



Cranberry Pomegranate Chia Panini & Spread

This no-cook cranberry pomegranate spread is so versatile, crisp & fresh! Delight guests & family when you use it with crackers, chips, cheeses, and then, on a sandwich! No cooking required, just get out the food processor to make this easy, healthy mix. Everything involved is totally loaded with health benefits. It's bright, cheerful & sure to impress with fantastic flavor.

Ingredients

- 1/2 bag (6 ounces) fresh or frozen cranberries
- 1 hand-full fresh cilantro
- 1/4 or 1/8 jalapeno pepper, de-seeded
- 3 tbsp lime juice
- 1/4 cup pomegranate arils
- 1/4 cup agave nectar or sweetener of choice
- 1/4 inch round of a red onion
- 2 tsp dry MySeeds Chia Seeds



This is so easy to make!

Rinse the cranberries in a colander. Pick out any under or over ripe berries. Rinse the cilantro, and shake to dry. Use kitchen scissors to cut off any long stems of the cilantro. Remove the seeds from the pepper.



Put cranberries, cilantro, onion, and pepper in the food processor. Pulse a few times to chop well. Next, add lime juice, agave nectar, dry chia & the pomegranate arils. Pulse quickly 2 times to blend everything together.

It's important to not over-chop or it will become slush.

The mixture should be thick & spread-able. For use on crackers, cheese or chips just spoon the mixture into a festive bowl and you're ready to serve.

Do you have any left over?

You can make a fabulous panini with this as a spread. Thoroughly cook the chicken breast in the microwave. Then, cut into thin slices, and set aside. You can also cook the chicken in your counter-top grill, if you prefer. You can use deli slice provolone cheese, if you want.

Slice your bread of choice and, spread the mixture onto the top. Lay in the chicken breast slices. If you want, add a thin deli slice of provolone cheese, and top with the other bread slice.

To cook the sandwiches for the great panini taste, spray your skillet (or panini machine) with cooking oil spray, and spray the outside of the bread as well to prevent sticking. Place sandwich in grill or skillet set to high heat, and press down for about 2 minutes, or until toasty & the cheese has melted.

The paninis are shown here with rustic whole-grain cranberry bread & regular ciabatta bread.