

# CHIA SEEDS BEST RECIPES



# NATURE'S HEART®



**EARTH DAY COOKIES**



**SUPERSEED GRANOLA BARS**



**SWEET POTATO CINNAMON  
STREUSEL COFFEE CAKE**



**BLACKBERRY WHITE  
CHOCOLATE BLONDIES**



# EARTH DAY COOKIES



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## Ingredients

### For the Cookies:

- 1 tbsp chia seeds
- 1 1/2 tbsp water
- 110g vegan butter, slightly softened
- 110g caster sugar
- 1 tsp vanilla essence
- 1/2 lemon, zested
- 200g plain flour
- 1/2 tsp bicarbonate of soda
- a pinch of salt
- a few drops of blue food gel
- a few drops of green food gel

### For the Filling:

- 150g thick dairy-free yoghurt
- 20g vegan vanilla protein powder
- 1/2 lemon, zested
- 3 tbsp strawberry jam

Recipe by @nourishingamy



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## EARTH DAY COOKIES



makes 7-8 sandwiches



20 minutes

## Method

1. Preheat the oven to 160Fan/180c and line 2 large baking sheets with parchment paper.
2. Grind the chia seeds to a fine flour texture and stir together with water to form a gel.
3. Add the butter and sugar to a bowl and beat with a mixer until soft and light. Now add in the chia gel, vanilla and lemon zest and beat again until incorporated. Add in the flour, bicarbonate of soda and salt and beat to a thick and smooth cookie dough.
4. Divide the mix into two. To one dough, add the blue food gel and to the other add the green. Mix well to reach your desired colour.
5. Take small amounts of blue and green cookie dough and roll them together. Flatten the cookies into disks onto the baking tray.
6. Bake the cookies for 7-8 minutes and allow to cool.



# SUPER SEED FRUIT AND NUT GRANOLA BARS



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## Ingredients

- 60g smooth, runny nut butter
- 80ml maple syrup
- 60ml coconut oil
- 1tsp vanilla essence
- 100g oats
- 100g mixed nuts
- 30g sunflower seeds
- 50g pumpkin seeds
- 20g hemp seeds
- 20g Chia Seeds
- 100g Blueberry and Goji Immune Mix, chopped
- 1/2 tsp cinnamon
- a pinch of salt



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## FRUIT, NUT, AND SEED GRANOLA BARS



makes 8-12



30 minutes

## Method

1. Preheat the oven to 160°F/180°C and line an 8-inch square tin with parchment paper.
2. Add the nut butter, syrup, coconut oil, and vanilla to a bowl and whisk until smooth.
3. Add the oats and nuts to a blender and pulse until small. Pour into the bowl with the nut butter mix.
4. Pour in the seeds, Immune mix, cinnamon, and salt. Stir until sticky.
5. Press firmly into the tin to make a compact, even mix.
6. Bake for 20 minutes, until golden brown and crispy.
7. Allow to cool for at least 1 hour before slicing into 8 bars using a sharp knife.
8. Enjoy warm or allow to cool and store in a sealed container for up to one week.



# SWEET POTATO CINNAMON STREUSEL COFFEE CAKE



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## Ingredients

For the Cinnamon Sugar:

- 30g coconut sugar
- 1 tbsp cinnamon sugar

For the Streusel Top:

- 50g pecans, chopped very small
- 35g plain flour
- 30g coconut sugar
- 1 tsp cinnamon
- 2 tbsp olive oil

For the Cake:

- 1 tbsp ground chia seeds
- 2 1/2 tbsp dairy free milk
- 200g sweet potato puree
- 120g coconut sugar
- 120ml plant-based milk
- 45ml olive oil
- 30g runny tahini
- 1tbsp thick dairy free yoghurt
- 190g plain flour
- 50g oat flour
- 2 1/2 tbsp baking powder
- 1/2 tsp bicarbonate of soda
- 3 tsp pumpkin pie spice
- pinch of salt

Recipe by @nourishingamy



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## SWEET POTATO, CINNAMON COFFEE CAKE



serves 16



65 minutes

## Method

1. To make the chia egg, mix together 1 tbsp ground chia seeds with 2 1/2 tbsp dairy free milk until a gel forms.
2. Preheat the oven to 160Fan/180c and line an 8-inch square tin.
3. Prepare the cinnamon sugar and Streusel top by stirring together all the ingredients.
4. To a large mixing bowl add the sweet potato puree, coconut sugar, milk, olive oil, tahini, yoghurt, and chia seed gel. Whisk to a smooth mix.
5. Sift in the flour and add the oat flour, baking powder, bicarb of soda, pumpkin pie spices and salt. Whisk.
6. Add half the batter into the tin and smooth the top. Sprinkle over all the cinnamon sugar. Top with the remaining batter and sprinkle over the Streusel top.
7. Bake for 45 minutes, or until an inserted skewer comes out mainly clean. Cool for 10 mins then lift out the tin to cool fully on a wire rack.
8. Slice the cake into 16 squares with a sharp knife, then drizzle over runny icing.



# BLACKBERRY WHITE CHOCOLATE BLONDIES



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## Ingredients

- 1 tbsp ground chia seeds
- 200g cashew butter
- 120g coconut sugar
- 240ml plant-based milk
- 1 tsp vanilla essence
- 100g + 1tsp plain flour
- 80g oat flour
- 1/2 tsp baking powder
- a pinch of salt
- 60g vegan white chocolate buttons
- 180g fresh blackberries
- 30g vegan white chocolate, melted



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## BLACKBERRY WHITE CHOCOLATE BLONDIES



makes 12-16



30 minutes

## Method

1. Preheat the oven to 160Fan/180c and line an 8-inch square tin. Toss 160g of blackberries with 1tsp flour.
2. Add the chia seeds to a bowl and pour in the cashew butter, coconut sugar, plant-based milk, vanilla and whisk to a smooth batter.
3. Sift in the flour and baking powder and add in the oat flour and salt. Whisk to a thick batter.
4. Fold in most of the chocolate and the floured blackberries. Pour into the lined dish, smooth over the top.
5. Top with the extra chocolate buttons and blackberries and press in slightly. Bake for 28-30 minutes until golden brown, An inserted skewer will come out mostly clean with some crumbs.
6. Allow to cool for 20 minutes then slice into 12/16 squares. Drizzle with the melted chocolate.