

## Chia Seed Sprouts

Chia seed is rich in omega-3 fatty acids, it yields 25–30% extractable oil, including  $\alpha$ -linolenic acid (ALA).

Chia is grown commercially in its native Mexico, and in Bolivia, Argentina, Ecuador, Australia, and Guatemala. In 2008, Australia was the world's largest producer of chia.

Chia seed may be eaten raw as a whole seed, providing protein, fats, and fiber. Chia seeds placed in water or fruit juice can be consumed to boost the nutritional value of the juice and also increase the dietary fiber content. The soaked seeds are gelatinous in texture and are used in porridges and puddings. Ground chia seed is used in baked goods including breads, cakes, and biscuits.

Chia seed sprouts are used in a similar manner as alfalfa sprouts in salads, sandwiches and other dishes.

In a one-ounce (28 g) sample, dried chia seeds contain 9% of the Daily Value for protein (4g), 13% fat (9g) (57% of which is ALA) and 42% dietary fiber (11g), based on a daily intake of 2000 calories. The seeds also contain the essential minerals: phosphorus, manganese, calcium, potassium and sodium in amounts comparable to other edible seeds, such as flax or sesame.

Edwin has tried to sprout the seeds. It's pretty simple:

1. Put the seeds in a container (non-transparent is preferable) with water, don't soak them, because the soaked seeds become very gelatinous and sticky and water can't be drained properly. Excessive moisture might rot the seeds;
2. Cover the lid with cheese cloth. The sprouting process requires oxygen and seeds need to breathe;
3. Every few hours, spray the seeds with some water to keep them moist;
4. After 2 – 3 days, you have the nice sprouts;
5. You can make the sprouts "greener" by give them some light, but the texture would become coarser.
6. Enjoy them with sandwich, salad etc...



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