

CH-CH-CH-CHIA

Everyone remembers the advertisements for chia pets, but did you know that chia seeds are now becoming popular to eat because of their health benefits? Chia seeds are now considered the richest plant source for Omega-3 fats, which help protect against inflammation such as heart disease and arthritis. Because chia seeds slow down how fast our bodies convert carbohydrates into simple sugars, studies indicate chia seeds can control blood sugar and this is a great benefit for diabetics. Chia seeds are known to help with weight loss and evidence suggests that they may help to reduce blood pressure.

Chia seeds help to reduce calorie absorption and make you feel full because they absorb 10 times their weight in water by forming a bulky gel which has an added benefit of keeping your body well hydrated. The best way to consume chia seeds is to take them only after being soaked in water, or dry with some other liquid so they do not absorb the fluid within your body possibly leading to dehydration. Other nutritional benefits of chia seeds include a rich source of antioxidants, fiber, calcium, phosphorus, magnesium, copper, iron, niacin and zinc.

Once a day you may take up to 1 tablespoon of the dry seeds and add them to fluid or sprinkle them on food, but be

sure to drink fluid at the same time so the seeds hydrate from the fluid being consumed at the same time rather than the fluid in your body. Chia seeds can also be added to recipes.

You can purchase chia seeds as well as your other pantry needs at Grandma's Pantry. Visit us at our store or at www.GrandmasPantryVa.com.

Here is a recipe for Corn and Cranberry Muffins with chia seeds.

1/4 cup oil

2 large eggs

1 1/4 cups milk

1/4 cup chia seeds

3/4 cup cornmeal

1 1/2 cups all-purpose flour

1/4 cup buttermilk powder

1/2 cup cane sugar

1 tsp. salt

2 tsp. baking powder

1/2 tsp. baking soda

1 cup dried cranberries

Preheat the oven to 375 degrees. Grease the cups of a muffin pan or line with greased muffin papers. Whisk together the oil, eggs, milk and chia seeds. Set aside for 5 minutes while the seeds soften.

In a separate bowl, combine the remainder of ingredients. Add the wet ingredients to the dry ingredients and mix until blended. Place in muffin pan. Let the muffins rest for 10 minutes before baking. Bake for 20-25 minutes. Yields 16 muffins.

***“So, whatever you eat or drink, or whatever you do,
do all to the glory of God.”*** (1 Cor. 10:31)