

Chia Seeds- Did You Know?

Chia seeds were once used as currency by the Aztecs. They thought so highly of chia seeds that they were often used as legal tender.

Conquered nations would pay their Aztec rulers in chia seeds. One ancient document refers to over 4,000 tons of chia seeds being paid annually to the Aztec Empire.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Pam VanKampen, RDN, CD. May 2019

Chia Seeds– Who Knew!

500 years ago, the Spanish Conquistadors ordered the destruction of the chia crops in an attempt to overtake the native tribes and establish rule.

Chia was rediscovered in the 1990s by Dr. Wayne Coates. Dr. Coates led a project in Argentina to search for crops that the farmers in the area could benefit from growing. When he found & analyzed chia seeds, he discovered their amazing nutrient profile.

Source: <https://www.dummies.com/food-drink/cooking/ingredients-for-cooking/10-facts-you-didnt-know-about-chia/>

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Chia Seeds

Chia is high in Selenium

Selenium is an important antioxidant needed for cell metabolism. It's usually hard to find in foods, but chia seeds are a great source of this antioxidant.



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Easy Blueberry Chia Jam



Photo courtesy of pixabay.com

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Ingredients

1 cup frozen blueberries

1/2 TBSP Maple Syrup

1/2 TBSP Lemon Juice

1 TBSP Chia Seeds



Photo courtesy of pixabay.com

Easy Blueberry Chia Jam

Directions

- 1. Add blueberries to a saucepan and cook on low for ~5-10 min.**
- 2. Mash them with a fork while they are cooking to break up.**
- 3. Remove from heat. Stir in maple syrup, lemon juice, and chia seeds.**
- 4. Let stand until cooled, then place in glass jars for storage.**
- 5. Store in refrigerator for about 2 weeks or freeze.**

Recipe adapted from vnutritionandwellness.com