

Chia Seeds (Grain & Seeds)

Interesting Facts: Chia seeds are one of the oldest condiments known to man. Chia seeds were first found in Mexico and Guatemala. The seeds do not need to be ground to be eaten like flax seeds do. Chia has 8X more Omega 3 gram for gram than salmon and twice as much potassium as bananas.

How to Select: Chia seeds are generally available in prepackaged containers as well as bulk bins. Just as with any other food that you can purchase in the bulk section, make sure that the bins containing the seeds are covered and that the store has a good product turnover to ensure maximal freshness.

What to avoid: Whether purchasing chia seeds in bulk or in a packaged container, make sure there is no evidence of moisture.

How to store: Chia seeds can be stored in an airtight container in a cool, dry, dark place. If you buy them prepackaged or in bulk once you open they should then be stored in the refrigerator for up to three months or freezer for six months.

How to use chia seeds: 1-2 tablespoons of chia seeds can be added to your smoothie for added fiber. You can also add chia to your hot breakfast cereal or sprinkled on top of a green salad.

Recipe: Strawberry Chia Pudding: Makes about six servings. Combine 1 pound of fresh, cleaned and hulled strawberries (may use any fresh berry) with 1½ cups of coconut milk, ½ teaspoon vanilla extract, ½ teaspoon finely grated lime or lemon zest (skin of the citrus) and blend until smooth. Add ½ cup of chia seeds and whisk thoroughly. Cover and refrigerate for at least 4 hours and up to 3 days. When ready to consume stir again and then place in individual bowls. May garnish with a whole strawberry.