Chai Seed Recipe Ideas

Chai seeds are a nutrient packed superfood, which supply tons of great health benefits. However, it can be difficult trying to incorporate them into your daily diet. The great news is, chai seeds are extremely versatile and can be used in a lot of different ways.

Here we’ll reveal some of the best chai seed recipe ideas for inspiration.

1. Chai seed jam

One of the great things about chai seeds is that they can be used in both sweet and savory recipes. This chai seed jam recipe is a simple, yet delicious way to include them into your daily diet. What’s more, it’s gluten free! So, you rest assured you’re eating a nutritious, healthy meal.

Unlike the jam you find in the grocery store, this one doesn’t contain any chemicals or additives. Best of all – it’s super easy to make! All you need is some chai seeds, raspberries and honey. You will need a blender, but the most time consuming part of the recipe is soaking the chai seeds for 10 minutes.

Find the recipe for this simple and delicious jam here.

<http://thehonoursystem.com/2013/05/22/avocado-tuna-salad/>

2. Lemon poppy seed chai loaf

This recipe is perfect for those also following a low carb diet. It can be eaten as a dessert, a tasty breakfast or as a light, healthy snack.

It uses a combination of chai and poppy seeds, lemon, yoghurt, and coconut oil to keep it nice and moist. You can also add a touch of vanilla to taste.

Find the recipe for this warm and flavorful loaf here.

<http://www.jessicasdinnerparty.com/2014/03/lemon-poppy-seed-loaf-for-a-birthday/#.Uz1fW_mSzE0&disp=296803>

3. Chocolate pistachio chai shake

Prepare to be amazed by the creamy, mouthwatering flavor of this unbelievable shake. The result is more like a soft ice cream, making it a perfect choice for dessert or even as a treat for breakfast.

It may look and taste like it’s extremely bad for you, but this shake is surprisingly healthy. It uses almond milk, chai seeds, medjool dates, pistachios and cocoa powder to create the temptingly creamy taste. You can find the recipe for this little taste of heaven here.

<https://www.halfbakedharvest.com/thick-creamy-chocolate-pistachio-chia-shake/>

4. Grilled Halibut with chai pesto

A great savory recipe, this grilled halibut with chai pesto is remarkably delicious. Not only do you get all of the benefits of chai seeds, but you’re also getting a healthy dose of Omega 3’s.

The dish is packed full of great, distinctive flavors and textures. It includes almonds or pine nuts, fresh basil, garlic, walnuts and extra virgin olive oil to name just a few of the tasty ingredients used.

Find the full recipe for this healthy dish here.

<http://www.mindbodygreen.com/0-15617/3-easy-dinner-recipes-using-chia-seeds.html>

5. Cauliflower medallions with chai seeds

Adding chai seeds to a tasty side dish is one of the easiest ways to get your daily dose of goodness. They take around 35 minutes to create but are totally worth it.

This side dish has lots of flavor, and combines cauliflower, chai seeds, mozzarella, eggs, almond meal and onions. Discover the full recipe here.

<http://healthynibblesandbits.com/meatless-monday-nibbles-cauliflower-medallions/>

As you can see, it’s possible to add chai seeds to both savory and sweet recipes. The above are just 5 great chai seed recipe ideas you can try out today.