

CHIA SEEDS

Chia is one of the most nutrient dense foods on the planet. Chia was an important component of the Aztec diet. It is a rich fiber that slows down your digestion, giving your nutrients an even better chance of getting absorbed. Chia is high in calcium, omega-3 fatty acids, phosphorus, magnesium, protein, manganese, boron, copper, iron, niacin, zinc, and is a powerful antioxidant. Chia seeds do not need to be ground for their nutrients to be available.

You can make **Chia Gel** that you can store in the refrigerator.

Source: Chia, "The Complete Guide to the Ultimate Superfood" by Wayne Coates, PhD.

1 cup of cool water

1 and 3/4 tablespoons of chia seeds. (I use 2 tablespoons)

1. Pour the water into a glass container or a sealable plastic (I use glass). Slowly pour the chia seeds into water while briskly mixing with the wire whisk.
2. Wait 3 or 4 minutes then whisk again,
3. Let the mixture stand about 10 minutes before whisking again.
4. Seal the container and store the mixture in the refrigerator for up to two weeks to use as needed. Whisk before using.

Note: soaking in water will soften the chia seeds, but they will still be slightly crunchy.

You can add this gel to almost anything. It increases the food's vitamin and mineral levels, and adds protein and omega fatty acids. It also promotes weight loss by filling your stomach with fiber. I like to mix it with cinnamon, chopped nuts, goji berries, and fruit. You can add a little vanilla and ginger. For sweetness, I sometimes mix in a little organic raw honey. If you want a chocolate flavor, add a little cacao powder.

Chia seeds can also be thrown in a smoothie, a drink, or sprinkled on your food. Since the seeds absorb water, it is important to drink enough water when you are eating the chia seeds dry. For each tablespoon of chia, have approximately one eight-ounce glass of water or other liquid. Speak to your health care provider if you have low blood pressure or are taking blood pressure medication before you consume chia seeds.

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