

VALUE ADDITION OF CHIA

Chia seeds Products

Chia seeds are very absorbent and develop a gelatinous texture when soaked in water making it easy to mix them into cooked cereal or other dishes. They can be eaten raw or incorporated in the diet to reap the positive benefits, including:

- Making a chia gel by adding a tablespoon in a glass of warm/hot water, cover for 5-10 minutes and drink on an empty stomach. Good for maintaining
- Adding a tablespoonful to the smoothie for protein and fat boost
- Sprinkling the seeds on your cereal, rice, yogurt or vegetables
- Adding to baked goods
- Using as an egg substitute in baking: Add a tablespoon of ground chia with 3 tablespoons of water, per egg in a recipe.
- Mixing with flour and seasoning when making a breaded fish, chicken or veggie dish, for that wonderful nutty flavor and crunch.



Chia supplemented yogurt (Strawberry and Vanilla flavored)



Chia seed composite flour

This flour is very nutritious and is recommendable for infant complementary feeding.



Chia seeds fortified cookies and muffins

We can also use chia to fortify baked products such as cookies and muffins



Chia seeds macadamia nut butter



Chia oil (omega 3 capsules)

Chia seeds are composed of 35% oil which is omega 3 and omega 6. This is very important in regaining memory as well as boosting the brain capacity.



Maize flour cake enriched with chia seeds



Chia Seeds Macadamia Paste

Chia Leaves Products



Fresh *Chia* fresh leaves

Chia leaves contain essential oils with the following compounds β -caryophyllene, globulol, γ -muroloeno, β -pinene, α -humoleno, germacren-B, and widdrol, which have strong repellent characteristics to a wide range of insects which makes the chia plant suitable for organic farming. This oil can be used as a condiment or a flavor enhancer. Chia leaves can be used to make herbal tea as well as consumed as vegetables.



Dried Chia Leaves – to cook as vegetables



Chia leaves powder – can be sprinkled on food



Chia leaves herbal tisane

Chia leaves can be dried and grinded to make green tea (herbal tisane). To prepare a cup of herbal tisane put one tablespoon of chia herbal tea in a glass of hot water, stir and hold for five minutes. Drink the tisane while hot.



Chia leaves powder

This is another wonderful product that can be made out of chia leaves. It is rich in phytochemicals. Chia leaves powder can be used by sprinkling it on food to enhance nutrients.



Chia seeds aloe vera drink.

This drink is flavored with honey. The properties of aloe vera make it one of the most useful and magical ingredients for health care. Its daily use has proven to improve overall health as well as help you lose weight.



Chia enriched yoghurt

Chia can also be used to enrich yoghurt in order to boost its nutritional value.