



MySeeds

Chia Seed Cook Book

Fantastic & flavorful recipes for everything from dressing and salsas to smoothies and desserts!

With over 30 recipes, you'll always have easy, healthy and filling meal options at your fingertips!

Enjoy eating healthier and more delicious food now with MySeeds Chia

MyChiaSeeds.com

Congratulations on your decision to get MySeeds Chia!

Thank you for choosing MySeeds Chia! With these great seeds and this special cook book, you'll be on your way to eating healthier, smarter and easier every day! Each recipe in this book was specially created and tested by the MySeeds Chia Test Kitchen.

First, to taste great-

If it isn't tasty, it isn't in this book. You acquired Chia because you're tired of bland 'diet' items and chemical-filled over-processed foods. Food should be something delicious that everyone can look forward to, especially when it's healthy too.

Second, to be healthier-

You might recognize the basis for some of these foods, but each recipe has been re-designed to cut the fat and add more nutrition without losing what you love. With chia gel, each time you see 'butter' or oil, you'll know it has HALF the original amount, or less.

Then chia does the rest!

By eating it in all of these recipes you can stay full longer and add more nutrition than you get out of the regular ingredients. So not only does it help you feel full, cut the fat, and add important vitamins and minerals, its unique gelling property and flavor distribution also helps the food taste better.

What's old is FUN again?

Many of these recipes are based on old, personal recipe cards or old cook books, sometimes dating back into the 1940s. These recipes often had a few things in common: great taste, good value, lack of artificial ingredients...and butter. Through repeated testing and modification we found that each recipe could be made healthier with MySeeds, and in many cases, much easier than the original. Every recipe in this book has been styled for easy, modern and healthier cooking.

We know that it's not enough to simply 'have something in the house'.

You have to USE it to get the benefit. YOU chose our seeds, YOU should get the maximum value & enjoyment from them. This book of delicious recipes is here to help make sure that chia seeds are something you can look forward to eating every day. We made every effort to maximize variety and versatility in our recipe selection. You'll not only have something new and tasty to try, but often, several ways to use it as well.

Thank you for your purchase of MySeeds Chia, and please enjoy this cook book on behalf of the MySeeds Chia Test Kitchen!

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This is YOUR bonus chia cook book!

This bonus book is packed with even more recipes & more variety than the introduction cook booklet. The recipes here can be a little more involved, but they are still crafted with a modern busy person in mind. This book has more of what you want all around: dinners, breakfast variety, super smoothies & healthy popsicles, plus loads of tasty, colorful side dishes. Among the recipes you'll find goals like:

- Using chia gel to replace half the butter or oil in a baked recipe: The food will look, taste and bake the same as the original, but will have half the fat.
- Using chia to get more fiber in your diet: Chia has 2 kinds of fiber, soluble & insoluble. The soluble fiber is what forms "chia gel" on the outside of the seed shell when you expose it to water. The insoluble fiber is what you see as the seed shell itself. Each type of fiber is beneficial to your digestive health. Too many foods today are over-processed and don't have enough fiber. When you add chia to almost any food you already like to eat, you can easily raise your fiber intake goals.
- Using dry chia to make foods more filling: Sprinkling chia onto foods you already like to eat is a great way to feel full longer
- Using chia as a flavor extender: Since chia gel doesn't change or absorb flavors, you can add gel to sauces or dressings to use less, but get the same amount of taste
- Using chia as a flavor blender: When you add chia to items like sauces, chutneys, dressings, and dips, you'll find that the chia will help make the taste from the seasonings blend together better, and appear more even throughout the food
- Using chia to improve texture: When you use dry chia seeds, they can absorb moisture in foods. This can make for a more solid burger-patty, a thicker sauce, or better chunky fruit-based dressings

Chia doesn't really have a flavor

This means it's almost impossible to hate it, but, it can get boring if you don't know what to do with it. We want you to be able to thoroughly enjoy your seeds. It's important to have a great variety of fun, colorful, and healthier recipes to use chia in, so you always have a great incentive to get healthier with MySeeds Chia.

Chia is a great way to add extra fiber and nutrition to almost anything you already like to eat. With two kinds of fiber (soluble & insoluble), more calcium by weight than milk and 23% complete protein by weight, you can "power up" so many different foods with chia.

The focus here is "variety"

There are vegetarian recipes, recipes with meat, and some are gluten free while others aren't. Chia works in all types of recipes. Hopefully, there's something here for everyone. If a recipe doesn't fit into your lifestyle, you can do substitutions, or just skip over it. For example, some people are "sugar free" but the desserts here are "Real Desserts", you'll find regular sugar in some of them. Why? Because sometimes people want 'a traditional treat', and chia can help fill that role.

Introduction to Chia Seeds

Just how healthy are chia seeds for you?

There are WAY too many fascinating facts about chia to pack into one little page of a book. There are a myriad of ways that chia can enhance your health. You can read about all of them at

<http://www.mychiaseeds.com/Articles/MySeedsArticleHub.html>

It includes articles about using chia for weight loss, preventing diverticulosis, chia for cholesterol, vegetarian protein, helping picky kids get proper nutrition, and so much more.

Chia Gel:

You'll find "chia gel" as an ingredient in lots of the recipes in this book. It's important to know how to make it so you can start enjoying these recipes right away. It's so easy! All you need is the ratio: "9 to 1"

That's 1 part chia seeds to 9 parts filtered water*

So, for example if you use 1 tablespoon of dry MySeeds Chia you can use 9 tablespoons of filtered water in a re-seal-able container to make chia gel. Just add the seeds and the water, stir or shake to break up clumps and wait about 10 to 15 minutes. Now you have scoop-able, useful chia gel. This will keep in the fridge in a covered container for about a week (if you don't use it all up first)

*You should use filtered water because chia gel can magnify flavors. If you use tap water, it can magnify any unsavory flavors. Chia gel, by itself, when made with water, should taste like nothing at all.

Want to see a demo of chia gel being made?

<http://www.mychiaseeds.com/Videos/ChiaInstructionVideos.html>

The seeds don't dissolve. The soluble fiber on the outside of the seed shell (normally, you can't see this at all) holds onto the water and forms a bead of gel close to the seed shell. It's this gel that feeds the helpful probiotic bacteria in your digestive system, and helps hydrate your digestive process. The action of soluble & insoluble fiber also slows down the conversion of carbohydrates into sugars which helps balance blood sugar.

Quick Tips

Smoothie Tip-

If you're looking to stay full longer, or replace a meal, a smoothie can be an ideal solution. However, keep in mind that smoothies have calories too, along with all of their other health benefits. They're fine as replacements, but remember that they have the same calories as the original fruits you used. A blender is not a calorie eliminator.

Plate Tip-

Did you know that if you use smaller plates you are likely to serve less food AND eat less food? Consider switching to smaller dinner plates or bowls if you want to lower your calories more easily.

Dinner Time Tip-

It takes about 15 minutes for your body to "realize" when it is full. To maximize your meals try to eat slowly and only decide whether or not to have dessert 15 minutes after you eat dinner.

Chia Baking Tip-

For nearly every baked recipe in this book, you'll find chia gel replacing half (or more) of the butter, or vegetable oil. It's important to add the chia gel when the batter (or dough) is very moist. This starts it distributing the flavors, and prevents clumping.

Chia Baking tip 2-

You may notice apple sauce being used in recipes where "apple" isn't an appropriate flavor. Don't worry! You won't taste apple flavor in the final recipe, it is often added to substitute for refined sugar. This way the food tastes rich and moist, but has less sugar and fat!

Artificial Sweetener Tip-

Did you know that some chemical sweeteners (aspartame, sucralose, etc) can actually have the side effect of making certain people feel hungrier every time they consume artificially sweetened foods or beverages? It doesn't affect everybody, but if you're trying to lose weight ADDING hunger is a bad idea.

Now that stevia, the sweetener made from the stevia leaf plant is commonly available & popular, you'll find it in several recipes. Satisfying a sweet tooth safely can cut down cravings & keeps you from feeling deprived. Look for our sweet-tasting but no-sugar-added popsicles!

Hydration Tip –

Hydration is key to feeling great whether you're in the office or outdoors being active. The digestive system, brain, & so many bodily operations depend on water. Chia helps your digestive process stay well hydrated.

Fruit & Chia smoothies are super for so many reasons!

They make a delicious healthy breakfast to keep you full 'till lunch, they make a pretty addition to any meal (and keep you from wanting seconds) Since the whole fruits go into the blender, you get all the beneficial fiber too, unlike with juices. Kids can't resist the cool flavors, and they're loaded with the nutrition of colorful fruit!

What You'll Need...

Ingredients

- 1 cup chopped fresh papaya
- 1 whole peach, chopped
- 1 frozen banana (cut into sections)
- 1/2 cup apple juice
- 1 tbsp MySeeds Chia

Ingredients

- 1 container (4 oz.) fat free vanilla yogurt
- 3/4 cup unsweetened applesauce
- 1/4 tsp vanilla
- 1 sweet apple (example: Jonathan, Macintosh etc) -Frozen!
- 1 tbsp MySeeds Chia Seeds

Ingredients

- 3/4 cup sugar-free lime aid
- 3 kiwis, peeled and chopped
- 1 & 1/2 cups frozen green grapes
- 1/4 cup rice or almond milk
- 1 tbsp MySeeds Chia

Creamy Papaya Peach Smoothie



This is a thick & super creamy smoothie. The frozen banana makes it more like a milk-shake than a smoothie! (But it's dairy free!) To make this, place the banana (peel and all) into the freezer about 2 hours ahead of time. When it's time to make the smoothie, cut up all the fruit, peeling the papaya & banana, but not the peach. Cut the frozen banana into sections, pour in the apple juice then sprinkle on the Chia Seeds. Then, just mix until smooth.

Uncommonly Good Chia Apple Smoothie



Freezing the apple is the key to the texture of this smoothie. While it may look pale, it packs a real punch of apple flavor. First, peel and chop the apple, then place it in a sealed baggie to freeze. (So it won't brown) Once frozen, just add all the ingredients to the blender and mix until smooth.

Extreme Green Kiwi Grape Chia Smoothie



Here's a super green smoothie with a real wild taste & look! This bright green smoothie is unusual & refreshing. Simply peel & chop the kiwis & be sure that the grapes have frozen all the way through. Frozen grapes (while unusual) add a frosty, creamy texture that can't be beat.



What You'll Need...

Ingredients:

2 eggs
1 large banana
½ cup plus 2 tbsp quick cooking oats
¼ cup apple sauce
½ teaspoon cinnamon
1 tablespoon My Seeds chia gel
1 and ¼ teaspoon baking powder
2 tsp oil of choice (we used coconut)

Topping ingredients:

1 nectarine
remaining banana chunk
remaining applesauce
1 tablespoon MySeeds chia gel

Surprise! There's nothing unhealthy here at all!

Can you imagine a completely HEALTHY pancake? Now you don't have to! Look at the ingredients list. There's nothing bad for you here. This easy mini-chopper-made batter can be ready in a flash as well as the sweet, fruity topping. No HFCS with caramel coloring for you! You're starting your day off on the right foot with a healthy breakfast that tastes great too. This recipe makes about 6-8 medium pancakes.

Add only the dry oats to your mini chopper & pulse until you reach a flour-like consistency. Cut the banana into quarters. (Reserve one quarter for the topping.) If you are using the "convenient" single serving cups of applesauce which is 4 ounces, remove one tablespoon. (Reserve this tablespoon for the topping.)

Add the cinnamon, gel, applesauce, eggs, ¾ of the banana and baking powder. Pulse to mix the ingredients; be sure not to over mix. Pour the batter into a small bowl.

While the skillet is heating with your oil, rinse out the chopper's bowl. Chop the nectarine, the remaining ¼ piece banana. Add the chia gel and the remaining applesauce. This puree makes a sweet topping. Add 1/8 tsp stevia if desired to sweeten it even more.

The skillet is the correct temperature when water is lightly sprinkled in the pan and the drops "dance". Lower the heat a little and begin pouring about ¼ cup batter for each pancake. These pancakes have a pleasing but different texture than the "white-bread Pancake House" variety. We are also little concerned about their "not found in nature neon syrup" too. Are you?



The Grab N' Go Burrito

These morning burritos can be made with whatever looks good in the fridge as add-ins. Getting protein in the morning always helps start the day off right, so eggs & chia are a good choice.

This is like a pick-up-and-go omelette that won't make a mess. The lightly crisped tortilla wrapper holds the ingredients firmly together. Place in a plastic wrap if you are short on time.

What You'll Need...

Ingredients

2 eggs
1 Tbsp milk of choice
1 tsp dry MySeeds chia
1 pre made tortilla

Ingredient Suggestions

baby spinach
cheddar cheese shreds
mushroom slices
diced tomato
diced red bell pepper

Cooking spray your small skillet and break the 2 eggs into the skillet with the table spoon of milk. Scramble the eggs. Cook on medium heat and rotate the skillet letting the uncooked egg mixture run to the sides of the skillet.

Once eggs have firmed, add your pre-prepared veggies/cheese to one side of the omelette. Flip the other half over the added ingredients. With your spatula, remove from the pan and place on the tortilla. Fold as you would an egg roll. "Ends" in and roll over. Scrape out the skillet if need be.

To sear the burrito for a lightly crispy & fun texture, spray a skillet with cooking oil, as well as the burrito wrapper. Toasting will only take a few seconds on each side as you turn your burrito in the skillet.

*Burrito toasting time depends on how hot your skillet is.



Warm cinnamon waffles with more fiber

Tired of bran muffins and powdery fiber supplements? Would you rather have a fluffy, warm, and cinnamon-packed waffle? With MySeeds, now you can! You don't notice the chia, but it gives you the fiber you need.

This recipe works with Belgian and traditional waffle makers. You can control the amount of Chia (and fiber) per waffle with the methods below.

What You'll Need...

Ingredients

2 egg yolks
2 egg whites
2 cups milk
2 tbsp cinnamon
1 tbsp dry Myseeds Chia

2 cups flour
1 tbsp baking powder
1/2 tsp salt
1/3 cup oil
1/2 cup cinnamon chips

Sift together all dry ingredients and separate the eggs. Place the whites into a bowl and beat until stiff peaks form. Put the yolks, milk and oil into the dry ingredients and beat on low speed with a mixer until moistened.

At this time you can add the 1 tbsp dry Chia Seed, if you are NOT using the 'sprinkle on' method below. Next, by hand, gently fold in the eggwhites for a fluffy batter. The batter will be slightly brownish in color so it is a good idea to time the waffles rather than look at the color to determine if the waffle is done.

Pour the batter into the waffle maker. (Belgian waffle maker shown) Quickly sprinkle on a small portion (by hand) of the cinnamon chips and then the desired amount of chia seeds. 1/2 tsp per waffle or more, if needed. With a batter dipped spoon, press or tap in the chips and seeds until they are covered in waffle batter. This way they won't burn on the hot waffle grid.

No matter which method you use to add the chia seeds (in the batter or sprinkled on individual waffles) you'll want to sprinkle on the cinnamon chips. If the chips are added to the batter they tend to sink to the bottom before you can pour it.

By adding seeds to each waffle individually you can control the amount of fiber per person. Inside the waffle, you don't really notice the seeds, but they're adding nutrition and fiber to your breakfast treat!

MySeeds Chia Blueberry Cinnamon Muffins



Reasonably Sized Lower Fat Breakfast Treats

Muffins are notoriously high in fat, and the most popular muffin-type is "giant muffin". Instead of sabotaging breakfast with an immense buttery mistake, you can make these lower fat chia blueberry muffins. They're regular-sized, but will still fill you up without the need to be huge, thanks to the chia. Blueberries are loaded with anti-oxidants (whether you use fresh or frozen) and cinnamon is good for you too.

What You'll Need...

Ingredients

2 cups flour
1/3 cup white sugar
1/3 cup brown sugar
1 tsp baking powder
1/4 tsp baking soda
1 tbsp cinnamon
1/2 tsp salt
1 pint (about) fresh (or frozen) blueberries

Wet Ingredients

2 eggs
6 tbsp butter
2 tbsp MySeeds Chia gel
1 and 1/2 tsp vanilla
3/4 cup light sour cream

In a large bowl, cream together both sugars and the butter. Once pale and fluffy, beat in the eggs and the vanilla. Next, stir in the sour cream and the chia gel. The sour cream can be light or fat-free, and it will still give these muffins a moist, delicious flavor!

In another bowl, mix the flour, baking soda, baking powder, salt and cinnamon, and set aside.

To prevent the blueberries from sinking in the batter, you'll need to flour them. Rinse your berries thoroughly, and shake off any excess water in the colander. Pour the berries into a zip-top bag, and add 2 tablespoons of flour. Shake the bag until all the berries are thoroughly coated.

Stir the dry mixture into the wet mixture until well combined. The batter will be thick, and stirring may become difficult. Once combined, carefully fold in the blueberries. Line your muffin tin with cupcake papers, or spray with cooking oil. You'll need to scoop the batter into the papers, as it is very thick. Bake at 375 degrees for 28-30 minutes.

When done, the tops should be lightly browned, and a toothpick inserted in the center should come out clean.

Without any butter-filled crumb topping, and not relying on a thick sugar coating, you can enjoy these muffins for breakfast, lunch, or dessert. The cinnamon makes for a wonderful flavor combination with the berries, especially if fresh are available.



A Rustic & Fruit Filled Bread

The taste of strawberries with a blast of banana in this soft, flavorful bread make it a great addition to the breakfast menu. It's good right out of the oven, but you can also cut slices from the loaf all week without losing flavor. The bread is filling, healthy, convenient...and delicious. Don't settle for boring banana bread any more, try strawnanna bread!

What You'll Need...

Ingredients

1 and 1/2 cup flour
2 tsp baking powder
2/3 cup sugar
1/2 tsp salt
3/4 cup quick-oatmeal

Wet Ingredients:

3 tbsp vegetable oil
3 tbsp gelled MySeeds chia
2 eggs
1/2 cup diced strawberries
1/2 cup diced banana

In a large mixing bowl, mix the flour, sugar, salt and baking powder, then stir in the oatmeal. The oatmeal may seem to disappear into the flour mixture but it's enough to ensure the bread is hearty and tasty!

Next, add the ingredients in the following order, mixing gently after each addition. (Over-mixing can cause bread to become tough)

Vegetable oil
2 eggs
Gelled chia
Strawberries & bananas

You can either dice or mash the strawberries and bananas. If using frozen strawberries, it is recommended to thaw and mash them. The diced versions of the fruit make for bits of intense fruity flavor in almost every bite of bread, while the banana taste permeates the whole loaf in a more subtle way. If you're worried about your banana having a mild flavor (some just do) you can add 1/4 tsp of banana extract.

The dough for this will be very thick and sticky. Once mixed, grease a standard loaf pan, usually 9x5x3, and simply dump it into the pan and spread it around for evenness. Bake for 55 minutes at 350 degrees. The top will become golden brown and crackling, and a toothpick inserted in the middle will come out clean when it is done. It does form a 'crust' on top, which looks rustic and pretty.

This works best if cooled in the pan 10 minutes and then turned onto a wire-rack to cool. Once cooled it can be stored in a sealed container. You can then cut thick tasty slices off all week long for an easy breakfast or snack time!



No Animal Products, No Syrup, No Problem!

Simply delicious! And no egg? No way? ...Yes way! The fruit topping is an easy alternative to the sugar laden "faux maple syrup made with high fructose corn syrup" as well as true maple syrup. What a treat to start your day the right way! This recipe makes one serving.

What You'll Need...

Ingredients:

3 slices of hearty bread of choice
1/2 ripe banana
1/2 cup almond / rice / soy milk
1-2 tbsp of vegetable oil of choice

Topping

1/2 banana
2 tsp MySeeds chia gel
4-5 strawberries
stevia to taste

Get your skillet out and prepare for a treat! In a flat low pan (such as a pie pan) prepare the bread soak by pureeing the banana in a blender or mini food processor until smooth. Put half of the banana puree in the flat dish/pan and add the milk. Stir to combine.

Next, clean the strawberries & add them to the remaining portion of banana puree in your food processor. Blend until smooth, then add the chia gel. As strawberries certainly do vary in sweetness, do a taste test to see if the banana and strawberry topping could use just a little stevia. If you add stevia (especially for kids who like things sweet) make sure to blend well once again.

Begin soaking the bread as the skillet heats with 1-2 Tbsp. of oil. Do a heat check (with your hand: flick a little water into the pan to see if the droplets dance).

Now lower the heat to medium. Carefully place the soaked (on both sides) bread into the pan. Fry on both sides until crispy brown. Dress with your topping and enjoy your morning!

Cooking Tip

Be sure to add enough oil to the pan. Since this is not an egg-wash, the banana has fruit-sugars in it which will caramelize and stick the bread down onto the pan if you don't add enough oil. The right amount of oil & correct skillet temperature will give you browned, crisped toast with a chewy, fruity flavored center.

Topping Tip

You can use fresh fruit slices to brighten up the toast with extra flavor. If the kids still want to put syrup on the toast, consider a little more stevia for the topping. Anywhere between 1/8 tsp and 1/4 tsp (blended well) seems to make this "berry sweet".



What You'll Need...

Burger Ingredients

3/4 lb. ground turkey
1/4 cup bread crumbs
2 tablespoons red onion
1 large garlic clove (minced)
1 egg
1 teaspoon dry MySeeds chia
1/2 teaspoon dried sage
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
1/4 cup chopped fresh parsley

Relish Ingredients

1/2 cup fresh or frozen cranberries
1/2 cup chopped green apple
1 teaspoon orange zest
2 tablespoons of orange juice
1 teaspoon dry MySeeds chia
1 tablespoon chopped parsley

The taste of Thanksgiving...whenever you want!

For those of us who love Thanksgiving, it is a pity that it comes along only once a year! Here is a recipe that can bring the flavors of Thanksgiving back to mind...even if it is spring time...or any time! With a cranberry relish, and turkey with the "stuffing", you can create another great memory. If you serve with "Chia Creamy Sweet Potato Side" or oven baked sweet potato wedges your meal is a feast. This recipe makes 4 burgers.

First, make the tasty relish topping.

Place the first 4 ingredients into your mini-chopper and pulse until coarsely chopped. Add the chia and parsley and pulse a couple of times to chop and combine. Set aside so the flavors will mingle.

Mix all the ingredients by hand in a large bowl and form into 4 patties. Let the burgers rest for 5 minutes to give time for the chia to absorb liquids and firm the patties.

Grill in doors about 4 minutes (with a closed lidded top and bottom grill) or grill out doors for about 4 minutes on each side. When the burgers are done cooking, dress them with a lettuce leaf and the cranberry relish on your choice of bun. It's a "Déjà vu" Thanksgiving to you, whenever you want!

Cranberry Tip

An easy solution for having this tasty burger (or any of our other great cranberry & chia recipes) any time of the year is to stock up on whole cranberries when they are in season. Buy a couple of extra bags and put them in the freezer. This way they're not expensive, and you can pull out some berries any time you want to make a healthy recipe.

Cranberries are fantastically healthy, and freezing (unlike cooking) won't reduce a lot of the nutrients. When looking for the most nutrition from cranberries, whole berries are best.

Pearl Couscous Chia Salad



Crunchy, colorful side dish

This salad or side dish is just so pretty and so easy to prepare. Balsamic vinegar makes this salad so different than traditional tabbouleh, that you may buy or make yourself. Couscous is a savory type of pasta made from semolina (Durham wheat). Pearl or traditional "pasta" cooks quickly so this salad is fast and tastes best cold. Serves 4 plus.

What You'll Need...

Ingredients

- ½ cup pearl couscous
- 1 small red apple
- ½ cucumber
- ½ avocado
- 1 thin slice red onion
- 1 large handful parsley
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tbsp MySeeds chia gel
- 1 tbsp agave/honey
- 1 dash dry yellow mustard
- walnuts/nuts of choice

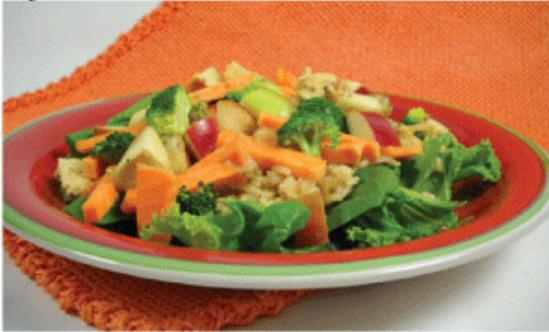
To prepare the couscous boil 1 ¼ cup water in the microwave, pour in the couscous, cover the container and set aside until all the water has been absorbed. Prepare your parsley by washing, de-stemming and chopping. Chop the remaining fruits and vegetables into a variety of sizes.

In a small measuring cup or bowl, add the remaining dressing ingredients and stir to combine. (We used pomegranate balsamic vinegar.)

"Fluff" the couscous with a fork to separate the pearls. In your mixing bowl, add the chopped veggies/fruits and pour the dressing around the circumference of bowl. Mix to combine.

By adding the dressing to any salad along the edge of the bowl (instead of dumping it in the middle of the bowl) you will achieve even distribution. Cover and chill in the fridge. When serving your festive salad, dress with your nuts of choice. Walnuts were especially good on this salad.

Apple Cider Chicken Salad



What You'll Need...

Ingredients

1 chicken breast cut into bite size pieces
2 cups cider
2 tablespoons apple cider vinegar
½ cup brown rice (uncooked)
1 tablespoon dry MySeeds chia
1 clove garlic minced
½ tablespoon fresh grated ginger root
1 medium apple (gala shown here)
½ a peeled sweet potato cut into large stick pieces
handful of broccoli florets
large handfuls of dark leafy greens

A delicious salad with a surprising crunch

Enjoying a cup of warm apple cider in the autumn is a pleasant way to usher in the fall season. Please save some cider for this fall-inspired veggie, apple & chicken salad. It's so easy.

By using your favorite type of apple, you can vary the taste of the salad. The sweet potato is hardly cooked, so it stays a little crunchy and tastes different than the soft, normal way sweet potatoes are generally prepared. Taste the season with this quick crunchy meal. This recipe makes 2 large salads.

Begin by preparing the rice as this process takes the longest. Instead of preparing the rice in water add 1 and 1/4 cup of cider to the ½ cup of dry rice. Sprinkle in the dry chia. Cook according to package directions.

In a small and lidded skillet, pour ½ cup of cider, minced garlic, grated fresh ginger and place the chicken pieces. Bring to a low boil and cover. Lower the heat and simmer for about 5 minutes or until no longer pink inside. Remove from heat and set aside.

Cut up the apple, sweet potato, broccoli and prepare your leafy greens. Once the rice is cooked, return to skillet with your chicken and add some or all of the remaining cider. (It depends on how much cider evaporated during the cooking process.) Place in the skillet the apple and veggies and stir to coat.

Plate by placing a bed of greens, add the rice, and divide the skillet contents on top. What a fresh way to welcome in the fall season.



Apple cider is healthier than apple juice because it has much of the fiber that was removed to produce plain apple juice. Cider is loaded with flavonoids, the antioxidants found in apples. Antioxidants help cells fight against free radical damage. We can ALL use more antioxidants.

Did You Know....



Versatile, colorful & flavorful chutney

Tangy and sweet or spicy and exotic...adding chutney to a meal is a real treat!

This pineapple chutney is somewhat similar to a salsa, however it is chunkier & fruit based. If you like pineapple when it's not too sweet, as well as a different kind of spicy, this is a great starter chutney to try.

What You'll Need...

Ingredients

1 cup fresh pineapple
¼ cup raisins
½ teaspoon fresh grated ginger
2 small sweet red/orange peppers
1 1/8" round of red onion
1-2 cloves garlic
1 lime
¼ cup apple cider vinegar
1 tbsp MySeeds chia gel
several sprigs of cilantro
dash of cinnamon
dash of cayenne pepper

First cut the pineapple into small pieces, mince the garlic, mince the peppers and place into a microwavable bowl. Next zest and juice the lime into the bowl. Grate the ginger and add to the bowl. Toss in the raisins, add the vinegar and add a dash of cinnamon and a dash of cayenne pepper.

Do not cover the bowl and microwave for 4 minutes. Let cool to room temperature and add the cilantro. Please do a taste test to adjust the spicy/heat level that suits your palate.



Chutney has many uses. It can be served alongside almost all roasted meat. It's great pureed and added to a light olive oil mayo to enhance a sandwich. You can serve chutney warm or cold. The chia helps mix the flavors together, and gives you extra fiber too.

Top a sweet potato or top a burger ; we bet you will think of all sorts of uses for your chutneys!



The appetizer becomes a less-mess dinner

Do you like ordering Lettuce wraps as an appetizer at a Chinese restaurant? There are a few little draw backs though...they are a bit messy and there aren't enough! Now you can have a filling salad with the "essence of a Chinese lettuce wrap". It is a little sweet & a little spicy & "alotta" crunchy. With chia in the meat mixture, you won't be hungry after this salad. This recipe makes 2 salads but of course, is easily doubled.

What You'll Need...

Meat Mixture Ingredients

6 oz. ground turkey
4 oz. white mushrooms, diced
2 large cloves garlic, smash & dice
3 scallions, sliced thinly OR ¼ inch round of red onion chopped
1 tsp grated ginger root
1 tbsp MySeeds dry chia
2 stalks celery, diced (OR diced water chestnuts)
¼ cup soy sauce
1 ½ tablespoon agave or honey
1 tablespoon rice wine vinegar

Dressing Ingredients

2 tablespoons rice wine vinegar
3 tablespoons soy sauce
1 tablespoon agave or honey
1 tablespoon Dijon mustard
1 tablespoon olive oil or sesame oil
1 ½ tablespoon sriracha sauce (taste and see if you would like a bit more)

Salad ingredients:

lettuce of choice
grated carrot
broccoli
broccoli slaw OR cabbage slaw,
zucchini chunks
apple chunks
cucumber

We liked noodles in our salad as well so if you do too, start your pasta pot to begin boiling the water. Place all the veggie ingredients into a large bowl and set aside.

Next brown the ground turkey in a small skillet and drain the fat. While the turkey is browning chop the mushrooms, dice the celery, prepare the ginger and the garlic. Once the meat has been drained, add the chopped veggies with the soy sauce, honey, vinegar and chia. Lower the heat and stir to combine.

Now that the water is boiling, add your noodles of choice and cook until al dente. (Ramen is shown here) While the meat mixture is lightly simmering, prepare the salad dressing in a small cup.

To assemble your salad: Pour the dressing over the veggies and toss. Drain the noodles and rinse with cool water. Add to the bowl and toss. Plate the salad and top with the turkey mixture. Get your chopping board out and your best knife and have fun with this "unwrapped lettuce wrap"!



A Super Spice Burger!

Bored of burgers? When you make the special spice blend & mix it right into the meat, you'll have a burger with great taste in every bite. Your burger will be delightfully aromatic and bursting with a hint of the exotic East. This recipe makes 2 burgers and you can choose your toppings of fresh sliced tomato, a bit of cole slaw and / or a slice of cheese.

What You'll Need...

Ingredients:

- ½ pound of ground turkey/chicken
- 1 & ½ tablespoons paprika
- 1 & ½ tablespoons curry powder
- 2 pinches cayenne pepper
- ½ teaspoon oregano
- 1 table spoon dry MySeeds chia

These burgers are so easy to prepare! You can have them ready for the grill within minutes. You can cook these on your outdoor grill, or inside on a counter-top grill. They turn out great either way.

In a bowl place all the ingredients and knead to combine. Form into 2 patties and let them rest so the chia can start mingling the flavors. It usually takes about 4 minutes for a closed-top counter grill or 3 to 4 minutes per side on an outdoor grill.



Curry is the generic name of a mixture of commonly used spices in Asian & Indian cuisine. Most recipes and producers of curry powder include coriander, turmeric, cumin, nutmeg and red pepper in their blends. Each of these spices are good for your health. They can be powerful antioxidants, fighting free radical damage.

Did You Know....



A Fresh New Combination

This blueberry and orange dressing is delicious over the greens of your choice. It's tangy and sweet without any added sugar. The sweetness of the fruit can counteract bitterness in veggies like broccoli. This fresh salad is loaded with all those tasty antioxidants you body craves. Don't settle for boring dressing in a jar of preservatives, try this cool combination tonight!

What You'll Need...

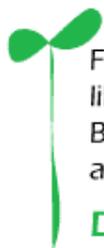
Ingredients:

1/2 cup blueberries + a few for garnish
1 orange
4 tablespoons reserved juice from orange
2 tablespoons olive oil
1 1/2 teaspoons apple vinegar
2 teaspoons MySeeds chia gel

First cut and section the orange and reserve 2 tablespoons of orange juice. Add the blueberries, a few orange sections and the remaining ingredients to your mini-chopper or food processor. Pulse once or twice so that the dressing will be chunky. A slush consistency is shown here.

Prepare your choice of greens (baby spinach shown here) and toss in the remaining orange sections and garnish with blueberries. You can also use chopped cucumber, broccoli florets or diced zucchini to add some crunch. Easy and tasty!

Fresh or frozen blueberries will work for this salad. You don't have to wait for blueberry season to arrive. Since the dressing is a 'slush', the consistency of the berries doesn't matter. Just don't over chop as a pulse or two will do the trick!



Fruit sugars can sometimes cover up or nullify the bitter taste component in foods like broccoli. Kids are notoriously very sensitive to the bitter compound in broccoli. By using a fruited dressing such as this one, you may be able to make salads more appealing to people who say "they don't like any salad."

Did You Know....



Exotic Couscous With Interesting Seasonings

This is not a "make in minutes" recipe...but the exotic taste is well worth the time it takes to make it! This is a bright & flavorful dish that's sure to impress. The rich Moroccan spices are both healthy & delicious. This is usually served over couscous, but it can also be served over rice. This recipe makes 2-3 servings if served with a side-salad.

What You'll Need...

Ingredients

1 chicken breast
1/2 cup black olives
1/2 cup green olives
12 dried dates (quartered)
1 lemon
1/4 cup chicken broth
6 to 7 oz. of rinsed chick peas

Chicken Seasoning Ingredients

2 cloves garlic
2 tbsp extra virgin olive oil
1 & 1/2 tsp ground cumin
1 tsp ground ginger
1/2 tsp ground turmeric
1/2 tps paprika
1/4 tsp ground cinnamon
pinch black pepper

Couscous Ingredients

1 cup chicken broth
2/3 cup plain couscous
1 tbsp dry MySeeds chia seeds

First, cut the chicken breast into bite-size cubes. Mince the garlic and in a shallow pan, mix together all of the chicken seasoning ingredients with the oil to form a paste. Place the chicken cubes into the pan and roll them around to coat evenly. Allow the flavors to absorb into the meat for about 1 hour.

Place a skillet on medium heat with a little bit of olive oil to cook the chicken. Scoop the pieces out of the dish of spices and place them in the skillet to cook until browned on all sides. Now add the chick peas to the skillet as well. Finally, add the olives and dates.

Slice the lemon to produce round disks of lemon for the garnish. Use the largest slices (from the middle) as the garnish, and take both the lemon ends and squeeze them over the skillet while cooking. Lower the heat and add the 1/4 cup chicken broth and allow the mixture to simmer for 10 to 15 minutes.

While this is simmering, you can prepare the couscous. Prepare according to package directions, using the chicken broth instead of water. When nearly all the broth is absorbed, sprinkle on the 1 tbsp chia seeds and mix together.

Once the couscous is done, fluff it with a fork and add it to your serving bowls. Scoop the chicken, mixture over the couscous base and add the lemon slice for garnish. If anyone would like more lemon flavor for this dish, they can simply squeeze the garnish over their food.



Awesome Lime Sauce Burritos

For lunch or dinner, try one of these great toasted burritos. They're easy to make, and the toasted tortilla adds a little bit of crispiness. When you use the chia lime sauce you really set these apart from greasy restaurant burritos. Pan-seared means no calories from frying & no mess from wrappers that just spring open. Pick one up for dinner!

What You'll Need...

Ingredients

1/2 lb ground turkey
1/2 can black beans (rinse/drain)
1/3 cup green roasted salsa
1 tsp cumin
1/4 tsp chipotle powder
1 ear of fresh corn (or frozen)
2 tsp dry MySeeds chia
6 flour tortillas (10 inch)

Sauce Ingredients

1 avocado
1/2 cup low fat plain yogurt
1 lime (zest & juice)
few sprigs of cilantro
2 tsp MySeeds chia gel

If you have fresh corn (it tastes the best!) prepare the corn & slice all the kernels off. Next, cook the ground turkey in a small skillet. Drain the oil & fat off. Add the corn, salsa, and beans. Stir to combine & then add the spices and chia seeds. Simmer for a few minutes and then do a taste test to see if it's the right amount of heat for you. You may want chipotle powder or the hot sauce of your choice.

Next, it's time to make the special sauce. In a small cup or bowl, smash the avocado into a chunky paste. Then add the yogurt and stir to combine. Zest the lime and add all of the zest to the mixture with the chia gel. Next, squeeze all the juice out of the same lime and stir again.

Place about 1/3 cup of the mixture down the middle of the tortilla, and 3 teaspoons of the lime sauce on top of the mixture. Then, add a few cilantro leaves. Fold the tortilla ends in, then simply roll it up.

Use the remaining sauce to dress the tops of the burritos.

To sear the burrito for a lightly crispy & fun texture, spray a skillet with cooking oil. Heat the skillet on high. When the skillet is hot, place the wrapped burritos on the skillet to toast. It only takes about a minute to achieve a toasted brown color on one side of a burrito. Check constantly to make sure it doesn't burn, then flip to toast the other side.

*Burrito toasting time depends on how hot your skillet is.



Versatile, colorful & flavorful chutney

Are mangoes in season?

If they are, fresh fruit is the best in this chutney, but if not, don't worry because frozen mango slices work just as well.

Fruits, peppers and spices combine to make this versatile addition to your meats, burgers, or rice. Chia seeds help blend the flavors for an even, sweet tang. You can serve this hot or cold. This keeps fresh in the fridge for about 2 to 3 days.

What You'll Need...

Ingredients

1 tbsp apple cider vinegar
1 and 1/2 tbsp sugar
1/2 ripe mango
1/2 cup chopped papaya
2 tbsp chopped red onion
1 tbsp white vinegar
2 tbsp chopped parsley

1 tsp dry MySeeds chia seeds
1 tbsp chopped green bell pepper
1/2 tbsp grated fresh ginger root
1/4 tsp ground ginger
dash turmeric
dash ground cloves
dash ground black pepper

In a microwavable mixing bowl, combine the two vinegars, sugar, and spices (including grating the ginger root). Be sure to use a stain-resistant bowl as this contains turmeric. (turmeric stains items yellow)

Stir quickly to mix, then chop the onion, parsley and bell pepper into little pieces and add them. Next cut the mango and papaya into 1/4 inch cubes and add those, along with the 1 tsp dry chia seeds. Stir well to coat all the ingredients.

This is a cooked salsa, to bring out the flavors. Do not cover your microwave safe bowl, and cook for about 3 minutes in the microwave. It can be served warm, or chilled.

Chutney has many uses. It can be served alongside almost all roasted meat. It's great pureed and added to a light olive oil mayo to enhance a sandwich. You can serve chutney warm or cold. The chia helps mix the flavors together, and gives you extra fiber too.

Top a sweet potato or top a burger ; we bet you will think of all sorts of uses for your chutneys!

MySeeds "Forbidden" Rice Chia Greens Salad



What You'll Need...

Ingredients:

1 skinless boneless chicken breasts divided horizontally or roasted chicken equivalent
¼ cup black rice
1 tablespoon MySeeds chia
For the salad dressing:
2 tablespoon grated fresh ginger
1 garlic clove minced or pressed
1 lime zested and juiced plus 3 tablespoons
2 tablespoons olive oil
2 teaspoons agave or honey
1/8 teaspoon red pepper flakes

Salad ingredients:

Mixed salad greens or choice
2 few handful of broccoli slaw
1 medium cucumber peeled and diced
1 -2 carrots thinly sliced
1 nectarine per person

A surprising, colorful salad

Luckily, forbidden or black rice is no longer just for the royalty, but can be enjoyed by "we commoners." Black rice is high in antioxidants and has a firmer consistency than conventional white or brown rice. The nectarine adds a splash of color & flavor. With the addition of chia & "the forbidden rice" in this zippy salad you may feel like royalty...its just that good. (Many up-scale grocery stores are now carrying black rice.) This recipe makes 2 very large salads.

If you are not using left over pre-cooked chicken, poach the divided breast in ¼ cup of a fruited balsamic vinegar. This is accomplished by simmering in a covered shallow skillet for about 4 minutes on each side. Cool and then shred.

While the chicken is simmering, add ¼ cup dry "forbidden" black rice to 2/3 cup water and a tablespoon of chia. Black rice takes longer to cook so look for it to be done in 20-25 minutes. Cool.

To assemble the salad: In a LARGE salad bowl, place the salad ingredients which now includes the cooled black rice cooked with chia. Cut the nectarine into chunks and add to the salad bowl. Pour the dressing over it and toss to coat thoroughly. Lastly place the chicken pieces on top and toss again. Your royal feast is ready...And maybe lunch too!

Forbidden Rice:

Forbidden rice gets its name because it used to be reserved for only Japanese & Chinese royalty. Its dark, mysterious color & great level of nutrition likely helped build its reputation. It may look unusual, but it's packed with the anti-oxidant "anthocyanins" which are chemicals a plant uses to create dark colors. When you consume these chemicals, they help fight free-radical damage. When you want to serve something unusual & healthy, reach for this rice.

Never have a boring salad again!

These super chia seed dressings will give your salad a real restaurant-style punch! With fantastic flavors and exotic new twists you can look forward to eating your greens. All of these dressings are simple to make, and keep well in closed containers in the fridge. With these dressings on hand, you won't want store-bought bottles or "lite" alternatives. These are full of health and flavor.

Peach & Spinach Chia Honey Vinaigrette

What You'll Need...

Dressing Ingredients

- 1 tbsp dijon mustard
- 1 tsp dry MySeeds chia seeds
- 2 tbsp extra virgin olive oil
- 2 tbsp honey
- 2 tbsp apple cider vinegar
- 1 pinch salt

Salad Suggestion Ingredients

- 2 thin-sliced fresh peaches
- 8 cups fresh baby spinach leaves
- OR
- 8 cups fresh mixed greens (shown)
- Optional:
- 1/2 cup pecan halves and/or 1/2 cup diced dates (shown)

Dressing Ingredients

- 1/2 cup seedless red grapes
- 2 dates (pitted)
- 1 & 1/2 tbsp fresh lime juice
- 1 & 1/2 tbsp virgin olive oil
- 1/2 tbsp honey
- 1 pinch salt
- 1 pinch pepper

Salad Suggestion Ingredients

- 1 cup torn radicchio leaves
- 1 cup baby spinach leaves
- OR
- 2 cups mixed greens



To make this dressing, simply combine all dressing ingredients in a bowl and whisk thoroughly until well combined.

If you are using dates, nuts or both, chop well, and sprinkle them over the top of the salad before serving. This will taste best if let to stand in the refrigerator for 15 minutes before serving, to allow the chia seeds to work with the flavors.

Honey Lime Chia Dressing



To make this dressing, first stir together the honey and lime juice in a small bowl. Once the honey has completely dissolved, whisk in the oil, and then the pinch of salt and pepper. Slice all of the grapes in half and add them to your mixed greens.

Dice the dates and add them as well.

In a large bowl, simply add or mix the leaves of your choice, then pour the dressing mixture over and toss lightly to combine. For best results, use the dressing right before you're ready to serve.

The 'zing' of fresh lime and the sweetness of the dates makes this salad really stand out. The dressing won't drown out any flavors and it always tastes light and fresh.



A Pretty & Fresh Salad

Make a fruit salad heartier and healthier with colorful quinoa. Quinoa, like chia is a seed, but it's treated more like a grain. The different colors in tricolor quinoa mean more healthy plant pigments for you.

Tricolor Quinoa, chia, & your choice of firm fruit make a fresh filling salad that's safe for outdoors as it is egg free, mayo free & dairy free. (So it's perfect for BBQs & picnics too—no worries!) This recipe makes about 6 wonderfully fresh tasting servings.

What You'll Need...

Ingredients

1 cup cooked & cooled tricolor quinoa (1/2 cup uncooked)
1 cup of your choice of 3 types of fruit, (about)
1 1/2 tbsp fresh chopped mint,
1 tbsp dry MySeeds chia,
2 teaspoons lemon juice.

You can choose your favorite fruits to add to this salad. Fresh seasonal berries, different types of apples, and yummy melon cubes work quite well. The fruits shown here are blueberries, strawberries & chopped apple. The apple is crisp, and adds variety to the texture.

First, cook the quinoa according to package directions. Once cooked, fluff with a fork to eliminate clumps & cool it down.

While the quinoa is cooling, rinse your fruit choices. If your choice of fruits will brown (ex. apple) don't cut it until the quinoa is completely cooled.

Depending on your choice of fruit you may want to add 1 teaspoon of agave/or sweetener of choice to the dressing. Combine all the ingredients in your serving bowl and chill for several hours to let the flavors mingle with the help of chia.



It's a Little Spicy!

This isn't your typical vegetable soup. The vegetables aren't "cooked to death" with high heat or long cook-times. The chipotle powder adds as much zip as you would like. You can customize the soup with your choice of vegetables from refrigerator or freezer. By not cooking down the vegetables, the soup also has texture from the carrot & zucchini chunks.

This soup warms your body and your taste-buds without MSG, salt, or loads of preservatives.

What You'll Need...

Ingredients:

16 oz. can/box of veg/chicken stock
3-4 tbsp tomato paste
14 oz. can diced tomatoes
1 ½ cups corn (we used fresh)
1-2 carrots depending on size
1 small zucchini chunk cut
2-3 large cloves garlic, smashed & minced
½ white or yellow onion
½ can black beans, drained & rinsed
handful of chopped fresh/frozen spinach
½ cup orzo
2 tbsp MySeeds chia gel
1 tablespoon basil
½ teaspoon oregano
1 large dash chipotle powder

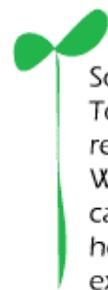
In your soup pot, sauté the garlic & onion in the olive oil until fragrant. Add the diced tomatoes, tomato paste & vegetable stock and stir to combine. Stir in the spices and the beans.

While this is simmering, cut the carrot into disks (roll cut), and cut the zucchini into chunks. Cut the corn off the cob.

*Other refrigerator items you could use include green beans, peas, butternut squash or mushrooms.

After simmering for 5 minutes (while you cut the vegetables) it's time to add the orzo. This cooks for about 12 minutes. If the broth is too thick, you can add more vegetable or chicken stock. Last, add the chia seeds, corn & spinach.

Simmer for a few more minutes & then you're ready to serve a hearty bowl.



Some vegetables are improved with heat, & others are not. Tomatoes, for example, are slightly better for you when exposed to heat. Heat helps them release lycopene, the healthy plant compound. Other vegetables like carrots are better raw. When cooked, some of their vitamins can leach out—and you'll miss out. Remember, the canning process involves lots of high-heat (to sanitize for safety) but when you make food at home, you can preserve vitamins, enzymes & healthy plant compounds by not cooking for extended periods at high heat.

Did You Know....



What You'll Need...

Ingredients:

½ cup unsweetened cocoa
2 ¼ cup sifted cake flour
3 teaspoons baking powder
1 ½ cups sugar
½ teaspoon salt

¼ cup oil of choice
¼ cup MySeeds chia gel
7 egg yolks
½ teaspoon cream of tartar
7 egg whites
¾ cup cold water
1 ½ tablespoons red food color

Topping Ingredients:

1/3 cup whipping cream (whipped),
½ cup Greek yogurt,
2 oz softened cream cheese
4 tbs powdered sugar

A chiffon cake combines the lightness of an angel food cake and the richness of an oil/butter-type cake. The MySeeds test kitchen thought it would be splendid to combine a red velvet cocoa cake into a lighter and calorie conscious dessert. We are delighted with the results and hope you are too. Please read the tips below before you begin this recipe to ensure a top quality chiffon.

Set the oven to 325 degrees and make sure the shelf is in the center position.

In the first bowl add the first 5 ingredients and stir to combine.

In the LARGE bowl place the egg whites and cream of tartar and beat until VERY STIFF peaks are formed. When a spatula is pulled through a cut trough should remain. Return to the first bowl and make a well and add in order: the oil, chia gel, egg yolks, water and red food color. Beat until very smooth...but don't over beat.

Return to the large egg white bowl and pour about a third of the cocoa batter in a small stream over the entire surface of the egg whites. Fold gently. Repeat until the cocoa batter is all incorporated. Gently pour into your ungreased angel food cake tube pan and bake for 1 hour and 5 minutes.

Invert pan and cool. To remove cake, run a knife around the inside of the pan and the cone of the pan. Use the cone to lift the cake from the pan. Run the knife along the bottom of the pan to release the cake.

For the topping:

Beat to combine all topping ingredients in a bowl. Taste test to see if the topping is the correct sweetness for you.

Tips for chiffon cakes:

1. Chiffon cakes require 1 BIG bowl, (at least 4 cups) and this recipe requires a standard large angel food cake tube pan.
2. The volume of a chiffon cake depends upon beating the egg whites until very stiff peaks form.
3. Make sure that the beater/and bowls are totally "grease" free
4. Fold the batter into the stiffly beaten egg whites with a rubber spatula with down-up-and over motion and turn the bowl as you are working. Never stir the batter.
5. Immediately turn the cake upside down when removed from the oven until cool. This keeps the cake from shrinking or falling. Make sure the cake top is BELOW the pan rim so it does not crush.



Creamy banana pie that's never soggy

This smooth, cool pie has a surprisingly bold banana flavor! With banana pieces AND puree, there's a banana blast in every bite. The chocolate & peanut butter layered shell provides a great mix of flavors while it ensures the crust is always crisp, never soggy. Mini chocolate chips scattered throughout the thick frozen pie adds the special touch of chocolate you need.

What You'll Need...

Ingredients

4 oz. low fat cream cheese
1/2 cup sugar
1 tsp vanilla
2 cups banana chunks
3/4 cup low fat (or non-fat) plain yogurt

1/2 cup banana puree
1/2 cup non-fat sour cream
3 tbsp MySeeds Chia gel
1/2 cup mini chocolate chips
1 cup whipped cream

Pie Shell

1 pre-made graham or chocolate pie crust
1/2 cup semi-sweet chocolate chips
1/2 cup peanut butter chips

Depending on the size of the bananas, you'll need about 5

First, melt the chocolate chips. Using a microwave safe cup, heat for short periods, stirring frequently. Once the chips are melted & smooth, spread the chocolate into your ready-made pie crust. Spread thinly on the sides, so that it's easy to cut later on. Once the crust is coated, place it in the freezer to cool & solidify it while you heat the peanut butter chips. Once the chocolate layer has cooled, spread the melted peanut butter chips over it, put in the freezer to cool again.

In a large bowl, combine the cream cheese, sugar, vanilla, sour cream, and yogurt with the banana puree. Mix or beat well with a hand mixer until everything is smooth and creamy. Next, chop the fresh, yellow bananas. The pieces should be less than bite size. With a large spoon, carefully fold the banana pieces into the mixture and add the chia gel. Last, fold in the whipped cream.

Pour the mixture into the pie shell, cover with the lid, or use tinfoil, and freeze. This will take about 4-5 hours to freeze all the way through, and will keep in the freezer for at least a week, if kept well covered. If the pie becomes difficult to cut, just set it out about 5 minutes before you want a slice.



Bananas are mostly water.

In fact, they are about 75% water, so they freeze quite solid. However, their carbohydrates and fiber keep them from turning into hard blocks. When pureed or added to a smoothie, bananas can add an 'ice cream like' creamy texture. Bananas are full of vitamins. They have potassium, riboflavin, iron, magnesium, phosphorus, calcium, vitamins A, B & C, thiamin, niacin, copper, and zinc.

Did You Know....



Super ginger flavored puffy cookies

These delightful cookies are lighter than a rolled ginger cookie. Their super flavor is due to three different kinds of ginger! These round and puffy cookies are delicious for the holidays, fall season, or really any time of the year. Recipe makes about 25 cookies.

What You'll Need...

Ingredients

1/2 cup molasses
1/3 cup sugar
1 egg
1/2 tsp vanilla
3 tbsp butter
2 tbsp MySeeds Chia gel

2 cups flour
1 tsp baking soda
1/4 tsp salt
1 tbsp crystallized ginger (chop finely)
1 tbsp ginger root (fresh grated)
1 tbsp ground ginger spice

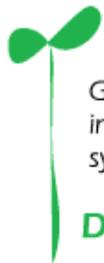
First, soften the butter and place in a bowl with the molasses. Cream butter & molasses together with a wooden spoon.

Next, add the sugar and the chia gel and stir. Once it is blended add the egg and vanilla.

Sift together the flour, salt and baking soda and set aside. Mince the crystallized ginger and finely grate the fresh ginger root. Measure 1 tbsp of each ginger and mix it into the dry ingredients, along with the tablespoon of ground ginger.

Spray or oil two cookie sheets and heat the oven to 350. Stir the wet ingredients in with the dry until just blended. The batter should be thick and sticky, but not too wet. Depending upon humidity you may need another 1/8th cup flour.

Using a tablespoon, scoop out measures of batter and drop onto the greased cookie sheets. The batter should be sticky, but will sit (and not run) in little piles. Bake for about 13-14 minutes at 350 degrees. When done, the cookies should crack a little on the top (as shown) and the edges will be lightly brown. To test, a cookie can be split in half. The interior should be moist and somewhat cake-like.



Ginger is fantastic for your health. It has stomach calming properties, is an anti-inflammatory, calms the intestines, has anti-gas properties, can boost the immune system, and is even being studied as an anti-colon-cancer agent. Ginger is a super spice!

Did You Know....



A quick solution for a chocolate craving!

Want cake right away? Gotta have chocolate “right now”? Make a mug cake! A mug cake is a fast, easy, microwave cake that you can mix up in minutes. This one is lower in fat. It’s always portion-controlled too, because it makes 2 mugs...that’s it! There’s no reaching for another cupcake or another cookie. It may not be glamorous, but it’s always ready to go.

What You'll Need...

Ingredients

- 1 egg
- 1 pinch salt
- 2 tbsp cocoa powder
- 1 tbsp MySeeds chia gel
- 2 tbsp melted butter
- 1/8 tsp vanilla
- 3 tbsp mini chocolate chips
- 3 tbsp milk
- ¼ cup flour
- ¼ t baking powder

Mug cakes are so easy!

You’ll have a chocolate treat within minutes. Don’t be afraid to microwave. These cakes are not rubbery or spongy like some of the early microwave recipes. If you cook at the right power level & for the right amount of time, they’ll come out with the great texture of an oven-baked cake.

In a small bowl, mix together the flour, baking powder, salt & cocoa powder. Make a well in the center and add first the egg, then the melted butter, then the chia gel. Stir just until moistened. Last add the mini chips & 3 tablespoons of milk. Do not over mix.

Divide batter in half

Pour into 2 larger size coffee mugs (about 1 & 1/4 cup size). Microwave for 45-50 seconds on high or until batter sides pull away from edge of the mug and no batter liquid remains on bottom of the cup. You can test it by sliding a fork down the side of the mug, and pulling the cake gently to the side, so you can see the bottom.

Mug Tips:

Everyone’s mugs are different: Wide low mug? Tall thin mug? Thick-walled mug? These may make the baking time vary. Only you can determine the correct baking time by checking for the batter to pull away from the edges.

Microwaves are different too: Does yours cook quickly? You might want to lower the baking time. Cooked too long, the cake can become tough.

Make the cake right away: It’s important to cook right away, so the small amount of baking powder stays active.



Versatile Make-at-Home Mousse

This lemon mousse is so light and fluffy! With fresh lemon juice & lemon zest, it has a nice, fresh lemon flavor that's perfect for fruit parfaits or trifles. Whipped cream (real heavy cream) has healthier fats than oil-based artificial creams. Fresh squeezed lemon juice has a stronger flavor than bottled juice. Something light & fresh after a big dinner can be the perfect finishing touch.

What You'll Need...

Ingredients

1/2 envelope unflavored gelatin
1/4 cup water
2 eggs
1/2 cup sugar (divided)
1/4 cup lemon juice
zest of 1 lemon
2 tbsp MySeeds chia gel
2 cups whipped cream
fruit of choice

Make-ahead recipe:

Clouds need time to set up, so make this mousse the day before serving.

First, use 1/2 envelope of unflavored gelatin melted into 1/4 cup of very warm water. Stir until dissolved and set aside.

Separate 2 eggs and place in 2 large bowls. Beat the egg whites & slowly add 1/4 cup sugar until the whites hold a stiff peak.

In the 2nd bowl, beat the egg yolks and 1/4 cup sugar until light and thick (about 5 minutes) Add 1/4 cup lemon juice, the zest of 1 lemon, 2 tablespoons chia gel, & the dissolved gelatin to the mixture. Fold in the egg whites.

Whip the cream (1 cup heavy whipping cream makes 2 cups whipped) Fold in 2 cups of whipped cream. Pour into dessert bowls or create your own trifle with mixed fresh fruit and angel cake layers. (Cherry halves & blueberries are shown here)

*These are dessert glasses with small dessert spoons. This mousse tastes sweet enough that a little glass will do.



Take A Closer Look: At Egg Safety

Did you notice the egg isn't cooked here?

With 'raw egg' fears running out of control, you should know about egg safety.

Choosing eggs fresh from the store, with unbroken, unfractured shells & keeping all work surfaces, utensils & egg-cracking surfaces clean, you can avoid bacteria.



Soft, Fudgy Brownies With Half the Fat

If you want chewy, fudgy brownies, this is the recipe for you! Usually cutting out the butter and oil makes a lighter, cake-like brownie but the oats bring back the texture you love. You'll hardly notice the oats in the mixture, but they bring plenty of moist, delicious richness to the brownies. This recipe makes a 9 x 13 pan of brownies.

What You'll Need...

Ingredients

2 cups semi sweet chocolate chips
1 cup sugar
1 and 1/4 cup flour
1 cup oats
1 tsp baking powder
1/4 tsp salt

Wet Ingredients

6 tbsp butter
5 tbsp MySeeds Chia Gel
2 eggs
1 tsp vanilla

First, in a microwave safe bowl, place 1 cup of chips and the 6 tbsp butter. Microwave for short periods, stirring frequently until it's all melted and smooth. Set this aside to cool, and it's time to prepare the egg mixture. It's this mixing method that helps give this brownie its unique texture.

In a medium bowl, combine the sugar, eggs and vanilla. With an electric mixer, beat until creamy and white. The mixture will be thick, smooth and creamy when it's ready. Add the melted chocolate to this, and either mix again or stir until combined. Next, add the 5 tbsp chia gel and stir by hand. Once combined you can add the dry ingredients and stir only until just combined.

Last, stir in the remaining cup of chips. The batter will be thick, and can now be poured into a cooking oil-sprayed 9 x 13 pan. If it needs to be evened out, you can spread it around with the back of a spoon. Bake this at 350 for about 27 minutes. When done, a knife should come out clean when inserted into the middle. (Disregard any smears of chocolate on the knife created by melted chips, you're looking for uncooked batter or gooey crumbs to alert you if it needs more baking time)

The oats can't even be seen in the brownie (see close up) but they do their job absorbing the moisture and keeping the brownies low and dense. Unlike refined flour, oats and chia seeds add fiber.

These aren't your every-day smoothies!

From a tropical delight to a kid-pleasing blend of flavors, which one will be your favorite? Adding chia seeds gives each smoothie a protein boost, but you can easily add whey powder or bee pollen to any of these 3 smoothies for even more nutrition.

What You'll Need...

Ingredients

1 cup chopped pineapple
1 whole orange, both pulp & juice
1 frozen banana (peeled, cut into sections)
1/2 tsp lime juice
1 tbsp MySeeds Chia
1 6 oz. cup non-fat vanilla yogurt
4 ice cubes

Ingredients

1 frozen banana
1 ripe peach
1 container low-fat peach yogurt
1/2 cup skim milk
4 ice cubes
1 tbsp dry MySeeds chia seeds
1 dash allspice

Ingredients

1/4 cup rice, soy or almond milk
4 oz (1 small container) strawberry low-fat yogurt
1/4 cup smooth peanut butter
4 large strawberries
1 frozen banana
1 tbsp MySeeds Chia

Tropical Pineapple Chia Delight Smoothie



Have a real tropical treat with this smoothie! The creamy flavor of the yogurt with the strong taste of the orange and pineapple mix together & make this taste like something from a juice-bar in Hawaii. Want even more tropical flavor? You can add in 2 tbsp of coconut milk. The frozen banana keeps everything rich and creamy, without any refined sugar or fat!

Super Creamy Peach Chia Smoothie



This smoothie is both creamy and refreshing. The frozen banana and yogurt make the flavors smooth and rich, but everything here is low-fat or no-fat! The allspice, though very subtle, helps make this recipe unique. If peaches are not in season, you can use canned peach slices, however make sure to get 'unsweetened' ones, or the smoothie may become syrupy-sweet.

Peanut Butter Strawberry Banana Smoothie



You might say you're preparing this one for the kids...but you'll love it too! With peanut butter & strawberries it'll remind you of a "PB&J" sandwich, but the banana will make it smooth and delicious. The thickness of this smoothie will depend on the size of the banana. If it's too thick, you can just add 1 or 2 large ice cubes & blend again.



Smooth & Spicy Dip For Your Favorite Veggies!

This south-west style bean dip is great for your vegetables, crackers, chips, pretzels and even pitas! Bean dips are a healthy way to dress up veggies, and this one won't cover up the flavors of your favorite snacks.

What You'll Need...

Ingredients

1 can (15 oz.) pinto beans
1 tbsp red wine vinegar
2 tbsp extra virgin olive oil
1 clove garlic
1 tbsp MySeeds chia gel
1/4 cup light sour cream

Spice Ingredients

1/2 tsp coriander (ground)
1/2 tsp paprika
1/8 tsp cayenne pepper
1 dash coarse salt
1 dash fresh-ground black pepper

This dip is easy to prepare in a food processor. First, rinse and drain the red beans, then put them in the food processor with the vinegar, oil, garlic clove and spices. Process for 1 minute until very smooth. You may need to scrape down the sides of the processor bowl to ensure everything blends evenly.

At this point, the dip will be very thick. Transfer it from the food processor into your serving bowl. With a spoon, mix in the chia gel and low fat or non-fat sour cream. This will loosen the dip and make it creamy and spreadable.

Dip Tips

The dip itself will keep in the refrigerator for up to three days. Any sandwich made with it should be eaten the same day to prevent wilting of the greens. For best flavor, prepare the dip about half an hour before it is to be served. This way, the chia gel can help distribute the flavors evenly.



What You'll Need...

Ingredients:

- ½ cup pumpkin puree (no sugar & spices added)
- 1 cup plain low fat yogurt
- ¼ teaspoon vanilla
- ¼ teaspoon pumpkin pie spice
- 1 teaspoon stevia (or your sugar substitute) to taste
- ½ teaspoon dry MySeeds chia

Pumpkin: Not Just for Thanksgiving

Looking for a cool snack? Something that'll fill you up between breakfast & lunch, or lunch & dinner? You know to beware of those pre-packaged over-sweetened yogurts with candy, cookies, high fructose corn syrup jelly & fake fruit flavors.

Would you like to try something new? This is surprisingly delicious and is less sweet. The yogurt & puree combine for a great creamy taste & texture while the pie spice reminds you of the traditional pumpkin pie dessert. When you add the fun crunch of granola, you get a unique & filling snack. This recipe makes about two ¾ cup servings.

In a small bowl, mix all the ingredients together except the "your granola mix*" and stir to combine. Do a taste test to see if this is just barely sweet enough for you. If you want it to be sweeter, add 1/8 tsp more of stevia & stir again. Stevia sweetens without refined sugar or artificial sweeteners.

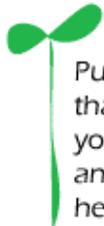
We made a little packet of our granola on the side. It is best to just stir in the "crunchy bits" when you are ready to enjoy—this way nothing will become soggy.

Left over pumpkin from opening the can?

You can freeze your pumpkin puree in ½ cup portions so it's ready for a change of pace anytime you want. Or make warm apple & pumpkin soup as we do.

*Home-made mix:

2 tablespoons of "your mix of granola" such as nuts, seeds, dried cranberries, grape nuts, etc. Granola bars are usually held together with sugar. Loose, crunchy granola or home made mixes avoid some of the added sugar.



Pumpkin contains vitamin A (for vision) a great source of beta carotene (an antioxidant that protects your healthy cells from free radicals) iron and fiber. Pumpkin is awesome for your health, don't restrict to only once a year. Stir in a little chia and up your plant protein and fullness factor. When you can have a snack that's healthy AND tasty it's easy to make healthy choices.

Did You Know....



Fresh, Easy, Spicy Hummus

This hearty hummus keeps you feeling full longer. When you make hummus at home, you not only save money (vs. pre-packaged) but you can adjust the flavors just to your liking. Here, sun dried tomatoes add great taste & texture. Tahini adds a fragrant heat.

With fresh & colorful veggies you can crunch into a healthier snack time, party time, or dinner time.

What You'll Need...

Ingredients:

- 1 14.5 oz. can chickpeas / garbanzo beans
- 1-2 tablespoons garlic puree
- ¼ cup tahini sauce/paste
- 2 tablespoons olive oil
- 2 ½ tablespoons lemon juice
- ¼ cup sun-dried tomatoes
- 2 tablespoons MySeeds chia gel
- 1 dash salt

Hummus is so quick & easy to make.

First, rinse & drain the garbanzo beans. You can use your garlic press, or use pre-made garlic puree for this recipe. Tahini is a spiced puree of sesame seeds (it can be a little hot & is prepackaged in your grocery store).

In your food processor, combine all the ingredients (except the chia gel) and process until smooth. Do a taste test to see if you would like a little more garlic. Add the chia gel and stir. Remember that the flavors will grow as the chia helps blend the ingredients and the hummus rests in your refrigerator. Enjoy!

Hummus Hints...

Hummus is a great spread to have in the house. It's fun for kids at dinner time because it makes crunchy veggies more appealing. As a party dip it is filling and is very low in fat. (in fact, it only has a healthy fat) Hummus also makes a great take along snack and it does not require refrigeration for shorter periods of time.

There are many varieties of hummus you can make, such as avocado, lemon, cilantro & many more as long as you have your food processor handy, you won't get bored. Just remember that a "snack is not a mini-meal" and you will be just fine. It is so easy to prepare and you can munch all week long.

**What You'll Need...****Ingredients**

1/2 cucumber
1/2 cup watermelon chunks
(de-seeded)
1/2 tsp lime zest
1 tsp lime juice
1 tsp dry MySeeds Chia
1/4 tsp stevia

Green Ingredients

1/2 banana
1 handful spinach
1/2 green apple
1 tbsp almond milk
1/2 tsp dry MySeeds chia

Pink Ingredients

1/2 banana
1 tbsp almond milk
1/2 cup strawberries
1/2 tsp dry MySeeds chia
1/4 tsp stevia

Popsicles are a sweet cool treat...and you can enjoy these delicious & colorful treats without guilt, because there's nothing bad for you in here. Whole fruits, a hidden veggie, and 0 added sugar make these pops a great healthy choice for snack time or dessert time.

Watermelon Lime Cooler

This popsicle has a hidden veggie inside...when you use cucumber, you don't taste it, all you taste is the 'cool'.

In your blender or mini-chopper, add the watermelon cubes, cucumber pieces, lime juice, zest, and stevia. Blend well to combine, and pour into your popsicle molds.

Fun Stripe Pops

Fun pink & green stripes are so pretty that no one will notice a hidden vegetable in here. The bright flavors & sweetness of the delicious fruits make this healthier popsicle taste like a real treat.

In your blender or mini chopper, combine half the banana, 1tbsp almond milk, half the green apple & the hand full of spinach leaves. Process until smooth. Scoop out into a bowl & rinse the chopper.

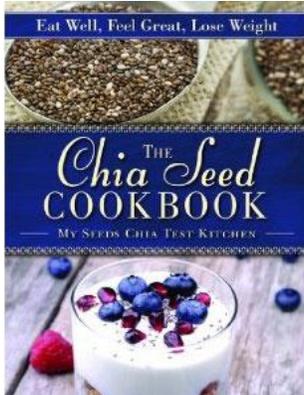
Next, puree together the strawberries, 1 tbsp almond milk, chia seeds & the other half of the banana.

Taste-test both mixtures to see if they're sweet enough for a "treat". If not, add stevia by the 1/8th teaspoon & blend or stir until desired sweetness is achieved. The banana is a natural sweetener, but if you or any kids have a sweet tooth, it might need a little healthy help.

To make the stripes, simply add 1 spoon-full of each color mixture at a time to your molds. The fruit puree is thick enough that it won't mix on its own. Scoop gently & freeze until solid. (Everyone's molds are different sizes, how much mix it takes to make stripes will be different depending on your pop molds.)

Hungry for more recipes?

We've got them! If, after using this book and seeing just how great chia is in these fun recipes, you might like to try even more...we've got some great solutions for you!

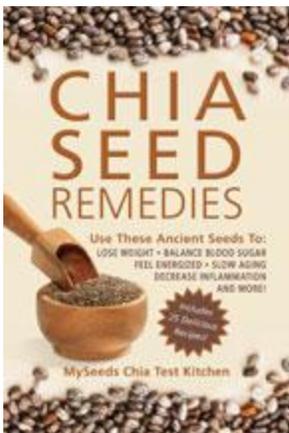


Like hard-cover cook books for your shelf?

Try "The Chia Seed Cook Book". This full color, hard cover, 224 page cook book is packed with even more great recipes to try.

You can learn more about this book & see photos at:

<http://www.mychiaseeds.com/CookBook/TheChiaSeedCookBook.html>

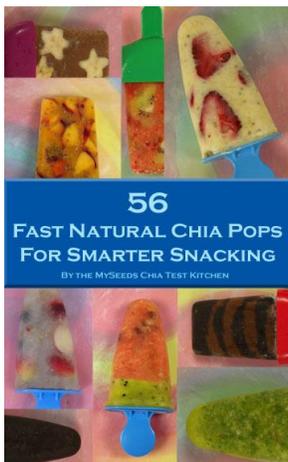


Want more chia seed information & explanations?

Try "Chia Seed Remedies" the soft cover book with tons of fascinating facts, health benefits & 25 MORE recipes. This book has 200 pages of solid chia seed tips, health remedies & interesting quotes from doctors and studies.

Get a look inside this book & see photos of some of the recipes here:

<http://www.mychiaseeds.com/CookBook/ChiaSeedRemediesBook.html>



Did you enjoy the popsicles?

These pops were SO popular that we made a whole Amazon Kindle book of them! Everyone loves a sweet fruity treat, or some tasty chocolate & vanilla once in a while. Satisfy your sweet tooth with healthier popsicles using real fresh fruits, chia seeds & cool exotic combinations. Each pop has a beautiful full color photo & instructions on how you can achieve the colorful & easy patterns shown. It's so much fun for kids OR grownup-kids.

You can learn more about this book at:

<http://www.mychiaseeds.com/CookBook/PopsicleBookChia.html>