

Culinary Literacy Corner: Chia Pudding- How to turn little black dots into a gelatinous tasty miracle

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Chia seeds have been around forever and are often on the list of "Superfoods." Two tablespoons of Chia seeds are chock full of fiber (8 g), protein (5 g) and healthy fats (7 g). But it's not a lot of fun (or safe!) to eat two tablespoons of Chia seeds. So, you need to use the seeds' ability to turn into gel when liquid is added; after adding some fruit (and optional sweetener), you can create a simply spectacularly beautiful and tasty breakfast or snack.

Many of you might have a 'rotation' of breakfasts, if you eat breakfast... This recipe was inspired by Coffee Central when I was looking for an alternative to yogurt or oatmeal. Give this a try and I bet it will become a regular in your breakfast rotation. Other options for chia seeds – sprinkle onto salads, put in smoothies, or use as a thickener.

Culinary tips to put in action include Planning ahead, Batch preparation, use what you have Available, and Make it Yourself.

To gel the Chia seeds, the golden ratio is 2 Tbsp chia to 1/2 cup milk

Chia Pudding Recipe – good for one serving. Simply multiply by #servings desired

- 2 tablespoon chia seeds
- 1/2 cup almond milk (other milks can work as well)
- 1 teaspoon honey or other sweetener, optional
- Any fruit you have on hand – cut up apples, bananas (great sweetener), strawberries, blueberries, frozen fruit, dried fruit, raisins, cacao nibs

Directions –

1. Find some cute serving containers. Presentation is very important.
2. Cut up your fruit and fill the containers half way
3. Whisk the chia seeds and the milk in a bigger vessel (add optional sweetener)
4. Pour into the individual containers and mix
5. After a few minutes, mix again to ensure chia seeds are not clumped
6. Refrigerate for a few hours or overnight.
7. Magic – when you turn container upside down, mixture doesn't fall out!

Enjoy for breakfast and snacks – keeps for 5-7 days but why wait? Savor your creation and your body and mind will thank you. Please email me with comments, questions and impressions.

