

Chia Seed Facts

(*Salvia Hispanica L*)

Storage

Chia Seeds must be stored in a dry area (I keep mine in a kitchen cabinet) in the food storage bag (5 lb). I keep a small amount for daily use in a jar; in the cabinet. When removing some of the Chia Seeds from the large (5lb) bag to the jar, I always expel as much air as possible when re-closing the bag. Any form of moisture on the seeds is their worst enemy. For that reason, I do not encourage anyone to store them in the refrigerator or freezer (condensation can develop inside the bag).

Chia Seed Gel

Is it necessary to make the Chia Seed Gel? NO. You can use the Chia Seeds dry; they have a delicious nutty flavor that many people enjoy. If you wish to get the full nutritious value from your Chia Seeds, then I encourage you to make the gel. Why is this necessary? Chia Seeds, like all seeds and grains contain enzyme inhibitors. These enzyme inhibitors lock in most of the nutrients until the seed is exposed to moisture. This is nature's way of insuring replenishment of the plant. By soaking the Chia Seeds for at least 3 or 4 hours, the enzyme inhibitors are neutralized and the full complement of nutrients are available to the body.

To make the Chia Seeds Gel, add 2 ounces (1/3 cup) of dry Chia Seeds to 16 ounces (2 cups) of clean (distilled) water. Place the Chia Seeds and clean water in a clean jar (insure that it that has a good lid). Stir them vigorously for about two minutes to prevent clumping, and then store in the refrigerator for at least 2 or 3 hours before using. This recipe will give most people about a 4 or 5-day supply of Chia Seed Gel.

Chia Seed Recipes

You can add the Chia Seed Gel to any recipe you are presently using provided the food is not very hot. Heat above 100 degrees F. may begin to destroy many of the nutrients in the Chia Seeds. I add Chia Seeds to my bowl of fresh fruit, nuts and grains in the morning for breakfast.

If you have any questions, please call (number is at the foot of this page) or e-mail me at billcooper@dancingalgae.com

Thank you, Bill Cooper

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