Agua de Lima con Chia
(Limeade with Chia Seeds)

Ingredients

- 3 large limes, quartered
- 4 cups filtered water
- ½ cup granulated sugar
- ¼ cup chia seeds

Directions

1. Wash the limes well and cut them into quarters.
2. Add the limes and water to a blender and pulse 3-4 times, just enough to extract the juice from the limes, without pulverizing the skins, as it will become too bitter.
3. Strain through a fine mesh sieve into a large pitcher.
4. Whisk in the chia seeds and sugar until the sugar dissolves. Refrigerate at least 1 hour, until completely chilled and the chia seeds gelatinize. Stir before serving.

Recipe adapted from epicurious.com
Get more recipes at uhs.berkeley.edu/recipes

Nutrition Tip: Chia seeds are a great source of omega-3 fatty acids, protein, fiber, and calcium!
Chia Seeds

Origins, Health Benefits, & Ideas on How to Incorporate

History and origins?
- Originates from the plant *Salvia hispanica* L.
- Native to Central and South America
- Cultivated as a food source around 3500 B.C.
- Offered to Aztec gods in religious ceremonies
- Typically ground to release the oils or gelatinized in a liquid

What health benefits do they have?
- High source of omega-3 fatty acids - helps support cognition and eyesight
- Is a complete protein (contains all 9 essential amino acids) - provides 2 grams protein per tablespoon
- High in soluble fiber - can support healthy cholesterol levels!

How can they be incorporated into your daily eating habits?
- Blended in a smoothie
- Thickened to form chia seed pudding
- Added on top of oatmeal or yogurt parfaits
- As an egg replacement in baked goods
- Mixed into a juice
- Salad or soup topping

References:
https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/what-are-chia-seeds
https://extension.arizona.edu/sites/extension.arizona.edu/files/pubs/az1692-2016.pdf