

## 3-INGREDIENT CHIA PUDDING

from *Feel Good Foodie*, [feelgoodfoodie.net/recipe/3-ingredient-chia-pudding/](https://feelgoodfoodie.net/recipe/3-ingredient-chia-pudding/)

### Ingredients

2 Tbsp. chia seeds  
1/2 c. of almond milk or any milk of your choice  
1 tsp. honey or your favorite sweetener  
Strawberries or other fruits for topping

Pour the first three ingredients into a mason jar and mix well. Let settle for 2-3 minutes, then mix again very well until you see no clumps. Cover the jar and store in the fridge for at least 2 hours or overnight.

When you're ready to eat your pudding, top with your favorite fruit and enjoy!

## SMOOTHIE BOWL

### Ingredients

1 c. frozen strawberries  
1 c. frozen blueberries  
1/4 c. Greek yogurt  
1 Tbsp. honey  
1 Tbsp chia seeds

Combine all ingredients in a blender and blend for 1-2 minutes. Scoop into a bowl and top with fresh fruit or granola. Serve immediately.

### Make your own Chia Pet

“Cha-Cha-Cha-Chia!” The same chia seeds you purchase at the grocery store can be used to grow a Chia Pet! These novelty figurines are designed to sprout chia seeds that resemble animals, people, or other fun characters.

To make your own Chia Pet, create a sculpture out of oven-bake clay (e.g. Sculpey). Rough up the surface of the sculpture where you'd like the chia to grow. Bake your sculpture to harden the clay. (Don't use PlayDoh or air-dry clay, since it will dissolve when you water your chia.) To plant your pet, soak 2 t. of chia seeds in 2 T. water until they are a jam-like consistency. Spread in a thin layer over your sculpture. Let the seeds dry for a couple of days, then mist with water to keep them moist. Keep your sculpture in a sunny spot and watch it sprout! When the sprouts get too long, wash your sculpture and start again.

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# TASTE TEST

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## CHIA

Chia, the Spanish name for *Salvia columbariae*, is a plant of great economic, spiritual, and medicinal value for Native Americans, Aztec, and Mayan cultures. Early historic records date the use of chia in the Aztec empire around 3500 B.C.E. and its use by Mayans likely predates it.

Chia seeds are valued for their nutrients, proteins, and oil. According to the Harvard Health, chia seeds are high in omega-3 fatty acids, antioxidants, and protein, and are an excellent source of fiber.

## FUN FACTS

Because of chia's ability to absorb 10 times its weight in water, ancient warriors would carry it into battle to sustain hydration and energy levels. Ancient civilizations and Europeans used chia seeds to make a poultice that is said to treat fevers, remove foreign matter from the eye, reduce inflammation, and treat diabetes. Chia flowers are an also excellent source of nectar for bees and butterflies and the seeds can be eaten by birds, small mammals, and insects.



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# Peanut Butter Protein Balls

by Lauren Miyashiro on *Delish.com*



These handy snacks will give you a nice protein boost!

## Ingredients

2/3 c. old fashioned oats  
1/4 c. unsweetened shredded coconut  
2 Tbsp. mini chocolate chips  
1 Tbsp. chia seeds  
1 Tbsp. flax seeds  
1/4 tsp. ground cinnamon  
Pinch of salt  
1/3 c. natural peanut butter  
2 Tbsp. honey  
1/4 tsp. vanilla extract  
2 Tbsp. milk

## Instructions

Line a large baking sheet with parchment paper.

Mix the first seven ingredients in a large bowl. Stir in the remaining ingredients until the mixture is slightly crumbly, adding an extra tablespoon of milk if needed.

With wet hands, roll the mixture into small balls and place on the baking sheet. Refrigerate until chilled.

# OVERNIGHT OATS

## Ingredients

1/2 c. whole rolled oats  
1 Tbsp. chia seeds  
1 tsp. maple syrup or your favorite sweetener  
Pinch of salt  
1/4 c. unsweetened Greek yogurt (optional)  
2/3 c. milk or almond milk  
Your favorite mix-ins or toppings

Combine all ingredients in a mason jar. Mix well and store in the fridge overnight or for up to 5 days. Enjoy cold.

## Mix-in ideas

**Chocolate Banana Bread:** mashed banana, 1 tsp. cocoa powder, and 1/4 tsp. cinnamon.

**Apple pie:** 2 T. applesauce, 1/4 tsp. cinnamon, diced apple

Or try mixing in any fruits, shredded coconut, berries, peanut butter, or other favorite ingredients.

# Vegan Meatballs

by Lena Abraham on *Delish.com*



Don't let the word "vegan" scare you off. This tasty recipe makes a unique main dish for a Meatless Monday or any night!

## Ingredients

Cooking spray for the pan  
2 c. canned chickpeas  
2 1/2 Tbsp. chia seeds  
6 Tbsp. water  
1/2 c. rolled oats  
1 1/2 Tbsp. tomato paste  
3 Tbsp. chopped basil  
1 clove garlic, minced  
1/2 tsp. fennel seeds  
1/4 tsp. red pepper flakes  
Kosher salt  
Freshly ground pepper

## Instructions

Preheat oven to 425° F. Line a medium baking sheet with foil and spray with cooking spray.

Combine chia seeds with 5 Tbsp. water and stir to combine. Let sit for 5 minutes until the mixture is thick.

Drain the chickpeas and process in a food processor until broken down. Add the chia mixture and remaining ingredients to the food processor and blend to combine. Season with salt and pepper.

Form the mixture into 16 balls and place on the prepared baking sheet. Bake for 10 minutes, turn the balls and bake 8 to 10 minutes longer until golden brown. Serve with your favorite pasta and sauce.

