

JOYOUS HEALTH

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# CHI-CHI-CHI- CHIIIIIIA SEEDS

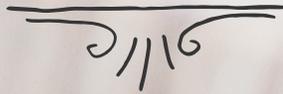
YOUR GO-TO GUIDE  
ABOUT A FAN-FAVOURITE  
*superfood*

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# ALL ABOUT CHIA



*Chia seeds are tiny, yet mighty powerful edible seeds, a species of flowering plant from the mint family.*

*Chia is native to Mexico and is grown in Guatemala, Bolivia, Argentina, Ecuador, Nicaragua and Australia.*

*They've been valued since ancient times, in fact the Aztecs and Mayans used chia as currency.*

*And yes, I know you're wondering... they are the same plant responsible for my favourite 80's pet plant – the Chia Pet!*

## HOW TO STORE

*Store it in the fridge or freezer to protect the delicate omega-3 oils.*



# WHAT KIND OF CHIA IS BEST?

*You've likely seen white, black and grey chia and scratched your head wondering what is the difference?*

Don't get too hung up on the colour. Phytonutrients are what give plant foods colour, with that in mind, be sure to mix it up! If you normally opt for white chia then next time try grey chia.

You've probably spotted whole, sprouted and ground chia in the grocery aisle. Confused yet? Don't worry, you're not alone. Sprouted is superior because the nutrients will be highly bioavailable due to the very nature of what sprouting does to a food. However, the price reflects this. When sprouted chia is on sale, I buy it, when it's not, I buy whole chia.

Remember that chia, unlike flax doesn't need to be ground for those precious omega-3 fatty acids to be released! Your gut is able to break down the outer shell of the seed and release those oils when you digest them.

# HEALTH BENEFITS OF CHIA SEEDS

*A SUPERFOOD YOU CAN ENJOY DAILY!*

## NUTRIENT-PACKED

If you know me, you'll know I'm not much of a calorie counter at all, but what I mean by this is that chia seeds are little nutritional powerhouses! For just 2 tbsp of chia seeds, you're banking 11 grams of fiber, 4 grams of protein, 9 grams of healthy plant-based omega-3 fats in the form of linolenic fatty acids. You're getting about 55% omega-3 fats from the oil of a chia seed. Plus a healthy dose of calcium, manganese, magnesium and phosphorous – all for just 137 calories. Chia is also a great source of B vitamins, making them supportive for energy metabolism and they are stress-busting thanks to B1, B2, B6 and folate.

*health benefit!*

## NATURALLY GLUTEN-FREE

Gluten-free foods are incredibly popular these days as more people realize they feel better taking a break from breads, pastas and cereals that contain this protein.

Chia seeds are naturally gluten-free and naturally thicken sauces, soups, stews, smoothies and pudding.

*alle*

**INCREDIBLY YUMMY  
and CREAMY!**

Try my Raspberry Vanilla Bean Chia Pudding  
recipe on page 259 of Joyous Detox!

*alle*



# HEALTH BENEFITS OF CHIA SEEDS

## THE MAJORITY OF CARBOHYDRATES IN CHIA SEEDS ARE FIBER

Again, not that we're counting calories or carbohydrates, but for someone who needs to watch their blood sugar such as those with blood sugar issues, this is a great selling feature! Of the 12 grams of carbohydrates that are found in chia seeds, 11 grams is fiber, which isn't digested by the body, nor does it raise blood sugar levels, preventing the need for insulin, a fat-storing hormone.

*health benefit!*

## CHIA SEEDS ARE DETOXIFYING

Chia is a fabulous source of soluble fiber and they absorb up to 10x their weight in water. They are like a sponge! This makes them an ideal detox superfood because they absorb toxins in the large intestine and assist healthy bowel movements. Just make sure you drink plenty of water with chia! You'll know what I mean when you have "chia poops".

# HEALTH BENEFITS OF CHIA SEEDS

## CHIA SEEDS ARE SUPER FILLING!

If you've ever had a chia pudding or thrown chia seeds in your smoothie, I'm sure you can speak to how filling chia seeds really are! This is great if you know you're going to have a super busy morning and need a satiating breakfast to tide you over until lunch, or perhaps even a snack to help you get through to dinner. The reason why they are so filling is because of their high fiber, protein and healthy fat content, which is the perfect "recipe" for a balanced snack!

## GREAT SOURCE OF PLANT-BASED PROTEIN

Despite whether or not you consume animal products, it's still super important to get plant-based proteins in our diet. By weight, chia seeds are 14% protein and are very absorbable too, meaning our body is able to use it effectively. When it comes to staying satiated, balancing blood sugar, preventing mindless snacking and supporting weight loss, chia seeds are your best friend!

## IMPROVED DIGESTION

I've already touched upon how fiber-filled chia seeds are; and we all know what fiber is known for, right? Healthy poops! The high fiber content in chia seeds keep things moving in your digestive system regularly by supporting elimination and helping to clear toxic waste out of the body. Also, if you've ever made chia pudding before, you're likely familiar with the gelatinous texture it produces. This gelatinous texture is super soothing for the small and large intestines, and acts as a prebiotic which helps to support the growth of probiotics in the gut.



علاج  
CHIA  
MARMALADE  
علاج

*This zippy bright marmalade has everything your typical store-bought marmalade has without any of the refined sugar or preservatives. Super rich in detoxifying fiber and filling to the belly – an awesome craving smasher!*

*I enjoy this chia marmalade slathered on toast with some almond butter.*

# CHIA MARMALADE

*MAKES APPROX. 3/4 CUP*



## INGREDIENTS

1 (approx. 1-1/4 cups) large organic\* orange, peeled (save the peel)

1 tbsp whole chia seeds

1 tsp liquid honey

**OPTIONAL:** 1/4 tsp fresh ginger root, grated

## METHOD

Place peeled orange (remember to remove the seeds), chia seeds, honey and ginger (if using) into a food processor. Blend until a smooth paste with some small chunks forms.

Add in half of the peel for some added orange zest and flavour! Process again until desired consistency. I like it a little chunky.

Keeps in the fridge for up to 10 days.

*\*It is important to use organic oranges since you're consuming the peel.*

# JOYOUS CHIA RECIPES

*TRY THEM OUT!*



## CHOCOLATE CHIA MOUSSE

It's always been such a crowd pleaser. Whenever I bring this Chocolate Chia Mousse to potlucks or dinner parties, people are always amazed when they find out that it's made up of chia seeds! I love this recipe when I'm craving a healthy chocolatey treat!

## GOOD-DAY BREAKFAST COOKIES

It's sure to be a good day when you start your day with Good-Day Breakfast Cookies! Sorry for being corny, but it's true! You get to reap all of the benefits of chia – in cookie form!



*OH, YES! COOKIES FOR BREAKFAST!*



## ROSEMARY BUCKWHEAT CHIA CRACKERS

It's so awesome to be able to enjoy crackers without all of the additives for once! Try these Rosemary Buckwheat Chia Crackers with some pesto or hummus!

# JOYOUS CHIA RECIPES

*BE ADVENTUROUS!*

## CHOCOLATE CHIA GRANOLA

The chia seeds in this granola are accompanied by other fiber, fat and protein packed ingredients including, organic oats, raw pumpkin seeds, raw cacao nibs and coconut oil, making it a perfect blood sugar balancing meal to start your day!



*I PROMISE YOU WON'T REGRET IT!*

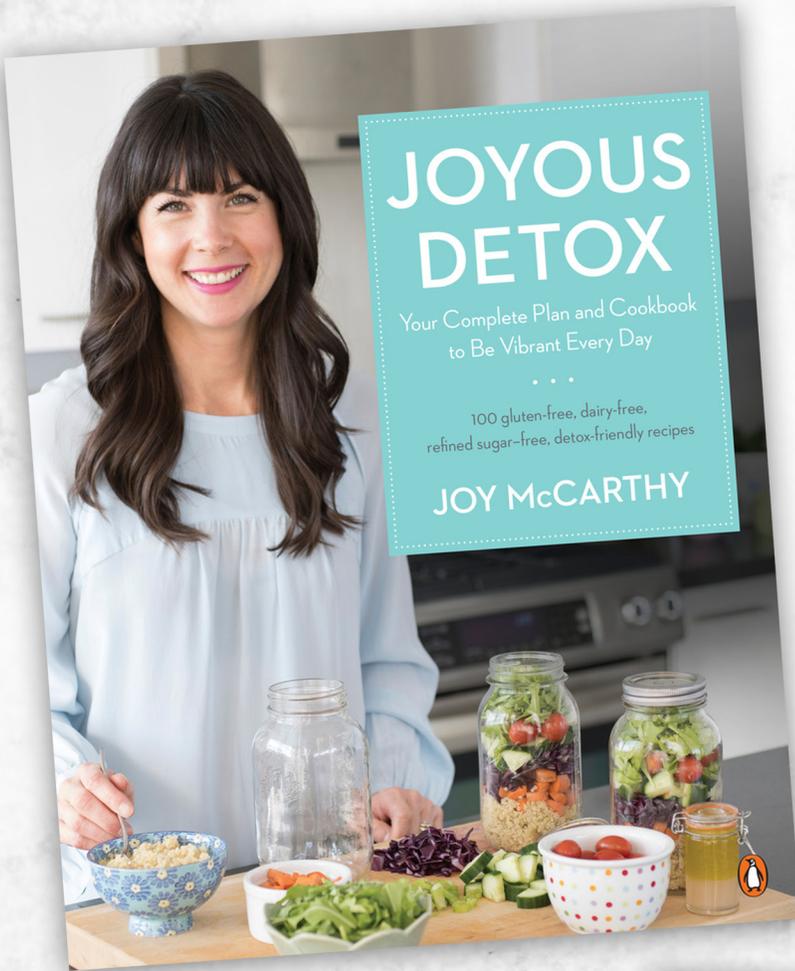
## MOCHACCINO CHIA BREAKFAST PUDDING

If you love the taste of coffee and chocolate as much as my hubs does, you're in for a real treat! If you're currently consuming a chia pudding on the regular, step it up a notch and mix this one into your routine!

## BEET BERRY CHIA CUPS

Starting your day (or even replacing your snack) with one of these Beet Berry Chia Cups means you're gifting your body with loads of antioxidant-packed, liver-detoxifying goodness! Chia Seeds aren't only meant to be a detox food though – they're actually a superfood you can enjoy daily.



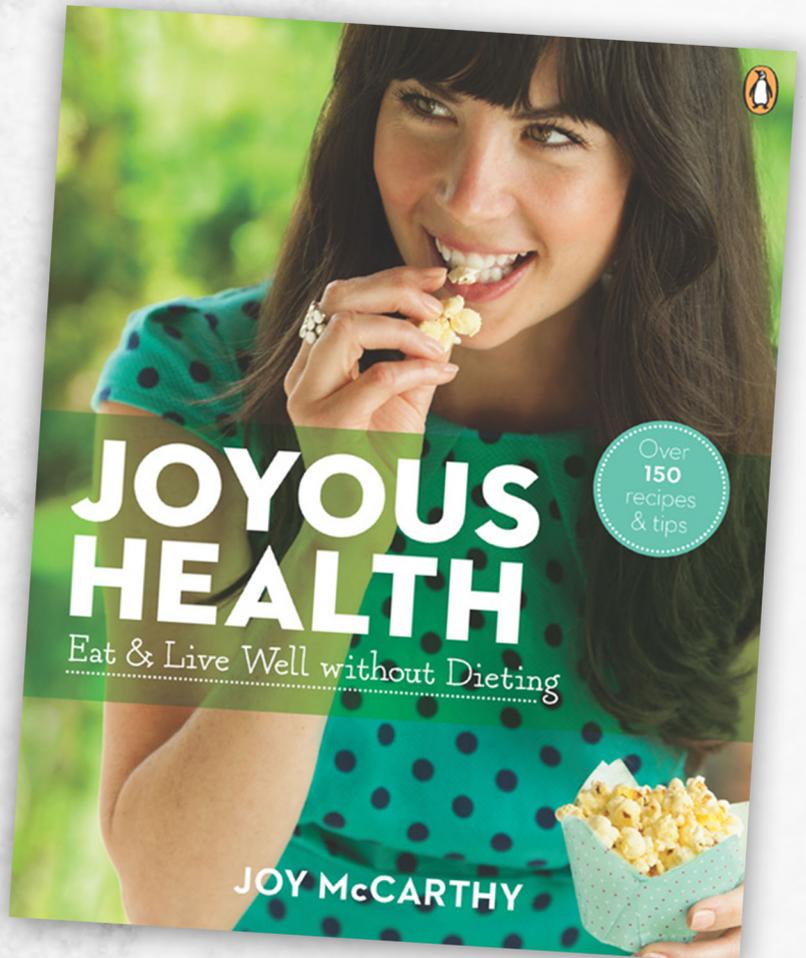


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and Cookbook to  
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# GET SNAP-HAPPY!

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SNAPPING JOYOUS  
PHOTOS AND YOU  
CAN JOIN IN  
ON THE FUN!*

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