ground up.

Here are some great ways to enjoy chia seeds:

- They can be eaten raw. (They have a nice "nutty" flavor.)
- They can be soaked in fruit juice (in Mexico, they call this "chia fresca").
- They're perfect in porridges and puddings.
- They make an ideal addition to baked goods including

breads, cakes and biscuits.

How Many Chia Seeds Should You Eat?

Two daily doses of about 20g each (1.5 ounces total).