

Agua de Lima con Chia

(Limeade with Chia Seeds)

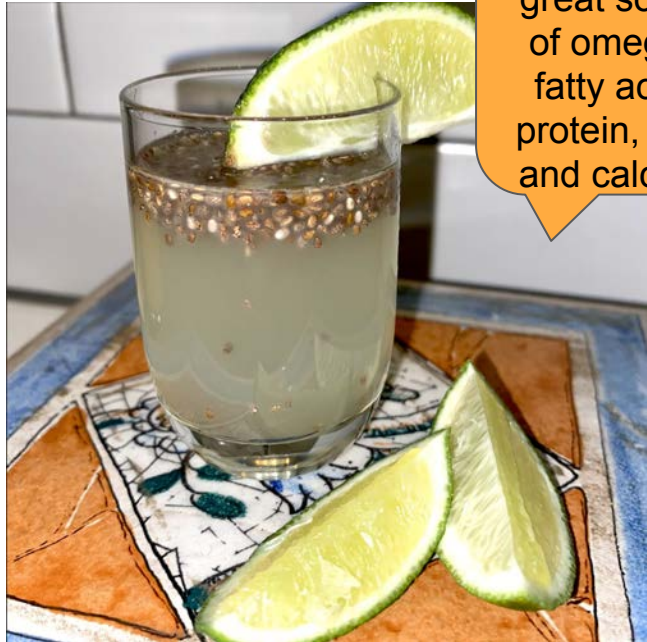
Nutrition Tip: Chia seeds are a great source of omega-3 fatty acids, protein, fiber, and calcium!

Ingredients

- 3 large limes, quartered
- 4 cups filtered water
- 1/2 cup granulated sugar
- 1/4 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

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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>