



WHAT ARE CHIA SEEDS?

- Chia is an edible seed that comes from the desert plant *Salvia hispanica*, a member of the mint family that grows abundantly in southern Mexico.
- Yes! They are the same seeds you saw growing on Chia Pets.
- Chia is very rich in omega-3 fatty acids, even more so than flax seeds. Chia is so rich in antioxidants that the seeds don't deteriorate and thus can be stored for long periods without becoming rancid. Unlike flax, they do not have to be ground to make their nutrients available.
- Chia seeds also provide fiber, as well as calcium, phosphorus, magnesium, manganese, copper, iron, molybdenum, niacin, and zinc.
- When added to water and allowed to sit for 10 minutes, chia forms a gel, which works well as an egg replacer in many baked goods.
- Chia seeds are incredibly easy to use and can be added to smoothies, salads, and even breakfast cereals.
- You can buy chia seeds in many health food stores. They are usually located in the raw foods or bulk sections. If you don't have a health food store near you, you can get chia seeds via an online retailer such as Amazon.

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