Complementary Blog Post: Benefits of Chai Seeds

Subject: How to Use Chia Seeds to In Your Diet to Improve Your Health

[firstname],

Chia seeds are a great way to get your family to eat more minerals and vitamins. These little beads of goodness are loaded with antioxidants, fiber and anti-aging components.

You can easily start adding chia seeds into your diet without other people noticing that they’ve been added.

Here is how to incorporate this small superfood into your food:

1.Recipes

Cooking or baking these into your food is the best way to add them in your diet. You can find recipes that include muffins, pancakes, breads, jam and many more. Find a recipe that you want to try and see if your family even notices.

2. Topping

Add this as a topping on your oatmeal, yogurt or granola. Be careful if you’re using this with wet ingredients because it does expand and a little goes a long way.

3. Mix Them In

Do you have pre-made mixes in your kitchen? You can easily add a teaspoon or more to the mix to get the benefits of the chia seeds. This works with quite a few different mixes including pancakes, bread and muffin.

4. Snacks

You don’t have to make your snacks there are plenty that already come with chia seeds in them. This includes MamaChia products which include drinks, granola and a ChiaSqueeze. Y

You can also get snack bars and crackers made out of chia seeds, so you don’t always have to add them in to your meals and still get them in your diet.

5. Bread your meat

You can also bread your meat with chia seeds. Find a recipe that you enjoy and then add the seeds to the mix and see if you notice a difference between the two because if you don’t chances are neither will your family.

Want to learn more about the benefits of chia seeds? Check out the blog post on our site.

LINK

When you cook or bake with chia seeds, you are adding so many vitamins and nutrients into your family’s diet and by including them into more than one dish you’ll be helping them get their full serving.

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