

the most powerful setting. Blend until smooth. Drink immediately.

From "Chia: The Complete Guide to the Ultimate Superfood" by Wayne Coates (Sterling Publishing, \$17.95). Tested by Susan M. Selasky for the Free Press Test Kitchen.

Per serving: 123 calories (32 percent from fat), 5 grams fat (1 gram saturated fat), 18 grams carbohydrates, 7 grams protein, 351 milligrams sodium, 0 milligrams cholesterol, 4 grams fiber

CHIA SEED MUFFINS

Preparation time: 10 minutes / Total time: 35 minutes

Makes: 12 muffins

1 stick (½ cup) unsalted butter, softened
¾ cup raw or regular sugar
2 large eggs, lightly beaten
¾ cup plain yogurt
1½ teaspoons vanilla extract
2 cups whole wheat

pastry flour or unbleached all-purpose flour
⅓ cup chia seeds
½ teaspoon salt
¼ teaspoon baking soda
Optional topping:
2 tablespoons sugar and ¼ teaspoon cinnamon

Preheat the oven to 375 degrees. Line muffin pans with paper liners or lightly grease.

In a large bowl, cream the butter and sugar until light and fluffy. Blend in the eggs, yogurt and vanilla.

In a separate bowl, combine the flour, chia seeds, salt and baking soda.

Slowly add the dry ingredients to the creamed mixture and blend until just combined. Do not overmix.

Fill each muffin cup ⅔ full of batter. Sprinkle with the cinnamon sugar if using. Bake until golden brown, 15-20 minutes. Remove from oven and cool slightly before removing from the tin.

From "Chia: The Complete Guide to the Ultimate Superfood" by Wayne Coates (Sterling Publishing, \$17.95). Tested by Susan M. Selasky for the Free Press Test Kitchen.

Per serving: 244 calories (40 percent from fat), 11 grams fat (6 grams saturated fat), 32 grams carbohydrates, 6 grams protein, 115 milligrams sodium, 62 milligrams cholesterol, 1 gram fiber



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CHIA

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