



www.GoodCauseWellness.com

chia seeds

Chia seeds are one of nature's most nutritious foods. As more consumers start to discover the benefits of chia seeds, you'll find this wonderful product incorporated into many food items.

Chia Seeds are a tiny edible seed that's easily digested. They are high in protein, minerals and enzymes and the outer hull of this seed is an excellent source of fiber. Chia seeds are also a good source of essential oils since it contains almost a third of its mass as omega-3 and omega-6 oils.

Chia seeds, which are black or white in color, are covered with a highly absorbent hull. The hull can absorb over seven times its weight in water, producing a gelatin-like substance as the seeds are soaked. The gel-like substance acts as a barrier to slow the release of carbohydrates and thus, enabling a slower conversion into glucose (blood sugar) as the seed is digested.

The gelatinous characteristic of these seeds is an attribute used to make other foods more nutritious. It aids in making chia seeds mix in easily with sauces (barbecue, tartar and marinades), sandwich dressings (mayonnaise, ketchup, mustard), jams, jellies, ice cream drinks, smoothies, yogurts and nut butters.

Since the seeds absorb significant amounts of water, the lower calorie and nutritious chia gel gives you a "filled up" feeling. For many, this means eating smaller quantities and ingesting fewer calories. The regular consumption of chia seeds has been a successful weight-loss strategy for many.

Chia gel adds a very slight nutty flavor to sauces, beverages or foods. Chia seeds can be ground into a powder for use as a nutritious ingredient or they can be roasted and added to soups, stews and salads. Chia seeds can be kept for long periods of time if stored in a cool, dry area.

benefits of chia seeds

High In Omega-3 Acids.

Chia seeds have higher levels of alpha-linolenic acid (ALA) than flax seed. ALA is an essential acid because it is not produced by the body. In fact, chia seeds have the highest whole-food source levels of Omega-3 acids, as measured by percent of weight.

Rich In Antioxidants.

Chia is a great natural source of antioxidants, including chlorogenic acid, caffeic acid, myricetin, quercetin and flavonols.

Full of Important Nutrients.

Chia is an excellent source of calcium, phosphorus, manganese, potassium, iron, zinc and copper. Chia contains six times more iron than spinach per serving.

Low In Sodium and Cholesterol-Free.

Chia contains less than half the sodium of flax seed, per serving. This is important to those with high blood pressure and concerned about sodium intake. As a plant-based source of Omega-3, chia is cholesterol-free.

Promotes Hydration.

Chia soaks up water and this promotes hydration and electrolytes retention.

Helps in Weight Loss.

Chia is very filling. As more Chia is eaten, there's less room for higher caloric foods.

Builds Endurance.

The Mayan word for Chia is "strength." Chia builds stamina and endurance because it steadily releases slow-burning glucose into the bloodstream

Gluten-Free.

The protein in chia seed is gluten free.

Stays Fresh.

Unlike flax seed, chia seed stays fresh for extended periods of time.

chia seed, nutrients per serving

Amounts per 1 ounce (28g)
Data supplied by NutritionData.com

Food Energy

Amounts Per Serving	%DV		
Calories	137	(574 kJ)	7%
Calories from Carbohydrate	50.2	(210 kJ)	
Calories from Fat	72.1	(302 kJ)	
Calories from Protein	15.2	(63.6 kJ)	
Calories from Alcohol	~		

Carbohydrate

Amounts Per Serving	%DV		
Total Carbohydrate	12.3	g	4%
Dietary Fiber	10.6	g	42%
Starch	~		
Sugars	~		
Sucrose	~		
Glucose	~		
Fructose	~		
Lactose	~		
Maltose	~		
Galactose	~		

Fats & Fatty Acids

Amounts Per Serving	%DV		
Total Fat	8.6	g	13%
Saturated Fat	0.9	g	4%
4:00	~		
6:00	~		
8:00	~		
10:00	~		
12:00	~		
13:00	~		
14:00	8.4	mg	
15:00	8.4	mg	
16:00	567	mg	
17:00	17.6	mg	
18:00	253	mg	
19:00	~		
20:00	26.0	mg	
22:00	9.0	mg	
24:00:00	~		
Monounsaturated Fat	0.6	g	
14:01	8.4	mg	
15:01	~		
16:1 undifferentiated	8.7	mg	
16:1 c	~		
16:1 t	~		
17:01	0.0	mg	
18:1 undifferentiated	562	mg	
18:1 c	~		
18:1 t	~		
20:01	12.9	mg	
22:1 undifferentiated	~		

22:1 c	~		
22:1 t	~		
24:1 c	~		
Polyunsaturated Fat	6.5	g	
16:2 undifferentiated	~		
18:2 undifferentiated	1620	mg	
18:2 n-6 c,c	~		
18:2 c,t	~		
18:2 t,c	~		
18:2 t,t	~		
18:2 i	~		
18:2 t not further defined	~		
18:03	4915	mg	
18:3 n-3, c,c,c	~		
18:3 n-6, c,c,c	~		
18:4 undifferentiated	~		
20:2 n-6 c,c	~		
20:3 undifferentiated	~		
20:3 n-3	~		
20:3 n-6	~		
20:4 undifferentiated	~		
20:4 n-3	~		
20:4 n-6	~		
20:5 n-3	~		
22:02	~		
22:5 n-3	~		
22:6 n-3	~		
Total trans fatty acids	~		
Total trans-monoenoic fatty acids	~		
Total trans-polyenoic fatty acids	~		
Total Omega-3 fatty acids	4915	mg	
Total Omega-6 fatty acids	1620	mg	

Protein & Amino Acids

Amounts Per Serving		%DV	
Protein	4.4	g	9%
Tryptophan	202	mg	
Threonine	186	mg	
Isoleucine	195	mg	
Leucine	352	mg	
Lysine	257	mg	
Methionine	25.2	mg	
Cystine	101	mg	
Phenylalanine	288	mg	
Tyrosine	141	mg	
Valine	294	mg	
Arginine	555	mg	
Histidine	147	mg	
Alanine	260	mg	
Aspartic acid	457	mg	
Glutamic acid	691	mg	
Glycine	254	mg	
Proline	251	mg	
Serine	283	mg	
Hydroxyproline	~		

Vitamins

Amounts Per Serving	%DV		
Vitamin A	~		~
Retinol	~		
Retinol Activity Equivalent	~		
Alpha Carotene	~		
Beta Carotene	~		
Beta Cryptoxanthin	~		
Lycopene	~		
Lutein+Zeaxanthin	~		
Vitamin C	~		~
Vitamin D	~		~
Vitamin E (Alpha Tocopherol)	~		~
Beta Tocopherol	~		
Gamma Tocopherol	~		
Delta Tocopherol	~		
Vitamin K	~		~
Thiamin	~		~
Riboflavin	~		~
Niacin	~		~
Vitamin B6	~		~
Folate	~		~
Food Folate	~		
Folic Acid	~		
Dietary Folate Equivalents	~		
Vitamin B12	0.0	mcg	0%
Pantothenic Acid	~		~
Choline	~		
Betaine	~		

Minerals

Amounts Per Serving	%DV		
Calcium	177	mg	18%
Iron	~		~
Magnesium	~		~
Phosphorus	265	mg	27%
Potassium	44.8	mg	1%
Sodium	5.3	mg	0%
Zinc	1.0	mg	7%
Copper	0.1	mg	3%
Manganese	0.6	mg	30%
Selenium	~		~
Fluoride	~		

Sterols

Amounts Per Serving	%DV		
Cholesterol	0.0	mg	
Phytosterols	~		0%
Campesterol	~		
Stigmasterol	~		
Beta-sitosterol	~		

Other

Amt. Per Serving	%DV		
Alcohol	0.0	g	
Water	1.4	g	
Ash	1.4	g	
Caffeine	~		
Theobromine	~		

Chia Seeds

Easy Ways to Add Nutrition to Every Meal

Thank you to the many Good Cause Wellness customers who submitted their favorite recipes and uses for chia seeds.

[drinks](#)

Agua Fresca de chía (Chilled chia water)

Best prepared just before serving. The longer the chia seeds are in the water, the thicker and more gel-like the beverage becomes.

Ingredients:

1/2 cup lime juice
1 cup sugar OR 1/4 to 1/3 cup Organic Light Agave Nectar
(available at www.GoodCauseWellness.com).
10 cups water
1/3 – 1/2 cup [Good Cause Wellness Chia Seeds](#)
several sprigs fresh sage for garnish

Directions:

Pour lime juice and sugar into the water and stir until the sugar is dissolved.
Add the chia seeds to the above ingredients.
Shake or stir vigorously.
Garnish with the sage sprigs. Serve in tall glasses over ice.

Chia Lemonade

Ingredients:

1 T [Good Cause Wellness Chia Seeds](#)
1 cup natural apple juice
2 t lemon juice
Ice

Directions:

Combine chia seeds and apple juice and let soak 30 minutes until it thickens like jelly. Add lemon and ice for a refreshing slushy drink.

Smoothies/Blended drinks

Basic recipe

1/2 – 1 cup liquid of choice
1 banana fresh or frozen in 1" pieces
1/4 cup fresh or frozen fruit of choice
1 scoop Good Cause Wellness Antioxidant Defense System Red or Purple
1T [Good Cause Wellness Chia Seeds](#)

Optional ingredients

1 – 2 ice cubes (add if not using frozen fruit)
1 T seeds or nuts (sesame, sunflower, pumpkin, flax seeds, soaked almonds or brazil nuts).

Liquid choices

Desired amount: 1/2 – 1 cup:

Apple juice
Orange juice
Coffee
Yogurt (soy or dairy)
Milk
Tofu (blend into liquid first with 1/8 cup water)
Water

Fruit choices

Desired amount: 1/4 cup of fresh or frozen fruit

Any fresh or frozen fruit that you like can be used for smoothies. The more fruit you add the thicker the drink. With a 1/4 cup liquid you can create a pudding like dessert from any fresh fruit and liquid of your choice.

Smoothies sample recipes

Orange Banana Smoothie

1/2 cup fresh orange juice
1 frozen banana
2 T soaked [Good Cause Wellness Chia Seeds](#)
1 pitted date
1 T protein or green powder
2 ice cubes (optional)

Blend 30–45 seconds or to desired smoothness.

Winter Green Smoothie

1 cup apple juice
1 banana
2 T soaked [Good Cause Wellness Chia Seeds](#)
2 mint leaves
1 – 2 t green powder

Blend 30–45 seconds or to desired smoothness.

Tropical Sorbet Smoothie

1/4 cup water
1 banana
1/4 cup frozen pineapple
1/4 cup frozen mango
2 T soaked [Good Cause Wellness Chia Seeds](#)
Lemon juice to taste

Blend 45–60 seconds or to desired smoothness. This will be a thicker smoothie, almost like a soft serve ice cream.

Banana Cream Smoothie

1 cup yogurt (dairy or non-dairy)
1 banana
1/4 cup fresh or frozen strawberries
2 T soaked [Good Cause Wellness Chia Seeds](#)
1 T raw honey

Blend 30–45 seconds or to desired smoothness.

Prickly Pear Shake

Ingredients:

4 cactus fruits, peeled
1 apple, diced
1 pear, diced
1 banana
1 cup walnuts and almonds, chopped
1/4 cup [Good Cause Wellness Chia Seeds](#)
2 cups milk
5 t honey

Directions:

Add all the ingredients into a blender or food processor and blend thoroughly.

Chia Fruit Delight

Ingredients:

1–2 t [Good Cause Wellness Chia Seeds](#)
2–3 T almond butter
1 scoop Good Cause Wellness Antioxidant Defense System Red or Purple
1 apple, diced
1/2 banana, sliced
2 t raisins or dried cranberries
Splash of milk (nut, soy or rice)
Pinch of cinnamon
Water to achieve desired consistency.
1 cup berries (blueberries, raspberries, strawberries–fresh or frozen)

Directions:

Pour ingredients into blender, blend for about 45 seconds or until mixture reaches desired consistency. For thicker drinks, add more milk and omit water.

Almond Chia Maca Shake

Ingredients:

2 cups almond milk
1 T soaked [Good Cause Wellness Chia Seeds](#)
1 T ground flax seeds
1 T maca powder
1 t vanilla extract
2 t Organic Light Agave Nectar (available at www.GoodCauseWellness.com)
Ice cubes for a colder shake (optional)

Directions:

Place all ingredients in a blender and blend until smooth and creamy. Stored in a sealed jar, the Almond Chia Maca Shake will last up to two days in the refrigerator.

baked goods

Banana Bread with Chia Seeds

Ingredients:

1/2 cup sugar
5 T butter, softened
2 large eggs
1-1/2 cups all-purpose flour (about 6 3/4 ounces)
1 t baking soda
1 t salt
1/2 t ground cinnamon
1/4 t ground nutmeg
1/8 t ground cloves
2 T [Good Cause Wellness Chia Seeds](#)
1 (6-ounce) carton vanilla low-fat yogurt
3/4 cup ripe mashed bananas (about 1-1/2 bananas)
1/4 t vanilla extract
Cooking spray

Directions:

Preheat oven to 350°F.
Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add eggs, one at a time, beating well after each addition.

Lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, baking soda, salt, ground cinnamon, ground nutmeg and ground cloves. Stir in chia seeds. Add flour mixture and yogurt alternately to sugar mixture, beating well and beginning and ending with flour mixture. Fold in bananas and vanilla. Pour batter into an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350°F for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan and enjoy.

Pumpkin Bread with Chia Seeds

Ingredients:

1/4 cup margarine, softened
10-3/4 t Equal for Recipes
or 36 packets Equal sweetener
or 1-1/2 cups Equal Spoonful
1 egg
2 egg whites
1/2 - 3/4 t orange extract
1 cup canned pumpkin
1-1/4 cups all-purpose flour
2 t baking powder
3/4 t baking soda
1/2 t salt
2 T [Good Cause Wellness Chia Seeds](#)
1-1/2 t ground cinnamon
3/4 t ground ginger
1/4 t ground nutmeg
1/2 cup raisins
1/3 cup chopped pecans
3 T apricot spreadable fruit
Pecan halves or chopped pecans (optional)

Directions:

Beat margarine and Equal until blended in mixer bowl; beat in egg, egg whites, orange extract and pumpkin. Mix in combined flour, baking powder, baking soda, salt, chia seed and spices; mix in raisins and chopped pecans.

Spread batter evenly in greased loaf pan, 8-1/2 x 4-1/2 x 2-1/2 inches. Bake bread in preheated 350°F oven until browned and toothpick inserted in center comes out clean, 50 to 60 minutes. Cool bread in pan 5 minutes; remove from pan and cool on wire rack. Heat spreadable fruit until melted in small saucepan; brush on bread and garnish with pecans.

Cocoa Chia Brownies

Ingredients:

2 cups sugar
1 cup flour
1/2 cup cocoa
1 cup walnuts or pecans
1-1/2 cups [Good Cause Wellness Chia Seeds](#)
4 eggs
1 cup butter, melted and cooled
2 t vanilla

Directions:

Mix dry ingredients in one bowl and stir well. Mix wet ingredients in a separate bowl and mix well. Add wet ingredients to dry ingredients bowl and gently mix until flour is well incorporated. Pour into greased 9x13 inch pan. Bake at 325°F for approx. 35 minutes or until a toothpick inserted in center comes out clean.

[other good ways to use chia](#)

Chia Gel

Make chia gel (8-9 parts water to 1 part chia seeds) by soaking chia seeds in water for at least 12 hours.

It's best to make small batches. Use clean quart sized jars filled with three cups water. Stir the water while adding one-third cup [Good Cause Wellness Chia Seeds](#). Avoid clumping by stirring several times within 10 minutes until chia seeds are well blended and do not separate from the water. Store gel in refrigerator for 12 hours.

Chia gel can be added to many foods and drinks. Try using half chia gel and half juice (of any kind.) Can also be added to salad dressings, dips, spreads, soups, etc.

Papaya Salad Dressing

Ingredients:

1 papaya (skinned, seeded, sliced)
1/2 cup orange juice
1 T soaked [Good Cause Wellness Chia Seeds](#)
1 t lime juice
1 t chile powder spice
Sea salt to taste

Directions:

Blend 45-60 seconds or to desired smoothness. Drizzle over favorite salad.

Super Garlic Dressing

Ingredients:

1 T [Good Cause Wellness Chia Seeds](#)
3 T water
2 cloves garlic
1 T mustard powder
2 T raw apple cider vinegar
2 T extra virgin olive oil
1 t sea salt

Directions:

Let the chia seeds sit in the water for a few minutes until they become gelled. Grate the garlic with a very fine grater such as the Microplane. Add the garlic into the chia gel. Add the mustard powder, vinegar, oil and salt. Whisk until well combined. If it is thicker than you'd like, add a little more water. This is also good with lemon juice in place of the vinegar. Serve over any type of salad.

Chia French Toast

Ingredients:

Bread
Eggs
[Good Cause Wellness Chia Seeds](#)

Directions:

Prepare Chia Gel (see previous recipe for Chia Gel.)

Beat eggs and mix in 1 or 2 teaspoons of chia gel (per slice of toast) into egg mixture. Prepare French Toast as normal.

Chia Vegetable Stir Fry

Ingredients:

1/2 T olive oil
1/2 t toasted sesame oil
1-2 T ginger, minced
1/2 onion, sliced
3 T tamari
1-2 T rice wine vinegar
3/4 cup water
2-4 cups kale, coarsely chopped
2 carrots, thinly sliced
1/2 bell pepper, thinly sliced
3 oz mushrooms
2 tomatoes, chopped
3-4 garlic cloves, finely chopped
2 T [Good Cause Wellness Chia Seeds](#)
5 cups cooked brown rice (or brown basmati rice)

Directions:

In a large wok or skillet, sauté ginger and onion in oils 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.

Chocolate Truffles

Ingredients:

1 cup raw walnuts
1/2 cup pitted dates
4 T raw carob
1/4 cup coconut water
1/2 T [Good Cause Wellness Chia Seeds](#)

Directions:

Blend the walnuts and dates in a food processor until reaching a smooth texture.
Mix the carob, coconut water and chia seed. Add to nut and date mixture and stir well. Form into balls using your hands. Place on cookie sheet and chill until firm.

Apricot Truffles

Ingredients:

1 cup almonds, soaked for 12 – 48 hours and blanched
1 cup dried apricots
1/2 cup honey dates
1 T lemon zest
1 t vanilla
1/2 T [Good Cause Wellness Chia Seeds](#)

Directions:

Process the almonds, apricots and dates in a food processor.
Add lemon zest, vanilla and chia seeds.
Form dough into small balls and chill before serving.

Creamy Mushroom Soup

Ingredients:

1 cup cashews (preferably raw) or other nuts (for making nut milk)
1–1/2 cups [Good Cause Wellness Chia Seeds](#)
1–1/2 t sesame oil
1 lb mushrooms, sliced (mixed variety or your favorite)
1 t olive oil
1 t tamari (optional)
1–1/2 cups onions, diced
2 stalks celery, diced
2 cloves garlic, diced
cayenne pepper, dash
1/2 t sea salt
1 tomato, diced

Directions:

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. Sauté 1/2 lb mushrooms in sesame oil for approx. four minutes. Mix sautéed mushrooms into nut milk by hand and pour into a sauce pan. Sauté onion, celery and garlic in olive oil with tamari for 4 minutes. Fold sautéed vegetables into the saucepan containing the nut milk and mushrooms. Slice the remaining mushrooms and add to the mix along with cayenne pepper and sea salt. Cook for 30 minutes on medium high heat. Add diced tomato 1–2 minutes before serving.

the best of the rest

Sprinkle in with Grape Nuts Trail Mix (about 1 t chia seeds)

Blend in chia seeds with salad dressing

Mix in chia seeds into any flavor yogurt

Add to stews and slow-cooker recipes

Chia seeds are terrific added to many foods

Sprinkle 1 t of chia seeds into:

Oatmeal

Couscous

Eggs (sprinkle on, or add while beating eggs)

Muffins (mix into batter)

Quesadillas (sprinkle on cheese before grilling)

Salads

Sandwiches (grilled cheese, peanut butter)

Soups

Tabouli