



### Instant Organic Chia Seed Pudding (think Tapioca!)

Organic chia seeds are little tiny black / gray seeds that are the latest superfood (to us at least - they are really an ancient superfood source)! (<http://www.therawfoodworld.com/certified-organic-chia-seeds-1-lb-pi1002259#.U0N3jKhdVlo>) An ancient Aztec warrior's and Native American traveler's standby, these seeds swell up when in liquid into a gelatin like substance that stays in the digestive tract for several days and provides high quality live energy to the system. Once famous for the Mr. Chia Head and Chia Pet commercials in the 80's, now more popular in smoothies and granola cereals and energy bars, they are now making their comeback in style! :)

To make a high energy, super fast chia seed pudding, you just have to activate the seeds by adding some type of liquid. Take a couple heaping tablespoonfuls of organic chia seeds, add some organic soy / coconut / almond / oat milk or other favorite milk or juice (enough to cover the seeds), and let sit for a few minutes. The seeds will absorb the liquid and swell up several times their size during this process. Stir, add a little sea salt if you like to bring out the flavor more, some organic maple or agave syrup if you like, and more liquid if needed to get the consistency you want. Eat like pudding or with fruit as a parfait or with soy / coconut yogurt like frozen yogurt.

- When I first tried eating this pudding, I couldn't stop at just one little bowl full, it was so yummy! Plus I had a big package of chia seeds and a few cartons of organic soy milk and not much else on hand that was raw and I didn't want to wait to cook something, so I ate quite a few small bowl fulls of this! I found out that it has a very good cleansing effect on the digestive tract :) and also made me feel amazingly energized, and like I had a flow of cool water running through me! So if you want to do a natural0 cleanse one weekend, give this a try! Add some chopped fresh organic fruits like pears, watermelons, peaches, strawberries for more flavor and fun! If you want to make an ice cream-like food, mix the chia seeds into the blender with a couple frozen organic bananas and you will be in tropical ice cream bliss in no time!

The pudding has the consistency of tapioca, I thought, as it is somewhat chewy / bubbly with the little seeds in it. I found that the longer I let it sit, up to 5 minutes, the more fully expanded the seeds became and the better the consistency of the pudding. If you are not wanting pudding but still want the benefit of the seeds, you can also add a few spoonfuls into your



smoothies, cereal, oatmeal, etc. for more fiber, protein, and energy that the seeds provide.

**Recent favorite variation discovery** - You can also use ground organic flaxseed or nut butter (such as almond butter) instead of the chia seeds, add organic dried shredded unsweetened coconut (find in the baking section) for extra energy, carob powder (tastes like chocolate without the caffeine), cinnamon, bananas, sunflower seeds, etc for your favorite combination!

For a high energy breakfast or snack, premix the dry ingredients in a jar, shake up and pour some into a bowl when you are ready to eat. Half a cup to a cup of the mixture goes a long way! Add warm or room temp liquid (water/rice milk/coconut cream/soy milk/soy yogurt etc) and honey/maple syrup/agave, fruit if you want (applesauce also really good w this!), stir and let sit a few minutes to soak up the liquid. Adjust liquid/cereal ratio as needed to get the consistency you want. Enjoy! You might find, as I have, that you are not hungry until dinner, have tons of energy all day, and stay cool and collected during a busy day.

Happy experimenting!

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