

## Chia Seeds – punching above their weight!



They are packed with Omega 3 fats, high in fibre, protein, vitamins, minerals, antioxidants and is gluten free.

A South American superfood It has a very subtle nutty taste that is extremely versatile, you can add Chia to most things that you like to eat or drink *[I have included one or two of my personal favourites below]*

It may be tiny, but punches way above its size and weight

According to [Kris Gunnars](#), BSc in his article 11 Proven Health Benefits of Chia Seeds

“A 1 ounce (28 grams) serving of chia seeds [contains](#) (1, 2):

- **Fiber:** 11 grams.
- **Protein:** 4 grams.
- **Fat:** 9 grams (5 of which are [Omega-3s](#)).
- **Calcium:** 18% of the RDA.
- **Manganese:** 30% of the RDA.
- **Magnesium:** 30% of the RDA.
- **Phosphorus:** 27% of the RDA.
- They also contain a decent amount of Zinc, Vitamin B3 (Niacin), Potassium, Vitamin B1 (Thiamine) and Vitamin B2.

*This is particularly impressive when you consider that this is just a single **ounce**, which supplies only 137 [calories](#) and one gram of digestible carbohydrate!*

*Just so that we’re all on the same page, 1 ounce equals 28 grams, or about 2 tablespoons.”*

Wow that is one hell of a punch from an ounce of tiny seeds.

Once the ‘endurance and strength’ super food of the Aztecs [chia means strength in Mayan] more recently Chia has been found to support our health in a variety of ways, supporting digestive function as its packed with fibre, promoting stronger teeth and bones as it contains calcium and manganese.

One of the easiest ways of consuming Chia Seeds – is **Chia Water**, not only is it refreshing, its packed with goodness – your very own natural energy drink

- One large jar 1.5 tablespoons of chia to one cup of water [adjust suit the serving you want]
- Leave for 20 minutes to 2hours – you can add slices of citrus [lemon / lime] to add some flavour
- I personally have added slices of cucumber and or mint leaf's

Very refreshing to drink throughout the day

Check out this Chia Fresca recipe I found by [Perry Santanachote](#)

*Great to enjoy after the initial 30 elimination phase of our Fitter over 50 Tribe Transformation Blueprint*

### Chia Fresca Drink Recipe

#### The Skinny

#### Per 8-ounce serving:

- 87 cal
- 2.5 g fat
- 17.3 g carbs
- 38 mg sodium
- 5.6 g fiber
- 1.6 g protein



Serves 1

Total time: 15 minutes

#### Ingredients

1 cup coconut water  
2 tablespoons pineapple juice  
1 tablespoon chia seeds

#### Preparation

1. Briefly whirl all ingredients together in a blender (or shake well in a closed container) and let sit for 15 minutes for chia seeds to expand.

### Green Whizz

Full of nutrition this is a fantastic, alkalizing and refreshing drink – you will need a nutri-bullet or similar for this drink

Ingredients:

- 1 cup of water
- 3 TB chia seeds
- 1 cup of green's spinach, celery, cucumber, apple, ginger and lemon or lime juice



#### Directions

Soak the chia seeds in water overnight.

In the morning – chop the greens & ginger, cut the lemon & leave for 5 minutes before blending. Squeeze the lemon & add the greens into the blender  
Add chia seeds & 1 cup of water  
Whizz and enjoy

### Cacao Chia Milk

Chocolate lovers rejoice! Here's a healthy cacao milk recipe that will feed your taste buds while nourishing your body.

Ingredients:

- 1 cup of water
- 3 TB chia seeds
- 1 cup of raw milk, or any other nut/seed milk like almond or coconut
- 1 TB of raw cacao\*
- 1 TB of coconut nectar or honey to taste

*Recipe adapted from [Mama Natural](#)*

*\*I have used different types of cacao powder with great results  
There are several types on the market varying in price – keep the 'spectrum' in mind when buying i.e. buy the best you can afford at the time.*

*Certified organic cacao powder by Iswari from my local Centra  
And cacao powder from my local Aldi store*

#### Directions:

Soak your chia seeds in water overnight. In the morning, mix your one cup of milk with honey and raw cacao in blender.  
Mix this chocolate liquid with your chia gel. Stir well and drink immediately for maximum nutrition. Can top with a dash of sea salt