

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*

Soups, 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