

# Glimpse into Foodie Friday; week 10 2014 – chia seeds

Chia seeds are amazing little things. They can be used as a gelatinous gel when soaked in water to replace eggs in baking, in smoothies to make them thick, as crusts and coatings, in puddings for a healthy twist, in breakfasts for an extra hit of nutrients...so many options for such tiny seeds! They are tasteless, but provide a great texture to foods.

Did you know that it is a member of the mint family?



I have used chia seeds in these recipes:



[Ginger cake](#)

[Choc banana quinoa cookies](#)

[Berry and poppy seed cake](#)

[Quinoa bowl](#)

[Green smoothies](#)

[Zucchini brownies](#)

[Power balls](#)

[Choc nut cookies](#)

[Green pudding](#)

[Nut, seed banana bread](#)

I have a couple of new recipes to post soon too which include chia seeds, so keep an eye out for them.

Chia seeds are so good for you. They are high in antioxidants (four times more than blueberries), and have five times more calcium than milk. They contain a whopping seven times more vitamin c than oranges, and three times more iron than spinach. They have twice the potassium of bananas, and contain vitamins A, B, D, E, sodium and magnesium. They also balance blood glucose levels, and are great for hair, skin and nail health. They are gluten free, and are high in fibre, so your digestive system will love them. Your heart and brain

will too, as they contain high levels of omega 3 fatty acids (eight times that of salmon). The seed is 20% protein, and a complete protein at that, which means that it contains all eight essential amino acids.

It is recommended to have 15g/ one tablespoon of chia a day, and ensure you maintain a good water intake due to the high fibre content.

You can easily find chia seeds in most supermarkets now, or health food shops. They can be found in white, brown, grey and black varieties; you can use whichever takes your fancy! These seeds can keep for up to four years in a cool, dry place in an airtight container, due to the high antioxidant levels.

☒ If you are not convinced yet to give these a go, then you must not be too keen to improve your health! They can do so much good for you, and all you need to do is sprinkle one tablespoon into a meal each day.