



CHIA

COOKBOOK

Ancient seed-powerful new superfood

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oatmeal chia smoothie

+ 2 avocados

+ 2 **tbsp.** olive oil

+ 1 **scoop** Omega 3 Chia

+ ½ juiced lemon

+ 2 **tbsp.** chopped onion

+ ½ **tsp.** salt

Instructions

needs recipe

+ PLUS FACTS

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guaca-chia-mole

ingredients

- + **2** avocados
- + **2 tbsp.** olive oil
- + **1 scoop** Omega 3 Chia
- + $\frac{1}{2}$ juiced lemon
- + **2 tbsp.** chopped onion
- + $\frac{1}{2}$ **tsp.** salt

instructions

Mash avocados and stir in all ingredients.
Enjoy!



apple chia crisp

- + **1 scoop** Omega 3 Chia
- + **3/4 cup** granola
- + **1/2 cup** apple juice
- + **1/2 tsp.** cinnamon
- + **1 cup** apple sauce

Instructions

Mix juice and chia and let it sit for 1 minute.

Mix in the rest of the ingredients.

Enjoy!

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chia quesadilla

ingredients

- + **1/2 scoop** Omega 3 Chia
- + **1 cup** shredded cheese
- + **2** tortillas
- + other favorite ingredient
- + butter

instructions

Heat skillet

Spread butter on tortillas and place butter side on the skillet, adding cheese, chia seeds and any other ingredients.

Place second tortilla butter side up and cook and flip tortilla until golden brown



chia stir-fry

- + **1 scoop** Omega 3 Chia
- + sesame oil
- + chicken or beef strips
- + Soy sauce
- + Stir fry vegetables



Instructions

Mix chia with soy sauce and let it sit for 1 minute.

Heat sesame oil in skillet and stir fry meat until golden.

Add vegetables and chia soy mixture and stir fry until vegetables are tender



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chia pancake

ingredients

+ **2 scoops** Omega 3 Chia

instructions

Need to write a recipe. Photo description says it's oats pancakes with pomogranate and yogurt.



banana chia coconut

- + 1 **scoop** Omega 3 Chia
- + 1 banana
- + 2 **tbsp.** shredded coconut
- + 1 **tbsp.** cocoa powder

Instructions

Peel banana and roll it in the coconut, chia seeds and cocoa powder.

Slice into pieces or put it on a stick.

Enjoy!



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