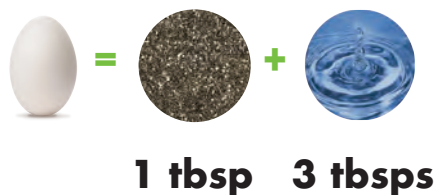




These delicate nut-flavored chia plant seeds are antioxidant-rich and high in Omega-3, fiber, calcium, magnesium, and selenium. Protein dense, just 1 oz of chia seeds provide 4 grams of plant protein.

When combined with a liquid, ground or whole chia seeds become viscous with a thick, sticky egg white consistency. Chia seeds make an ideal replacement for eggs.

CHIA SEED EGG SWOP



Beat together ground chia seeds + liquid
Leave 5 minutes until the mixture thickens.

Adds moisture and acts as a leavening and binding agent. Make nutrient-dense and fiber-rich breakfast or dessert puddings.

USE CHIA EGGS:

- Breakfast or dessert puddings, smoothies
- Cakes, quick loaves and muffins
- Sprinkle over cereal, muesli or oatmeal
- Add to salads for crunch
- Add dressings as an emulsifier