

This collection of recipes is provided to our website visitors free of charge, so you can gain a better insight into how chia might be consumed. We welcome comments as well as your recipes which if you allow us, we will post to the website with your name or anonymously. Just click on the links for each section to see those recipes.

Chia Gel NOTE: Many recipes provided here use this as an ingredient

## Breakfasts

Cinnamon-Orange Pancakes  
Orange-Date Syrup Pancake Syrup  
Scrambled Eggs  
French Toast  
Chia Seed Muffins\*

## Salads, Salad Dressings

Coleslaw  
Rice Salad  
Spinach Salad  
Tomato "Sun" Pasta Salad  
Curried Potato Salad  
Fruit Salad  
Moroccan Carrot Salad  
Zippy Salad Dressing



## Main Dishes

Broccoli-Tofu Quiche with Wild Mushrooms  
Capellini Alfredo Primavera  
Caponata Corn Cakes  
Pizza Supreme Vegetable Rice Loaf  
George's Mexican Beans  
Sautéed Mushrooms with Polenta  
Vegetable Stir-Fry  
Hash Browns Greek Red Potatoes au Gratin  
Spicy Atole  
Chia Herb Couscous\*

## Breading, Sauces, Gravies

### Breading

Peanut Butter - Raspberry Sauce

Chia "Sunshine" Sauce

Apple-Pear Sauce

Garbanzo Gravy

## Sweets and Treats

### Chips

Fruit Pops

Dessert Pops

Peanut Butter

Cream Cheese

Dried Fruit Jam

Carob Fudge

Chocolate Mousse

Jello

Cookies

Puddings

Yummy Granola

Crunchy Icebox Pudding

Whipped Cream

Pie Filling

Chop Suey Noodle Candy\*

Alegria\*



All recipes developed by Linda Barrett of Menu 4 Life except those noted with an \*, which were developed by Gloria Hoover of [natures-emporium.com](http://natures-emporium.com)