# Superfoods Chia Seeds: Quick and Easy Chia Seed Recipes for Healthy Living (Paperback)



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### Reviews

Excellent eBook and useful one. It can be rally fascinating throgh looking at period. You can expect to like just how the blogger create this publication.

(Myrl Schmitt)

# SUPERFOODS CHIA SEEDS: QUICK AND EASY CHIA SEED RECIPES FOR HEALTHY LIVING (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Supercharge your diet with chia seeds! Sneak-in this nutritious SUPERFOOD in your recipes and reap all of its health benefits! Chia seeds are a powerhouse in the health food world, in spite of their size - they are no bigger than a regular sesame seed. Chia can be taken as a supplement on top of our daily nutritional intake; however, this book seeks to show you a better way, by regarding chia seed as a cooking ingredient that can be incorporated into delicious meals. With 50 inspirations inside, there are recipes for every meal of the day, from the ever-popular overnight chia seed pudding and chocolate chia seed mousse, to chia seed fishcakes and chicken chia curry. Inside, you ll find: Introduction to chia seeds and their properties Tips on buying and storing chia seeds Nutritionally rich breakfast recipes like the Apple Chia Oatmeal and the Peach and Chia Seeds Smoothie or the Raspberry Chia Seed Jam Savory chia seed recipes like the Chia Crusted Baked Tilapia and the Chicken Chia Nuggets Salads, Sides, Snacks and Appetizers such as the Caramel Hemp and Chia Seed Popcorn, the Lemon Chia Scones and the Ginger Nut Chia Balls Delicious dessert recipes like the Cherry Chia Seed Pudding and the Chocolate Chia Cookies All recipes come with a detailed list of ingredients, cooking time, number of servings, easy to follow step-by-step instructions, and nutritional information per serving. Let s start cooking! Scroll back up and order your copy today!.



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