

Organic Black Chia Seeds

Country of Origin: Mexico/Paraguay

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 3 tbsp (30 g) / par 3 c. à soupe (30 g)

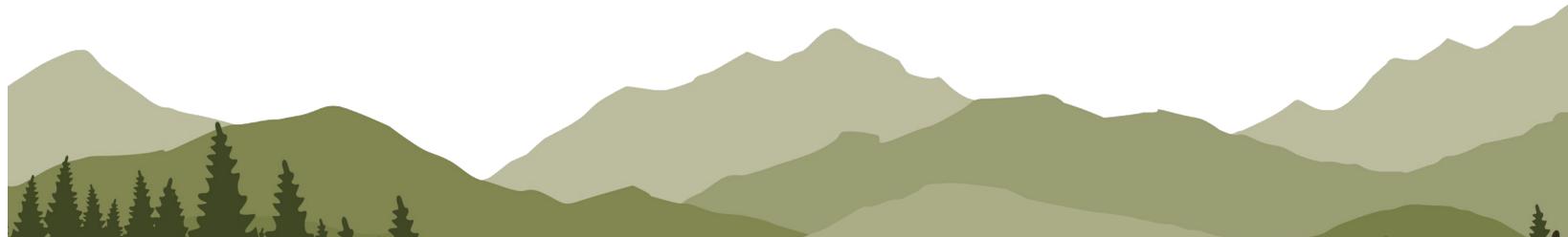
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 9 g	14 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 13 g	4 %
Fibre / Fibres 11 g	45 %
Sugars / Sucres 0 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	15 %
Iron / Fer	0 %

Factoid:

Chia seeds are considered a super food because they are packed with nutrients such as calcium, omega 3 fatty acids, protein, and fibre. The name chia comes from the Aztec word 'chian' which means oily. Chia seeds have been cultivated by Aztec and Mayan groups since around 1500 BC to 900 BC, and used as food since 3500 BC.

Ingredients:

Organic black chia seeds.



Recipe:

**left coast
ORGANICS**

Banana Bread Chia Seed Mini Loafs

Ingredients:

1/4 C whole wheat flour

1 C all-purpose flour

1/2 C sugar

1/4 C brown sugar

1/2 tsp baking soda

1/2 tsp cinnamon

1/2 tsp salt

1 Tbl chia seeds

1 egg

1 1/2 ripe bananas, smashed

1/4 C canola oil

1 tsp vanilla extract

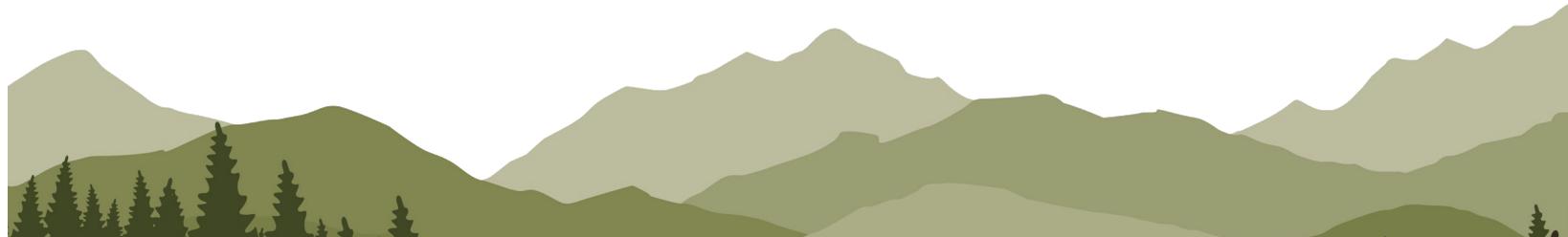
Instructions:

1. Preheat oven to 325F and spray two mini loaf pans with cooking spray.

2. Beat sugars, egg, oil and vanilla extract in a large bowl.

3. Once sugar mixture is combined, beat in bananas. In a separate bowl, combine flours, baking soda, cinnamon and salt. Slowly beat flour mixture into sugar mixture.

4. Beat in chia seeds. Pour batter into two loaf pans. Bake for approximately 40 minutes, until the tops of the loaves are light brown. Makes 2 full mini loafs or 3 smaller loaves.



Farmer:

Tradin - Paraguay and Argentina

Tradin's organic chia growers are a collection of independent co-ops and farms. They are located in different regions across southern Paraguay and northern Argentina. These farmers specialize in chia but also grow a variety of other crops such as sesame, peanuts, beans, amaranth, quinoa, soy, herbs, and dried citrus peels. They use sustainable practices such as manual cleaning, crop rotation, growing cover crops, not using chemicals, soil testing, and tracking batch traceability. The farmers also undergo periodic organic farming training and regular inspections. The transition to organic farming has helped increase organic product sales out of these regions, stimulated higher efficiency processing techniques, and promoted a better understanding of growing organically year round. Organic farming has allowed these growers to uniquely identify with the region which has helped increase their quality of life as well as lower the environmental impact of their operations. Organic practices have aided in promoting the protection of farming lands and the surrounding environment.