Better Health
Herbs and Health Store

2001 W. Kenosha * Broken Arrow, OK , 74012 * betterhealthstore.org *
For mail order of supplements and vitamins call: 1-866-929-HERB

Chia Gel

To make **Chia gel**, just add liquid to chia seeds, its as simple as that, no mystery. This is because Chia seeds absorb liquid and this also makes the seed soft.

Raw, unsoaked chia seeds are hard and crunchy. They can be eaten raw, the taste being very mild and nut-like. Making a chia gel softens the seeds and makes them easier to eat and more versatile for use in recipes. An added benefit is that the soaked Chia seeds absorb the flavour of whatever liquid they are soaked in, making some interesting flavour combinations possible.

You can soak chia seeds in water, milk, nut milk, fruit juice, stock, gravies, eggs, vegetable juice, or whatever other liquid you would like to try.

Its fine to vary the thickness of the gel by adding more or less liquid as you wish..

I prefer to soak my chia seeds whenever I use them whole unless I want a crunchy texture.

To make a basic chia gel.

Ingredients
2 tablespoons of chia seeds
1 cup of liquid

Method
In a bowl, add the seeds to the liquid, and whisk them in with a fork or whisk.
After a few minutes you will need to whisk the gel again to make sure seeds
don't clump together in the bottom of your bowl. Leave to stand for 10 to 15 minutes.
This enables the seeds to absorb the liquid. Two tablespoons of chia seeds to one cup of liquid makes a very thick gel.

To make a **fruity chia gel**

Ingredients
2 tablespoons chia seeds
1 cup of fruit juice. I like to use orange/mango. Any fruit juice will do and you can also use your own freshly made juice.

Method
Whisk together in a bowl and leave to stand, making sure to stir to prevent clumping.
I like to use fruity chia gel as a topping over cheesecake, icecream or yoghurt.
It can be eaten on its own. Kids seem to love its fruity taste.

Ideas
A good idea is to have some water based chia gel on hand in the fridge to add as an egg or butter substiute to cakes or cookies, one tablespoon of gel replaces one egg. Replace half the butter with an equal portion of gel. Prepared chia gel will keep for up to 2 weeks. To make an egg substitute I use 3 teaspoons of chia seeds to one third of a cup of water to replace one egg

Chia Seed Smoothies

These smoothies are an ideal and easy way to get a daily serve of chia seeds. I like to soak the seeds for 10 minutes or more in the juice to soften them, remembering to whisk the mixture a few times to prevent clumping and allow the seeds to soften and swell. This makes the smoothies smoother. If any of the smoothies are a little too thick for your liking, just add a little more juice. I prefer not to add any sweeteners to the smoothies, but a little stevia or honey can be added if you like. Drink your smoothie immediately as it will continue to thicken if you let it stand.

1. Orange Mango Cream Smoothie

Ingredients

1 and a half cups of good quality orange juice

Half cup of ripe mango

Half a banana

2 Tablespoons of plain yogurt

1 tablespoon of chia seeds

Method

Soak the chia seeds in the orange juice for 10 minute to let them swell and soften Put all ingredients in your blender Blend well until creamy. Enjoy!

2.Merry Berry Smoothie – simple and quick

Ingredients

1 and a half cups of apple juice

1 cup of mixed berries frozen or fresh

1 tablespoon of chia seeds

Method

Soak the chia seeds in the apple juice for 10 minutes or so. Blend all ingredients together until smooth

To make a creamier smoothie, add 2 tablespoons of yogurt or half a banana

3.Pina colada chia smoothie

Ingredients

Half banana

Half an orange, seeded, peeled and chopped

Half a cup pineapple cut small

a couple of slices of ripe mango

Half cup coconut milk

Half cup pure water

1 Tablespoon chia seeds

Method

Soak the seeds in the coconut/water mixture for at least 10 minutes

Blend all the other ingredients together until smooth

Enjoy!