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Chia Seed Recipes



DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!

Chia Seeds Are Full Of It!!

This tiny seed has been labeled the new ''SUPER FOOD'' by many.

Whole Chia seeds are gluten-free and can be sprinkled on cereal, salads, or yogurt.

Seeds can be ground and mixed into smoothies or added to baked goods.

They can be sprouted and used in salads or sandwiches.

The seeds are easily digested and do not have to be ground to be used.

And, high levels of antioxidants keep Chia seeds naturally fresh, unlike flax seed, which easily becomes rancid.

AS SEEN ON THE TODAY SHOW - MARCH 18, 2010

Change Your Life With Chia

Christina Pirello, MFN, CCN one of America's preeminent authorities on natural and whole foods, tells how to "Change Your Life With Chia."

Q. How does Chia Seed compare to flax seed?

A. The biggest difference is that chia seed does not need to be ground. Chia doesn't go rancid quickly like flax seed because chia seed has high levels of antioxidants. Chia seed is also richer than flax seeds in these vital elements: fiber, calcium, magnesium, phosphorus.

Q. Is there a difference between black and white Chia Seeds?

A. There are more antioxidants in black chia seed.

Q. Is Chia Seed gluten-free?

A. Chia Seed protein is gluten-free. The Argentina Celiac Association tested chia and found it gluten-free, according to the book ''CHIA.''

Q. Do Chia Seeds contain pesticides? Are they irradiated?

A. Chia Seeds do not require pesticides to be grown. Our chia seeds are pesticide-free, free of heavy metals and not irradiated.

Serving Size: 1 ounce (28g)

Amount Per Serving

| | |
|-----------------------------|------------------------|
| Serving Size: 1 ounce (28g) | Sodium 5mg |
| Amount Per Serving | Total Carbohydrate 12g |
| Calories 138 | Dietary Fiber 11g |
| Calories from Fat 73 | Sugars |
| Total Fat 9g | Protein 4g |
| Saturated Fat 1g | Vitamin A 0% DV |
| Trans Fat 0g | Vitamin C 0% DV |
| | Calcium 18% DV |

Chia Vegetable Stir Fry

| | | |
|-----|--------|---|
| 1/2 | tsp | olive oil |
| 2 | Tbsp | dry chia seed |
| 1-2 | Tbsp | ginger root (minced) |
| 3-4 | cloves | garlic(finely chopped) |
| 1/2 | tsp | toasted sesame oil |
| 3 | Tbsp | tamari |
| 1-2 | Tbsp | rice wine vinegar (optional) |
| 3/4 | cup | water (filtered) |
| 2-4 | cups | kale (coarsely chopped) |
| 2 | | carrots (thinly sliced) |
| 1/2 | | onion (sliced) |
| 1/2 | | bell pepper (thinly sliced) |
| 3 | oz | mushrooms (your choice) |
| 2 | | tomatoes (chopped) |
| 5 | cups | cooked brown rice (or brown basmati rice) |

In a large wok or skillet, saute ginger & onion in oil over medium heat until softened (approximately 3 minutes). Add tamari, rice wine vinegar, and water. Stir fry for additional 3 minutes. Add vegetables, garlic, tomatoes, and chia seeds. Cover and cook for 10 minutes or until vegetables are tender, but still firm. Stir occasionally. Serve over rice.

Chop Suey Noodle Candy

| | | |
|-----|-------|----------------------------------|
| 2 | Cups | semisweet chocolate chips melted |
| 2 | Cups | butterscotch chips melted |
| 1/4 | cup | chia seeds |
| 1 | large | can chow mein noodles |
| 1 | cup | copped nuts |

Combine all ingredients in a bowl. Mix well. Drop by teaspoonful onto waxed paper. Let stand until set. About 30 servings.

Chia Seed Muffins

| | | |
|-----|------|---|
| 1/2 | cup | butter, |
| 3/4 | cup | sugar |
| 2 | | eggs |
| 3/4 | cup | sour cream |
| 1½ | tsp | vanilla |
| 2 | cups | unbleached all-purpose flour |
| 1/3 | cup | chia seeds |
| 1/2 | tsp | salt |
| 1/4 | tsp | baking soda cinnamon sugar - mix 1/4 cup sugar with 1/4 |
| | tsp | cinnamon |

Preheat oven to 375 degrees. In a large bowl, cream butter and sugar. Blend in eggs, sour cream and vanilla. In a separate bowl, combine flour, chia seed, salt and baking soda, then add the dry mixture to the creamed mixture. Fill greased muffin tins two-thirds full. Sprinkle with the cinnamon sugar. Bake for 20 minutes until golden brown. Makes 12 muffins.

Curried Potato Salad with Chia Seeds

| | |
|------------|---|
| 12 | potatoes (boiled) |
| 1-2 | onions |
| 1 | bell pepper |
| 2 | jalapeno peppers (or your favorite peppers whether sweet, mild, warm, or hot) |
| 2 | serrano peppers (optional) |
| 1/2 bunch | parsley (preferably flatleaf, i.e., Italian parsley) |
| 1-2 stalks | celery (finely chopped) |
| 1 package | soft tofu (or equivalent alternative) |
| ¼ -½cup | chia gel (see chia gel recipe-page 2) |
| 1/2 tsp | mustard (or ground mustard seed) |
| 2 tsp | fresh curry powder |
| 1/2 tsp | cumin powder |
| 1/2 tsp | cayenne pepper powder (or to taste) |
| 1/4 tsp | salt (or to taste) |
| 1/4 cup | olive oil |
| | Pinch of nutmeg (optional) |

Chop potatoes, onion, bell pepper and place in a large bowl. Finely chop jalapeno peppers, serrano peppers, and parsley, and add to bowl. In blender, whip oil and tofu until smooth. In a separate bowl, mix chia gel and spices together and whip (by hand) until smooth. Mix all ingredients together. Chill and serve.

Creamy Chia Mushroom Soup (Non-Dairy)

| | |
|----------|--|
| 1 lb | mushrooms (mixed variety or your favorite) |
| 1 tsp | olive oil |
| 1½ | onions |
| 1 cup | cashews (preferably raw) or other nuts (for making nut milk) |
| 1½ | chia seeds (dry) |
| 2 stalks | celery |
| 1 | tomato (diced) |
| 2 cloves | garlic |
| 1½ tsp | sesame oil |
| 1 tsp | tamari (optional) |
| 1/2 tsp | sea salt |

Add raw cashews to 5 1/2 cups water and blend until smooth to make 6 1/2 cups cashew nut milk. Add chia seeds and allow to stand for 15 minutes. Saute 1/2 lb mushrooms in sesame oil for approx. 4 minutes. Mix sauteed mushrooms into nut milk by hand and pour into a sauce pan. Dice and saute onion, celery, and garlic in olive oil with basil and tamari for 4 minutes. Fold sauteed vegetables into the saucepan containing the nut milk and mushrooms. Slice the remaining mushrooms and add to the mix along with sesame oil, cayenne pepper, and sea salt. Cook for 30 minutes on medium high heat. Add diced tomato 1-2 minutes before serving. Serve and enjoy.

Apple Cinnamon Oats

| | |
|---------|-------------------------|
| 1/2 cup | oatmeal |
| 1 cup | water |
| | cinnamon apples |
| | almonds |
| | chia seeds |
| | drizzle of agave nectar |

Combine all ingredients and serve.

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Lemon Chia Seed Muffins

| | |
|------------|-------------------------------|
| 1/2 cup | sweet creamy butter, softened |
| 1/2 cup | sugar |
| 2 lg | eggs, separated |
| 1 1/3 cups | White Whole Wheat Flour |
| 1 tsp | baking powder |
| 1/2 tsp | baking soda |
| 2 Tbsp | chia seeds |
| 1 | Meyer lemon, zested |
| 1/4 tsp | salt |
| 1/2 cup | fat free Greek yogurt |
| 2 Tbsp | Meyer lemon juice |
| 1 tsp | pure vanilla extract |
| 1/2 tsp | pure almond extract |

Preheat oven to 350°F Coat muffin tin with nonstick cooking spray. In a large bowl, cream the butter and sugar until fluffy. Add the egg yolks, one at a time. Beat well after each. In a separate bowl, stir together the dry ingredients, chia seeds, and lemon zest. With the mixer on low speed, add the dry ingredients to the creamed mixture, alternating two times with the Greek yogurt, then lemon juice with the vanilla and almond extracts. Beat just until smooth. In another bowl, beat the egg whites until soft peaks form. Gently fold them into the muffin batter until blended. Spoon the batter into the prepared pan, 3/4-full. Bake at 350°F for 20-25 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes before removing to cool completely. Makes approximately 11 muffins

Basic Chia Gel

Chia gel takes advantage of the capacity of chia to absorb many times its weight in water. The gel may be taken by itself or added to creamy and liquid foods—significantly boosting nutrition and acting both as a food extender and calorie displacer.

Chia gel provides all the beneficial nutrients in chia, including essential fats (EFAs), protein, complex carbohydrates, soluble fiber, vitamins, and minerals. Perhaps the primary benefit of chia gel is that it slows the conversion of carbohydrates into sugars, thereby regulating and sustaining healthy blood sugar levels in the body.

Making Chia Gel is Easy...and Fun!

Add 1/3 cup chia seeds to 2 cups water. That is, use 2 cups water for every 1/3 cup chia seeds. This makes a 9:1 ratio (water to seed), which is an ideal ratio for a basic chia gel. You can experiment with using more or less water, depending on your preference, or the consistency of the food item to which you're adding it.

How to Make

Put water (slightly warm water or room temperature will form gel faster) into a container with a tight-fitting lid (e.g., a mason jar, water bottle). Pour dry seeds into the water. Shake container for 15 seconds. Let stand for 1 minute and shake again. This mixture (Chia Gel) will store in the refrigerator for 2 weeks.

How to Use

Add this mixture up to equal parts by weight to sauces, drinks, yogurt, salad dressings, cream cheese (or cream cheese substitutes), jams, jellies, preserves, salsa, hot/cold cereals, yogurt, dips, puddings, soups, or other liquid or creamy foods. The gel won't affect flavor, but definitely increases nutritional value.

Crunchy seed topping for toast

In small bowl mix equal volumes of chia, sesame and poppy seeds; You can also add fresh ground flaxseed (Use a small electric seed grinder). Slice your favorite bread and toast lightly; butter it generously (i use margarine). Sprinkle with seed mixture and cinnamon/sugar. Return briefly to the oven; remove and eat.

Strawberry or other Berry Chia Jelly

The best way to make berry chia jelly is to make a portion of chia gel and mix into your favorite jelly using a 50/50 mixture. Example 1/4 cup of chia gel to 1/4 cup of your jelly. This will make 1/2 of jelly for you breakfast toast, with 50% less calories! Easy and good for you.

Chia Recipe for adding to a box mix

You can add 1 to 2 Tablespoons of chia seed to the liquid in cake mixes, brownie mixes, or other box mixes of your choice. Mix as per the instructions on the box, bake and eat. A simple way of getting the family to eat "healthy" in a special treat.

Chia Rice Salad

| | | |
|------|--------|--|
| 3 | cups | cooked brown rice and Basmati rice |
| 2 | Tbsp | olive oil |
| 2 | Tbsp | lemon juice |
| 3 | cloves | garlic (diced) |
| 1/2 | tsp | sea salt |
| ½ -1 | tsp | rosemary (fresh or dried) |
| ½ -1 | tsp | oregano (fresh or dried) |
| 1/8 | tsp | cayenne pepper |
| 1/2 | cup | chia gel (see chia gel recipe-page 2) |
| 1 | | zucchini (julienned or thinly sliced) |
| 1 | | tomato (chopped) |
| 2 | Tbsp | parmesan cheese or a cheese substitute (rice or soy cheese, etc.) (optional) |

Place rice in a large bowl. Combine oil, lemon, garlic, salt, herbs in jar, and shake well to mix. Pour over rice and lightly toss. Cover and let cool. Stir in vegetables and sprinkle on cheese or alternative cheese. Serve.

Chia Corn Cake

| | | |
|----------|--------|--|
| 2 | Tbsp | chia seeds (dry) |
| 1 | cup | corn meal (yellow or blue) |
| 1 | cup | potato flour or flakes (or freshly baked potato) |
| 2 | cups | vegetable broth |
| 1/3- 1/2 | | onion (diced) |
| 1/4 | cup | jalapeno pepper (or your favorite pepper, sweet, mild, warm, or hot) (diced) |
| 2 | cloves | garlic (minced) |
| 1/8 | tsp | cayenne pepper powder (or to taste) |
| ½ | tsp | chili powder |
| 1/4 | tsp | sea salt (or to taste) |
| 1/4 | tsp | cumin |
| | | Olive oil, coconut oil, or butter (thin coat for skillet) |

Directions: Place corn meal and potato flour/flakes and chia seeds in a bowl. Boil vegetable broth and pour into flour. Mix and set aside. Saute onion, peppers, garlic, sea salt, and cumin in a lightly oiled skillet over medium heat until tender. Fold sauteed vegetables into corn meal and potato flour mixture. Form dough into approximately 12 patties. Cover bottom of skillet with a light coating of oil (olive, coconut, or butter). Brown chia corn cakes on both sides and serve warm.

Turkey Chia Soup

| | | |
|-----|---------|---------------------------------|
| 1½ | lb. | turkey tenderloin |
| 26 | oz. | cream of chicken condensed soup |
| 13 | oz. | water |
| 2 | cups | chopped celery |
| 1½ | chopped | yellow onions |
| ¾ | lb. | chopped red potatoes |
| 4-5 | scoops | chia seeds |
| 1 | chopped | sweet yellow pepper |
| 1 | chopped | sweet red pepper |
| 2 | tbsp | minced garlic |
| 2 | tbsp | ground peppercorn medley |
| | | Salt and pepper to taste |

Place in crock pot on low for 7 hours. After the 5th hour use 2 forks and pull the tenderloin apart and stir.

Chocolate Chia Coconut Bar

| | |
|---------|--------------------------------|
| 1/2 cup | melted virgin coconut oil |
| 1/3 cup | cocoa powder |
| 1/4 cup | honey |
| 1/3 cup | coconut milk (or plain yogurt) |
| 2 tsp | chia seeds |
| 1½ cups | raw coconut flakes |
| 1/4 cup | almond flakes |
| 1/2 tsp | vanilla |
| | dash of salt |

Melt coconut oil in pan on low heat. Remove from heat. Stir in other ingredients in order listed. Spread on one end of jelly roll pan to form a 6 x 11 bar. Cut the bar into 3 x 1 3/4 " servings. Refrigerate until real firm. Put into snack size zip-lock bags for a healthy snack on the run.

Chia Chicken Wing Dip

| | |
|------------|--|
| 8 oz. | shredded chicken or chicken chunks (canned or fresh) |
| 16 oz. | cream cheese |
| 1 cup | shredded sharp cheddar cheese |
| 3/4 cup | Anchor Bar wing sauce (or any other brand) |
| 1/4 cup | blue cheese dressing |
| 1-2 scoops | chia seeds |

Mix cream cheese, chicken, ½ cup wing sauce and chia seeds in a bowl with electric mixer. Spread mixture into an 8" x 8" baking pan. Mix together remaining wing sauce (¼ cup) and ¼ cup blue cheese dressing together. Pour on top and spread with a spoon. Sprinkle the cheddar cheese on top and bake at 350 degrees for 25 to 30 minutes. Let cool for 10-15 minutes before serving with your favorite chips or crackers.

Coleslaw

| | |
|----------|-----------------------------------|
| 1 cup | cauliflower tips |
| 1 cup | broccoli tips |
| ½ cup | small cabbage, shredded |
| 2 medium | carrots, grated |
| ¼ | green bell pepper, finely chopped |
| 5 | radishes, finely sliced |
| 5 | green onions, diced |
| 2 large | tomatoes, diced |
| ½ cup | chia gel (page 2) |

For extra crisp coleslaw, place 2 inch chunks of cabbage in blender with a few ice cubes and cover with water. Blend until ¼ inch or smaller pieces of cabbage are formed. Drain in colander and keep refrigerated until ready to mix with other ingredients. Steam broccoli and cauliflower tips for 5 minutes. Cool in refrigerator 1 hour or drop in ice water for 5 minutes. Mix well into remaining ingredients and top with your favorite salad dressing. Serve chilled. Serves 8

Chia Whole Wheat Pizza Dough

| | |
|------------|---|
| 1 cup | all-purpose flour |
| 1 scoop | chia seeds placed in a 1/2 cup measure, then filled with whole wheat flour |
| 2/3 cup | very warm water |
| 1 envelope | (8 gram or 2 1/4 tsp) Fleischmann's quick-rising yeast |
| 1 Tbsp. | cornmeal |
| 2 tsp | olive oil |
| 2 tsp | honey |
| 1/2 tsp | salt |
| | Olive oil cooking spray |

In a medium bowl, combine flours, chia seeds, yeast and salt. Mix well. Measure very warm water in measuring cup, then stir in olive oil and honey. Pour over dry ingredients and mix using a wooden spoon to form a ball. Turn dough out onto a lightly floured surface. Knead for 2 minutes. Spray bowl with oil spray and place dough inside, adding another quick spray on top of dough. Cover with plastic wrap and let rise in a warm place until double in size, about 20 mins. Spray a 12-inch pizza pan with spray oil and dust with cornmeal. Once dough has risen, turn out onto the pizza pan and flatten to fit the bottom and up the sides of pan. A quick spray on top will stop your hands from sticking to the dough. Top with sauce, toppings and cheese, as desired. Bake in a 425 degrees F oven for about 15 minutes. Cut and serve hot.

Tomato "Sun" Pasta Salad

| | |
|-----------|---|
| 6-8 large | tomatoes, diced |
| 1 tsp | each fresh herbs: basil, oregano, chives, parsley |
| pinch | nutmeg |
| | salt and garlic, to taste |
| ¼ cup | olive oil |
| ½ cup | chia gel (page 2) |

Mix herbs, chia gel, oil and bell pepper. Puree lightly in blender. Pour over tomatoes and set in the sun in a covered glass bowl 3-4 hours. Serve over your favorite chilled pasta. Serves 6

Caponata

| | |
|----------|--|
| 1 large | eggplant, peeled, if desired, and diced |
| 1 large | onion, diced |
| ½ pound | mushrooms, sliced |
| 1 pound | chopped fresh tomatoes (preferably Roma) |
| 3 cloves | garlic, minced |
| ¼ cup | dry white wine or rice wine vinegar |
| 1 Tbsp | olive oil |
| ½ cup | chia gel (page 2) |
| | oregano (fresh or dried), to taste |
| | rosemary (fresh or dried), to taste |
| | Salt, to taste |

In a large skillet, heat oil and saute onion until soft. Add eggplant and mushrooms. Cook until tender, about 15 minutes. Add water, as needed, to avoid burning. Add tomato, garlic, and wine and continue to cook until very soft. Add chia gel. Season with a little oregano, rosemary, and salt, as desired. Zucchini, red bell peppers, and capers may also be used in this dish.

Crunchy Ice Box Pudding

| | | |
|-----|------|----------------------------|
| 4 | cups | corn flakes |
| ¼ | cup | brown sugar or maple syrup |
| 1 | tsp | grated orange rind |
| 1 | tsp | vanilla |
| 1 | cup | dates, finely chopped |
| ½ | cup | raisins |
| 1/3 | cup | milk or nut milk |
| 1 | cup | unsweetened coconut |
| 1 | cup | <u>chia gel</u> (page 2) |
| | | dash of salt |

Crush corn flakes and set aside ½ cup. To remaining crumbs add salt, sugar, rind, dates, raisins, and coconut and mix well. Mix milk, vanilla, and chia gel together and pour into fruit mixture. Place mixture onto wax paper in two sections. Shape into rolls, approximately 6 inches long and roll in remaining corn flake crumbs. Wrap each roll in wax paper and freeze for 2 hours or refrigerate overnight. Slice in ½ inch pieces. Makes 24 pieces.

Carob Fudge

| | | |
|---|-----|--|
| ¾ | cup | maple syrup |
| 1 | cup | peanut butter (with nonhydrogenated oil) |
| 1 | tsp | vanilla |
| 1 | cup | almonds, chopped or ground |
| 1 | cup | walnuts, chopped |
| ½ | cup | sesame seeds |
| ¼ | cup | <u>dry chia seeds</u> |
| ½ | cup | sunflower seeds |
| ½ | cup | carob powder |

Mix maple syrup, peanut butter and vanilla. Add carob powder a little at a time. Mix until well blended. Mix all nuts and seeds together and add slowly to carob mixture. Press firmly onto a lightly oiled pan. Refrigerate at least 1 hour. Cut into squares and serve chilled. Must be stored in refrigerator or may be frozen. Makes 24 pieces. A high-energy treat!

Zippy Salad Dressing

| | | |
|---|-----|--------------------------|
| 1 | cup | mayonnaise |
| ½ | cup | tomato juice |
| ½ | cup | <u>chia gel</u> (page 2) |
| 1 | tsp | parsley |
| 1 | tsp | chives |
| ¼ | tsp | garlic salt |
| ¼ | tsp | celery salt |

Shake all ingredients in a jar, or mix well with a whisk. Use over your favorite salads.

Chia “Sunshine” Sauce

| | | |
|---|-------|--------------------------|
| 1 | large | mango |
| 2 | | bananas |
| ½ | cup | <u>chia gel</u> (page 2) |
| 2 | Tbsp | maple syrup |

Blend fruit in blender until creamy. Mix chia gel into fruit with a spoon.

Moroccan Carrot Salad

| | | |
|---|--------|--|
| 8 | | carrots |
| 3 | cloves | garlic, minced |
| 1 | tsp | cumin |
| ¼ | tsp | white pepper or 1/8 tsp cayenne pepper |
| 2 | Tbsp | olive oil |
| ¼ | cup | <u>chia gel</u> (page 2) |
| | | fresh parsley, to taste |
| | | sesame seeds, for garnish |

Saute carrots over medium heat in a little water until semi-crisp. Drain well. Add olive oil and seasonings, toss, and serve. Makes 4-6 servings

Apple-Pear Sauce

| | | |
|---|-------|--|
| 2 | Tbsp | <u>chia seeds, dry</u> |
| 3 | | Pippin apples, peeled |
| 5 | | Gala, Golden Delicious or Gravenstein apples, peeled |
| 3 | | Bartlett Pears, peeled |
| ¼ | cup | maple syrup, grade C, if possible |
| ¼ | cup | turbinado sugar |
| ½ | tsp | cinnamon |
| | pinch | nutmeg (optional) |
| | | juice of 1-2 limes, or to taste |
| ½ | cup | Cranapple juice |

Dice apples and pears. Mix together all ingredients in saucepan. Cook until tender, approximately 25 minutes. Serve warm.

Cinnamon-Orange Pancakes

| | | |
|---|------|--------------------------|
| ¾ | cup | all-purpose flour |
| 1 | cup | oat flour |
| 2 | tsp | baking powder |
| 1 | Tbsp | brown sugar |
| 1 | tsp | cinnamon |
| 1 | cup | skim milk or soy milk |
| ¾ | cup | orange juice |
| ¾ | cup | <u>chia gel</u> (page 2) |
| 1 | tsp | grated orange peel |
| | | vegetable oil spray |

In a mixing bowl, combine dry ingredients and mix well. In another bowl, combine all liquid ingredients, chia gel, and orange peel. Stir well. Pour liquid ingredients into dry ingredients and stir only until moistened. Preheat griddle. Spray lightly with oil. Ladle batter onto griddle. Turn when bubbles appear.

Chips

Spray a cookie sheet (preferably nonstick) with a light coat of oil. Spoon chia gel (recipe on page 2) by the teaspoon onto cookie sheet, three inches apart. Place pan in oven at lowest setting, 170 degrees or lower, and leave overnight or for at least 12 hours. The dry chips, which resemble potato chips, may be sprinkled lightly with salt, garlic salt, or any herb seasoning. This is a high energy food!