

MySeeds

Chia Introductory Cook Booklet

Simple, colorful, fun recipes
to introduce you to the many delicious uses
& benefits of the chia seed



Welcome to the MySeeds Chia Introduction Cook Booklet!

We're so glad you'd like to try chia seeds.

This cook booklet is here to help you get started with MySeeds chia. There are a variety of recipes to introduce you to the many different ways you can use chia seeds. When you see all that you can do with chia, and everything chia can do for you, you'll want a bag of chia seeds right away. 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 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.

With the recipes in this book:

You'll know what's in your foods. You don't need pre-packaged preservatives, high fructose corn syrup (HFCS) hiding in every other ingredient list, artificial dyes everywhere & hidden trans fats. All of the recipes here are made to be a little bit healthier, higher in fiber and a little bit faster for your busy life.

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.

Are you ready for some chia seeds of your own?

You can read more about chia, see videos & photos at (Our website is loaded with great info!)

www.mychiaseeds.com

Plus, you can order your own chia easily & quickly right from that page. Remember, when you order from MySeeds, you'll get ANOTHER instant cook book with EVEN MORE recipes (They're all different, too) than seen here. Easily do more than double your chia recipe collection for free when you choose MySeeds Chia.



Stay Hydrated With Great Flavored Chia Drinks

Having great tasting drinks in the house, or freely available at work or at play is important. When something tastes good, you're more likely to want to drink it and stay hydrated. Staying hydrated is important for all aspects of health.

Brain health, digestive health, weight loss, exercise, and muscle health too are all affected by your hydration levels throughout the day.

What You'll Need...

Ingredients

1 raspberry unsweetened tea bag

1 tbsp MySeeds chia gel

Optional:

1/4 teaspoon stevia (to taste)

Boil 1 cup of filtered water. Add your tea bag and let it steep. Once the tea has cooled, wring out the tea bag. Pour into your serving glass, add ice cubes and 1 tablespoon of chia gel. Taste, and if you need a little stevia for sweetness (kids enjoy sweeter drinks) just sprinkle & stir. *Remember: you have stir the glass or the chia seeds will settle to the bottom

There are a huge variety of fruited teas available on store shelves. They're mostly unsweetened so you don't have to worry about high fructose corn syrup or aspartame. The days where tea was only "Green or black" are over, so enjoy the variety!

Drinks can also sabotage your health.

Sugar loaded soft drinks, chemical laden diet drinks and calorie filled fruit 'juices' all aren't very good for you. Did you know that some diet soda & diet drink chemicals such as aspartame can make some people feel hungrier faster? That's not what anyone who's drinking something "diet" is looking to have happen to them.

Fruit juice may taste good, but lots of brands use concentrate and then sweeten with too much High Fructose Corn Syrup (HFCS) unless it is "100% Juice".

When you use fruit juice, you miss out on the fiber from the fruit & it may be missing some nutrients because all bottled or boxed juices are pasteurized which means heating the juice. (Over heating may kill enzymes or denature nutrients you need)

Chia hot tea is good, and chia cold tea is just as great! Unsweetened tea bags are easy to use in flavors like raspberry, blueberry, lemon & citrus. Add chia gel, and you have a fantastic cold drink that also fills you up. Brew the tea, let it cool, then chill & add chia gel. Sweeten these teas with a sprinkle of Stevia, and they'll appeal to kids too. It's so easy because you can make a whole pitcher of tea ahead of time, then add as much gel as you want to the glass when you're ready to drink. It's so much healthier than soda or diet soda.

3 Fun Chia Fruit Smoothies



Delicious, filling & nutritious smoothies!

Smoothies are great any time of the day. They're full of fruit, healthy and quite filling once you add MySeeds! These fruity treats are fun to make any time of the year. Kids love them, and you'll know they're getting extra nutrition and a complete protein kick when you add chia. Plus, unlike juicing, you retain all the original fiber from the fruits, so you feel full faster.

What You'll Need...

1 medium/large banana chopped
1/2 cup peeled, diced mango
1/2 cup peeled diced, papaya
1 tbsp MySeeds Chia
1 cup fresh orange juice
3 ice cubes

2 & 1/2 cups strawberries
1 pitted peach or about 1/2 cup
1 tbsp MySeeds Chia
1 cup low-fat strawberry yogurt
2 cups ice

1 ripe medium banana
1/4 cup non-fat vanilla yogurt
3/4 cup skim, soy or goat milk
1 tbsp MySeeds Chia
3/4 cup fresh or frozen blueberries
1/2 tsp cinnamon
1/2 cup crushed ice

Chia Orange Papaya Eye Opener



A light, fresh taste, perfect for mornings!

If any of the fruits are out of season, frozen or canned fruit can be used instead. Rinse in a colander, chop then add to the blender.

Makes about 2 & 1/2 cups.

Chia Strawberry Peaches & Cream



A delightful drink with a smooth and creamy flavor. Fresh strawberries add a touch of tart to the soft peach flavor. Great for summer evenings!

Lactose intolerant?

It's easy to substitute the yogurt with 1 cup strawberry nectar. Makes about 2 & 1/2 cups.

Chia Blueberry Blast



A delicious drink with a touch of the unusual. Cinnamon may seem an odd choice to add, but it really brings out the flavors for a new taste treat.

Lactose intolerant?

Soy milk can be substituted for the milk, and you can add an extra ice cube in place of the yogurt.

Makes about 2 & 1/2 cups

MySeeds **Just A Minute Chia Breakfasts**



Two Fast Breakfast Ideas

Almost instant scrambled eggs

Did you know you can make scrambled eggs in just about one minute? Place 2 eggs in a small microwave safe bowl. Add about a tablespoon of your milk of choice. With a fork beat the eggs and place in the microwave for about 35 seconds. Add ½ teaspoon of dry chia seeds and beat with fork. Return to the microwave and set the timer for another 35 seconds. Your breakfast is ready with extra protein to give you steady energy. Bonus= no skillet to wash.

What You'll Need...

Ingredients

2 eggs
1 tbsp milk of choice
1 tsp MySeeds chia seeds
Optional:
A few cheese shreds
A few mushroom slices



Almost instant oatmeal

Mornings can be such a rush some days. You are trying to be smarter with your eating habits but time just slips away. It takes just one minute to make a serving of oatmeal from quick cooking oats. With ½ cup of oats, 1 cup of filtered water, a little cinnamon, a ½ teaspoon dry chia and a little fruit on top....breakfast is served.

Think twice about pre-packaged oatmeal. Most types have the oats nearly pulverized (less fiber for your body) and the second ingredient is nearly always sugar! There are even brands with corn syrup and candy in them.

Ingredients

1/2 cup quick cook oats
1 cup filtered water
1 tsp dry MySeeds chia
1/4 tsp cinnamon
seasonal fruit of choice

If you want something sweeter, add more fruit or a sprinkle of stevia while the oatmeal cooks. Stevia is derived from the stevia plant leaf, it's not a chemical sweetener.



Fluffy citrus pancakes with special sauce!

Looking for a new and healthy twist on pancakes? Or maybe a special breakfast? Try these light and lemony pancakes with anti-oxidant blueberry sauce instead of syrup and butter. This recipe makes about 16 pancakes, depending on the size.

Using fresh lemon juice and zest really makes a difference. Since zest is required, it's easy to just juice the lemons after zesting.

What You'll Need...

Ingredients

- 1 cup flour
- 2 tbsp sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 cup part skim ricotta cheese
- 1 egg
- 2 egg whites
- 1/2 cup fresh squeezed lemon juice
- 4 tsp fine lemon zest
- 1 tbsp oil
- 1 tbsp dry MySeeds Chia

Sift together flour, sugar, baking powder, baking soda and salt in a bowl. In a medium size bowl use a whisk to combine the whole egg, ricotta cheese, egg whites, dry MySeeds, lemon juice, lemon zest and 1 tbsp of oil. Use a wooden spoon to fold together all ingredients to make the batter. Use cooking spray on a skillet and you're ready to cook.

Blueberry Sauce...



- 2 tsp fresh lemon juice
- 1 tsp corn starch
- 1 cup frozen (or fresh) blueberries
- 1/4 cup sugar
- 1 tbsp water
- 1/8 tsp salt

In a small sauce pan, add the blueberries, sugar, water and salt. While waiting for the mixture to boil, use a small bowl and mix together the lemon juice and cornstarch. As soon as it boils, reduce the heat and add the lemon juice mixture. Simmer about 2 minutes until it thickens slightly. (will be bubbly)



When the skillet is ready, pour the batter in about 1/4th cup measures.



When the pancakes begin to bubble in the middle and dry at the edges, (about 2 minutes) they're ready to flip.



Pancakes should be light brown on both sides when finished.



Easy Peachy Toast That's Better For You

With fresh peaches in the wash & peach slices for the toast, you won't need butter & syrup in the morning. This tastes bright & fresh to help wake you up. This peach-y toast makes one serving so you will be able to "guess-ta-mate" how many serving you will need and double/triple the recipe.

What You'll Need...

Ingredients:

- 1 ripe peach
- 1 egg lightly beaten
- 2 tablespoons milk of choice
- 1 teaspoon MySeeds chia seeds
- 1/8 tsp stevia powder
- 1 Tbsp vegetable oil of choice

In a pie pan or low, flat dish lightly beat the egg with a fork and then add the milk and chia seeds. In your mini-chopper, chop to "nearly puree" 3/4's of the peach with the stevia powder. Add half of the peach puree to the egg wash and stir to combine.

Soak your bread of choice on both sides while you heat your skillet with the oil. When the oil is hot, place the soaked bread into the skillet and turn down the heat.

Flip the slice when toast-y brown. Serve with the remaining peach puree and sliced peaches. We added a few blueberries as garnish because we are crazy for them! (Fresh or frozen berries will work) You never know how flavorful or sweet your peach will be. (If you need to add just tiny bit of maple syrup or agave...we won't tell.)



Loaded Chia Veggie Omelette

Chia is incredibly easy to use in an omelette too. All you need to do, is basically sprinkle it onto the egg before you fold it over. It makes the omelette more filling.

Ingredients:

- 1/4 cup sliced mushrooms
- 2 eggs
- 1 tsp dry MySeeds chia
- 1/8 cup cheese shreds
- 1 pinch black pepper
- 1 tbsp rice milk

To make the omelette whisk together 2 eggs and the tablespoon of rice milk. Pour the mixture into a skillet sprayed with cooking oil. Cook until it becomes a little dry on top. (Low/medium heat)

On half of the egg, sprinkle the chia, pepper, cheese shreds and mushroom slices. Fold over to finish cooking & breakfast is served.

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

2 slices of your favorite bread
1/2 banana
peanut butter (or nut butter of choice)
1/2 tsp MySeeds dry chia

Extra Filling & Healthy Lunch Selections

You can make a healthy lunch extra filling by adding MySeeds. These sandwiches are great for kids or adults, as they stop them from reaching for unhealthy snacks later in the afternoon. Chia helps keep you feeling full longer, with its 2 kinds of fiber.

Making this healthy and filling peanut butter & jelly alternative is easy and fun. Spread peanut butter onto the bread as usual, then cut up a ripe banana. The slices should be about 1/4th inch thick. Layer the slices onto the bread, then sprinkle on half a teaspoon of MySeeds Chia. The seeds will stick to the moisture of the bananas and in the peanut butter. Add the 2nd bread slice, and you're ready to go. This same method can be used with jelly instead of banana slices and the nut butter of your choice.



1 stick celery
1/4 of a tomato
1 tbsp diced red onion
1/4 of a cucumber
1 small handful spinach
2 slices of avocado
1 tbsp low-fat plain yogurt
1 pita pocket or sandwich thin
1 tsp dry MySeeds chia

A Wild Salmon Sandwich

Make your "wild canned salmon" just a little more "wild" by adding a few more veggies. This salmon "salad" can be put together with a few left-overs that you have in your fridge. This salmon salad is held together with plain yogurt. We have been known to add quartered seedless grapes, diced apple, or raw zucchini chunks. We just love the crunch. What mixes and matches in your fridge?

First, clean the wild canned salmon (remove bones and skin that are in the can) to your liking. To make this sandwich combine the wild canned salmon, with your salad ingredients and stir to combine. Add the yogurt & chia seeds then stir again. Put the spinach on the sandwich thin or in your wrap & scoop the salmon mixture on. Top with the avocado slices & enjoy a great lunch.



A Super Seasoned Burger With Fun Dipping Sauce

What's a jerk burger?

Jamaican Jerk is a type of dry rub or wet marinade that's usually really hot. This burger is spicy but not hot-hot. With lots of different seasonings in the meat & a super unique dipping sauce you'll get loads of flavor in every bite. The chia seeds mingle the flavors and absorb moisture so the burger patties will stay firm.

What You'll Need...

1/2 pound ground turkey

Burger Spice Ingredients

1 Tablespoon paprika
1/2 teaspoon of salt
1/2 teaspoon garlic powder
1/2 teaspoon cayenne pepper
1/4 teaspoon ground thyme
2 tsp dry MySeeds chia
1/8 teaspoon ground allspice

Sauce Ingredients

1/4 cup ketchup
3 cloves garlic (mince)
1/2 tsp ground ginger
1/2 lime & zest
1/4 tsp allspice
1 tbsp MySeeds chia gel
1 dash chipotle powder
1 tsp apple cider vinegar
1 dash thyme

Because there is a little bit of sauce mixed in with the burgers, you have to make the sauce first.

To make the dipping sauce, get a small cup or bowl, add the ketchup and all of the spices. Mince the garlic and zest the lime. Add both to the cup, then squeeze the juice from the lime. Do a taste-test and remember that heat can 'grow' as you go through a meal.

In a bowl place the ground turkey and all of the spices along with the chia seeds. Add 1 and 1/2 tablespoon of the dipping sauce to the meat and knead to combine.

Form into patties, and let them rest on a cutting board so the chia can do its job. (About 10 minutes) It will absorb moisture and help distribute flavors.

You can grill these indoors or out. Top each burger with a little bit of the sauce. Add a spoonfull or two of sauce to each plate so the burger can be dipped after each bite.



A flavor packed hamburger alternative

Here's an easy, delicious hamburger alternative. You get a zesty, healthy burger that's just as flavor-packed as red meat, but without the fat and cholesterol. Chia seeds add fiber, and the tasty aioli adds another great layer of flavor. When you use fresh basil leaves you not only add flavor to the meat, you add more nutrients too.

What You'll Need...

Ingredients

4 medium size basil leaves
2 tbsp bread crumbs
1 tsp worcestershire sauce
1 tbsp dry MySeeds chia seeds
1/2 pound ground turkey

Basil-Garlic Aioli

1/4 cup olive oil mayonnaise
3 medium basil leaves
1 garlic clove (minced)
1 pinch ground black pepper
1/4 tsp lemon juice
1/2 tsp MySeeds dry chia seeds

Use about 4 medium size basil leaves for every 2 burgers you want to make. Chop the leaves, add 2 Tbsp bread crumbs and 1 tsp. worcestershire sauce. Then add 1 Tbsp. dry MySeeds chia.

Mix together the ingredients in a bowl by kneading the meat until everything is evenly distributed through out.

Once all ingredients are evenly incorporated into the ground turkey, divide into 2 evenly sized balls, flatten and cook with your favorite method.

These are great on the grill outside, or on a counter-top cooker. Top with a hearty slice of fresh tomato, and you're ready to serve!

Add Aioli to enhance the basil flavor!

Aioli is super easy to make. When you use olive oil mayonnaise, it has healthier fats which can help you absorb the nutrients in vegetables (like lettuce, tomatoes, or any side salad when eaten at the same meal)

To make the easy aioli, mince the garlic, snip up the fresh basil leaves with kitchen shears and place in a small cup or bowl. Add the olive oil mayonnaise and all remaining aioli ingredients and stir will to combine. You're ready to top your burgers with great flavor.



Even though it isn't orange, basil is a natural source of beta-carotene. This is an antioxidant which can combat free-radical damage in the body. Fresh basil also contains Vitamin A, so using the fresh-raw herb in your cooking not only makes it more delicious but healthier too!

Did You Know....

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

2 cups red cabbage (shredded)
1 can mandarin orange sections
1 can cannellini beans
2 tsp dry MySeeds Chia seeds

Dressing Ingredients

3 tbsp olive oil
2 tbsp balsamic vinegar
1 tbsp orange juice concentrate
1 pinch pepper

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

3 cups shredded cabbage
2 tbsp chopped red onion
2 carrots (shredded)
1 cup crushed pineapple
1/2 cup chopped cilantro

Dressing Ingredients

1/3 cup non fat plain yogurt
1 tbsp lime juice
1 tsp honey
2 tbsp low fat mayonnaise
1/4 tsp cayenne pepper
1 tsp cumin
2 tsp dry MySeeds chia seeds

This side dish is as bright and colorful as it is healthy. With protein from beans and chia, as well as vitamin C and folic acid from the fruit & vegetable, it's power on your plate. Red cabbage not only looks pretty when shredded, it is great for you too—especially when it is raw & crunchy like this.

This side is so quick to make, you can have it any night of the week. First, shred the cabbage by chopping with a knife. Then, drain and rinse the cannellini beans and the mandarin orange sections. In a measuring cup or small bowl, mix together all of the dressing ingredients and stir well. Place all the salad ingredients in a large bowl, top with the dressing and stir gently to coat. You're ready to serve!

**Summer Pineapple Slaw**

Get a splash of summer flavor any time of the year! Perfect for picnics, great beside burgers, or even for lunch, this coleslaw is a little bit sweet and a little bit hot. You can use fresh or canned pineapple to enjoy it in any season. It's also colorful and festive looking to brighten up the meal.

This is a simple, colorful slaw too.

In a measuring cup or small bowl, mix together all of the dressing ingredients and stir well. Place all the salad ingredients in a large bowl, top with the dressing and stir gently to coat. Just scoop onto plates and you're ready to serve!

MySeeds **Light N' Fluffy Chia Orange Potato**



The lighter side of healthy sweet potatoes

The sweet potato doesn't only belong on Thanksgiving plates! This healthy vegetable can be easily made light, fluffy and delicious as a side dish! With cinnamon and orange, the flavor and style is sure to impress...while being a snap to make!

What You'll Need...

Ingredients

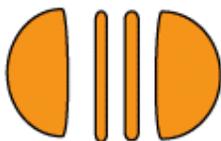
Two medium size sweet potatoes
1 orange
1 tsp cinnamon
1 tbsp MySeeds chia seeds
2 egg whites

For every 2 potatoes you want to make, you'll need 1 orange. To prepare the orange, cut two flat slices out of the center and set them aside. These will be placed on top of the potatoes at the end as a garnish. Remove all sections of both the halves and squeeze out the juice into a bowl.

Next, select two medium size sweet potatoes. Pierce the skins with a fork, and cook in the microwave (about 3-4 minutes) until done. Then, with a spoon carefully scoop out the inside of each one. Take care to scrape down the inside of the skin, without breaking it.

Next, separate 2 egg-whites and place in a mixing bowl. Beat with a hand mixer until fluffy and stiff.

Combine the egg whites, chia seeds, and cinnamon into the bowl with the cooked potato and orange juice/pulp. Stir well until thoroughly mixed. Once everything is incorporated, the mixture will be light orange in color, fluffy and speckled. Place it back into the potato skins, garnish with the slice of orange and you're ready to add this super side dish to your plate!



Orange Slicing Tip:

For the garnish seen here, you'll want the two largest slices of the orange, that come right out of the middle. Cut as shown in the diagram for the prettiest garnish.



A cool summer treat with your favorite fruits

Fruit salad allows you to eat seasonally. By following the fruits of the season, you get great taste and variety with fresh produce. The dressing for this recipe goes well with nearly any fruit, so you can choose your favorites or use the ones shown here.

What You'll Need...

Ingredients

1 cup watermelon cubes
 1 cup papaya cubes
 4 strawberries (depending on the size)
 2/3 cup fresh blueberries
 1 kiwi

Dressing Ingredients...

1 cup non-fat plain yogurt
 1 tsp fresh lime zest
 1 tbsp dry MySeeds Chia
 2 tbsp honey
 2 tbsp fresh lime juice

Rinse and cut into bite-size pieces the different desired fruits and add to a large bowl.

To make the dressing measure the yogurt into a small bowl, and spoon in the honey. Mix well, then add the lime juice and zest along with the dry chia seeds. Allow the mixture to sit for about 5-10 minutes in the refrigerator so that the seeds hydrate with the yogurt and juice. Chia seeds help mix the flavors together in the dressing.

Pour the dressing over the fruit in the large bowl and stir gently with a large spoon, until all the fruits are well coated. Scoop into individual bowls and you're ready to serve!

The dressing is mild enough that it won't hide the flavors of the fruit or make the dish overly sweet. This is best when all the fruits are cold and refreshing.



Fruit Suggestions...

Enjoy a delicious and healthy fruit salad almost any time of the year by adding your favorite fruits. Have you tried...?

Honeydew melon balls
 Cantaloupe cubes
 Peach slices
 Cherry halves

Red or green grape halves
 Apple slices
 Raspberries or blackberries
 Pear cubes

Plum slices
 Banana pieces
 Kiwi slices
 Mango chunks

MySeeds Chia Salad Dressing Solutions



What You'll Need...

Ingredients

- 1/4 cup olive oil
- 2 tbsp sugar
- 2 tbsp apple cider vinegar
- 1 tbsp dry MySeeds Chia
- 1 dash worcestershire sauce
- 1 dash paprika

Continue to enjoy your favorite toppings!

It's often the dressing that make your favorite salads taste great. However, it is also these same dressings that can sabotage a healthy meal.

It doesn't have to be that way any more! Continue to enjoy your favorite dressing with all the great taste but less of what you don't want...with chia gel as a flavor extender!

Spinach Strawberry Chia Dressing

In a measuring cup, mix together all ingredients and stir. The seeds will not hydrate in the oil, but don't worry, they'll stick in the dressing to the salad. The dressing will separate into layers so shake first, then pour over the salad and toss.

Even though it appears very unusual, the baby spinach leaves and strawberries make an excellent combination of flavors when tied together with this interesting dressing.

Chia As A Salad Dressing Extender

It's the dressing that really makes or breaks the salad. However, some dressings (especially creamy ones) can add calories you might not want. Others add unnecessary sugar, or high fructose corn syrup. Don't skip the salad OR the flavor. You can use less dressing, but get the same amount of flavor, when you extend with chia seeds.

How much dressing do you like to use?

For two salads (tossed) it usually requires 4 Tbsp of dressing for full flavor. To cut the fat, mix together 2 Tbsp of dressing with 2 Tbsp hydrated MySeeds Chia. Stir, and leave the mixture to sit for about 10 minutes so the flavor is distributed. Pour over the salad as usual, toss and serve.



Take A Closer Look...



Hydrated MySeeds Chia works so well as a flavor extender due to the unique property of chia gel. It does not absorb or dilute flavor, instead it distributes it. Because hydrated seeds are mostly water, you're replacing calories and fat with water & undigestible soluble fiber while NOT losing any of the flavor you crave!

Orange Chia Ramen Plate



A Quick & Colorful Dinner for Two

Crunchy Veggies, fun noodles and great orange flavor combine to make a colorful & healthy meal that's easy to make. If you don't like one of the vegetables here, you can always substitute it for a different one.

What You'll Need...

Ingredients

- 1 orange- zested, sectioned & juiced
- 2 tbsp soy sauce
- 2 ½ tbsp honey/agave
- 1 tbsp rice wine vinegar
- 1 tbsp chili paste with garlic (as Sambal Oelek)
- 2 packages ramen noodles
- 1 tbsp olive oil
- 1 tbsp MySeeds chia
- 3-4 garlic cloves, smashed and minced
- 2 slices of red onion, minced
- 1 tbsp olive oil

In a small bowl/measuring cup place: the orange zest, orange sections, soy sauce, agave nectar, rice wine vinegar, chili paste, olive oil & chia. Stir to combine and let the chia begin to hydrate.

Veggies of choice: such as mixed bag of broccoli, or broccoli slaw, snow peas and zucchini. Clean and chop all the veggies to your preference. Set aside.

If you care to add chicken or shrimp: prepare as required for bite size pieces.

The noodles here are packaged ramen. Just break the noodle squares into quarters, discard the seasoning packets & cook according to package directions.

This dinner cooks quickly, so it's best to have all the ingredients lined up before you start. In your wok or large skillet heat the pan and swirl in the tablespoon of oil. Stir fry the garlic and red onion until lightly browned and aromatic. Lower the heat.

Meanwhile, in a sauce pan, bring to a boil the water to cook the ramen noodles. Once the water comes to a boil, you can add the (strings removed) snow peas. Both the ramen and the snow peas cook about 3 minutes. Don't overcook! Be sure to set your timer.

If you are adding chicken or shrimp, lower the heat a little and continue cooking until the meat is cooked through. Remove skillet/wok from heat for just a moment until the noodles are done and drained.

Bring the skillet/wok back to the lower heat and add the previously prepared vegetables to the pan with the cup of orange-soy mixture. Stir to combine. Dump the drained noodles and snow peas (if using) onto the veggie mixture. Stir to coat. Plate your meal and grab your utensils of choice! Fast and easy!



Easy Non-Greasy Chili

This recipe is our “go-to” quick chili that will perk up your taste buds but not sizzle them. If you choose to have a “meat-less Monday”, you can make it vegetarian. The beans, rice and cheese make it hearty enough, while the chia helps fill you up. This recipe, when served over brown rice, will give you 2 dinners and lunch for tomorrow.

What You'll Need...

Ingredients

½ cup brown rice
2-3 tablespoons olive oil
1 chicken breast in bite size pieces
2 cloves garlic (minced)
several thin slices of red onion
1 can (14oz) diced tomato
1 can (14-15oz) cannellini beans, rinsed
1/2 can (14oz) black beans, rinsed
2 tablespoons tomato paste
1/3 to ½ cup vegetable broth
1 tablespoon chili powder
1 teaspoon cumin
1 tablespoon dry MySeeds chia

Begin by preparing the brown rice according to package directions.

Next, chop the red onion slices and cut the chicken breast into bite size cubes. In your smaller “soup” pot, heat the oil and sauté the garlic and red onion. Lower the heat and add the bite size chicken and sauté for a few more minutes.

Add the remaining ingredients. While the chili is simmering to let the flavors mingle with the help of the chia seeds, you will have about 10 minutes to prepare any garnishes you’d like to add.

Do a taste test and see if this is a “Goldilocks” recipe and is just right for you, or if an adjustment is needed (like hot sauce for heat-lovers or chipotle powder for heat and flavor).

Serve over the brown rice to maximize the amount of dietary fiber in this meal..

Garnish to impress with:

cheese shreds, fresh tomato, cilantro, red onion, or green onion, sliced olives, or diced fresh mini peppers (mild ones, such as reds or yellows)

These garnishes add a fresh flavor (like the uncooked tomato) or a splash of great color (like the bright orange cheese seen here)



Chip in Every Bite Chia Oatmeal Cookies



Lighter Oatmeal Cookies for a No-Grease Treat

These easy oatmeal cookies are lighter and less greasy than anything from the store. They're a delight to kids and adults alike, with a chocolate chip in every single bite!

It's important to use fresh baking soda in this recipe for the distinctive light style and cake-like texture. This recipe makes about 25, 3-inch cookies. This recipe can double.

What You'll Need...

Ingredients

- 1 2/3 cups flour
- 1/2 cup brown sugar
- 1/2 cup apple sauce
- 1 tsp baking soda
- 1/2 tsp salt
- 1/4 cup softened butter
- 1/4 cup hydrated MySeeds

- 1 tsp vanilla
- 1 egg
- 1 cup "quick cook" oats
- 2/3 cup jumbo semi-sweet chocolate chips
- 1/2 cup miniature semi-sweet chocolate chips

In a large bowl combine all ingredients except 2/3 cup of the flour by stirring with a large wooden spoon for about 1 or 2 minutes. Stir until everything is well moistened. Next add in the remaining flour and stir again. Mixing may become difficult.



Depending on how juicy the apple sauce is, you may need to add more flour (1/8 th cup at a time) so it is "dough like" and not "batter like". The dough should retain its rough shape when placed onto a greased cookie sheet.

Last, add in both types of chocolate chips and mix well to give the cookies their distinct "chip in every bite" claim!

Bake for 11-15 minutes at 350. Cookies should be puffy and lightly brown on top when done.



Oatmeal cookies are made more delicious and nutritious by oats. First, whole grain oats contain seven B vitamins, vitamin E, and nine minerals, including iron and calcium. The delicious part comes from the soluble fiber in oats. This gives oatmeal cookies their moist, chewy, home-made quality, and soluble fiber also helps to lower cholesterol.

Did You Know....



A moist, dense cake as versatile as apples!

Everyone's heard of apple pie...but how about apple cake? This cake is extra interesting because it tastes different depending on the type of apple you use. Anything from tart Granny-Smith to Gala and Fuji can be used to add variety. What will be your favorite?

What You'll Need...

Ingredients

1 & 3/4 cup chopped apples
1 & 1/2 cup flour
1 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
3/4 tsp nutmeg

1/4 cup melted butter
1/4 cup hydrated MySeeds
1 egg
3/4 cup sugar
1/3 cup raisins

First, chop the apples into small 1/2 inch pieces and place them in a measuring cup. Sprinkle the sugar over the pieces, shake, and let stand for 10 minutes.

Sift together dry ingredients including flour, soda, salt, cinnamon, and nutmeg. Melt the butter and pour the Chia gel into it. Add the egg to the butter mixture and mix. Combine the liquid and dry ingredients and fold in the apple pieces and raisins.

Pour the batter into a greased angel-food cake pan and bake at 350 degrees for 50 to 55 minutes. This cake can be served with or without icing. It's not overly sweet, so it can also be used as a brunch or lunch cake. For variety chopped nuts or dried cranberries can also be added.

Apple Tip

1 & 3/4th cup of apple is usually 1 to 1.5 apples, because the size varies by the type of apple you prefer. If you are using a tart apple such as Granny-Smith this cake will require the 3/4th cup sugar.

If you use a sweeter apple such as Fuji, McIntosh or Red Delicious, you'll want to reduce the sugar down to half a cup. For Golden Delicious or other very sweet types, it requires even less.



A Blast of Banana Flavor!

These banana bars are so moist and cake-like. This dessert isn't your grandma's banana bread. When you swirl together the chocolate & banana batters, you'll get a pretty marbled dessert. There are 3 whole bananas in the recipe, so you don't need that much refined sugar. This makes one 13 by 9 inch pan so you can have a treat all week long.

What You'll Need...

Ingredients

3/4 cup sugar
1 and 1/2 cup flour
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1/4 cup baking cocoa
Wet Ingredients
4 tbsp butter
4 tbsp gelled MySeeds chia
1 egg
1 tsp vanilla
3 medium mashed bananas (about 1 and 1/2 cup)
1/2 cup unsweetened applesauce

First, cream the butter and sugar until fluffy. Then, add the egg and vanilla extract and stir until combined. Next, mix in the applesauce, gelled chia seeds and mash up the bananas. It doesn't matter if a few small chunks remain. Ripe bananas (without too many spots) will give the best flavor. This mixture will now be lumpy and yellowish.

Next, combine the dry ingredients and mix together. Add the dry mixture gradually to the wet, stirring well. You'll now have one bowl with all the banana batter which will be thick.

Now, scoop out about 1/3 of the batter and put it back into the bowl which had your dry ingredients. Add the 1/4 cup unsweetened cocoa to that portion of the batter, and mix until well combined. Banana chips may be visible, and this batter will be slightly thicker.

Spread the non-chocolate batter evenly into a greased 13 x 9 baking pan. Then, drop spoonfuls of the chocolate batter on top until it is all used. With a knife, drag through the chocolate batter, forming a random swirling pattern on top of the dessert.

Bake at 350 for about 25 minutes. When finished, the edges will become golden brown and a toothpick inserted in the middle should come out clean. Cut into bars or squares, and you're ready to serve!

These moist delicious bars will keep in a sealed container, and do not need to be refrigerated right away. Remember, these are moist & contain no preservatives, you may want to chill these after a few days if they're not all gone.



Delicious Healthy Dip for Your Veggies!

Weather the gang is coming over for the "big game" or you need a tasty veggie dip to compliment the upcoming back yard BBO, this just may be your easy solution. This warm dip travels well and can just be reheated in the microwave. With three lower fat cheeses and loads of spinach and chia, this dip is packed with flavor (and nutrition...but don't tell anybody, as some people think "good for you" healthy foods taste bland or bad. Hey! Are they wrong! And this dip is the proof.)

What You'll Need...

Ingredients:

1 frozen box of chopped spinach
½ box of frozen box frozen artichoke hearts or
one small jar of marinated artichoke hearts
½ cup lower fat sour cream
½ cup lower fat cottage cheese
¼ cup grated parmesan/Romano cheese
½ cup mozzarella cheese cubed into small pieces
2-3 cloves garlic smashed and minced
1 tablespoon dry MySeeds chia
1/8 teaspoon cayenne pepper

In a medium size (non-plastic) microwave-safe container with a lid, place your "brick" of frozen spinach. Microwave your spinach for 4-5 minutes. If you are using frozen artichoke hearts place them in the container with a minute or remaining on the time.

Remove the artichoke hearts to a cutting board. With a fork, break up any small chunks of spinach that may not quite have melted and then press out the liquid with the fork to drain. Chop the artichokes into small pieces. If you chose to use marinated artichokes, drain and chop the quantity you would prefer.

Add the remaining ingredients and stir to combine. Heat long enough to melt the mozzarella. Take a taste test to find out if you would like to adjust the garlic/cayenne pepper ratio for your palate. Give the chia enough time to absorb and mingle all the flavors. Your dip is now ready to re-heat and serve when you are. Enjoy!



Super snack or great trail mix? You decide!

Movie theaters and loads of butter have given popcorn a bad rap...but with these fun recipes you can bring back the healthy, fluffy treat! Both recipes use plain, air popped or un-buttered microwave popcorn. Make great snacks for movie-night or pack lunches.

What You'll Need...

6 Cups popped unseasoned popcorn
 2 tbsp grated parmesan cheese or romano/parmesan mixture
 1 tsp garlic powder
 1 tsp oregano
 1 tsp red (pizza) pepper flakes
 1/2 tsp salt
 3 tbsp olive oil or butter
 1 tbsp dry MySeeds Chia

What You'll Need...

5 Cups popped unseasoned popcorn
 3 Cups granola
 1/3 Cup raisins
 1/3 Cup honey roasted peanuts
 6 Tbsp brown sugar
 2 Tbsp light corn syrup
 2 Tbsp butter
 2 Tbsp dry MySeeds Chia

Spicy Pizza Popcorn: What you'll Need...

Pizza and popcorn are snack-time favorites. With this recipe, you'll get pizza-seasoned popcorn. The red pepper flakes really bring on the heat, so season to taste.

Air or microwave pop plain popcorn and place into a large bowl. In a measuring cup combine the olive oil and MySeeds Chia. Pour over the popcorn and stir with a large spoon to try and coat all the kernels. Shake on the dry spices and cheese. Mix again with a spoon so that the seasonings will stick in the oil of the popcorn.

Trail Mix Popcorn: What You'll Need...

Popcorn keeps this fun trail mix light and fluffy. It will keep fresh in an air-tight container. With a speedy preparation time, this is fun for kids to mix and break. Makes about 9 servings, but the recipe can easily be halved.

Air or microwave-pop plain popcorn and place in a microwavable bowl with the granola, raisins, and nuts. Stir to combine.

Melt the butter, then mix together brown sugar and corn syrup in a small sauce pan with the butter and heat until boiling. Stir for 3 minutes as it cooks, then pour in the 2 Tbsp dry chia. Stir just enough to combine chia throughout the mixture, then pour over the popcorn mixture. Using a large spoon, mix while pouring to coat evenly.

Microwave the whole bowl for 3 minutes, stirring the bowl after each minute. Grease a cookie sheet and turn the mixture out onto it. Allow it to cool down, then press together. Once your mix is cooled completely, break it into chunks to eat, pack, or party!

Flavor Alternatives:

Dried cranberries instead of raisins
 Almonds instead of peanuts

Crunchy dried banana chips
 Dried apple slices instead of peanuts

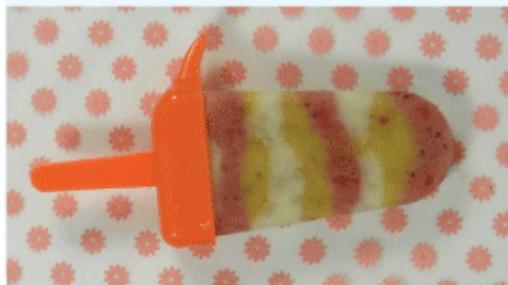
Mixed nuts
 Sunflower seeds

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

1 cup honeydew melon cubes
1 lime - zest
1 lime - juice
1/2 tsp stevia
1 hand full red grapes
1/2 cucumber (peeled & de-seeded)
2 tsp dry MySeeds Chia

Ingredients

1/2 cup strawberries
1 nectarine
2 bananas
1/3 cup coconut milk cream
1/2 teaspoon MySeeds chia (for each layer)
1/8 tsp stevia for each layer (if needed)

**Pop Tips:**

How many popsicles do these recipes make? It depends on the size of your molds. Everyone's molds are different. Fruits are different too, they vary in size and sweetness. Using stevia is a great way to sweeten without sugar.

Reach for a refreshing, healthy snack!

Looking for a healthy snack that still satisfies your sweet tooth? Reach for a cool, refreshing popsicle! Unlike store-bought pops, these cool chia pops use real, fresh fruit & NO high fructose corn syrup or artificial colors or flavors.

Polka-Dot Chia Lime Cooler Popsicle

This great green popsicle is so zesty and refreshing! Honeydew melon makes it sweet while lime adds a citrus twist. Don't worry, you don't taste the cucumber, it's just there to add the cool. (Plus, it's a veggie and its good for you too!) This is sweetened with stevia (so be sure to do a taste test of the mixture before freezing, to see if it's right for you)

The grape halves make fun "polka dots" in your pops, if you slide them down the edge while you spoon the mixture into your pop molds.

To make these pops, just put all the ingredients EXCEPT the grapes into your blender or mini-chopper and puree. Spoon the mixture into your popsicle molds. Cut the grapes in half, remove the seeds & slide a grape half or two down the side of your mold. Frozen grapes add fun texture to these pops!

Pastel Ribbons Chia Creamy Fruit Popsicle

With three great flavors in one creamy popsicle, it looks as good as it tastes. Each ribbon has a little bit of banana, which adds a soft, creamy texture.

To make these pops, puree the strawberries, half of the banana & chia seeds. Scoop into a bowl. Next, puree the nectarine, 1/2 of a banana & chia seeds. Scoop into a bowl. Last, puree 1 banana & the coconut milk cream and chia seeds. To make the layers seen here, use a teaspoon and scoop 2 spoon fulls of each mixture into your mold & freeze.



Do you want even more recipes?

After seeing all of these fun, easy recipes, maybe you'd like even more! After all, these are just the basics: this book is just a start with a simple variety of recipes that help explain chia and its uses. If you want more recipes instantly, you can have them within minutes with the

MySeeds Chia Bonus Book

It's FREE with ANY size order of MySeeds Chia. That way, you get chia seeds to use and you MORE THAN double your collection of healthier recipes instantly.

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

There are more full dinners, double the amount of cool fresh smoothies, more fun chia burgers, and an awesome red velvet chiffon cake. (What's a chiffon? It's definitely not a cake you can get out of a box mix...)

Don't wait!

Get MySeeds Chia right now and uncover the secret of:

The moist rich taste of oatmeal chia brownies

Pancakes that are 100% good for you (They're vegan too! Wow!)

What's so good about "unwrapped" lettuce wraps?

Why is "Forbidden Rice" forbidden? What's so good for you about this light dinner?

Learn the special trick of the ALWAYS crisp crust of the Banana Frozen Chia Pie

Will your "picky eaters" start asking for blueberry salad dressing with mandarin orange?

And so much more! That's just a hint of the recipes you'll get when you place your order for any size of MySeeds Chia.

Plus, with speedy priority mail you'll have your seeds in just a few days. Come check it all out at

www.mychiaseeds.com now!