



## Cooking with Chia For Dummies (Paperback)

By Barrie Rogers, Deborah Dooly, Consumer Dummies

John Wiley Sons Inc, United States, 2014. Paperback. Condition: New. 1. Auflage. Language: English . Brand New Book. Power up your day with a daily dose of chia! Omega-3 fatty acids and fiber are the superstars of cardiovascular health, and chia seeds contain them both in spades. They re also great sources of iron, calcium, magnesium, and zinc, and have been linked to better cholesterol, triglycerides, and blood pressure levels. It s no wonder they ve been a staple in Central American diets since the Aztecs, and are once again growing in popularity. Chia is truly a superfood, both nutritious and versatile. Both the seeds and sprouts are edible, but there s so much more to chia than that! Cooking With Chia For Dummies explores the benefits and many uses of the chia seed, and guides you through a multitude of ways to add chia to your diet. Featuring over 125 recipes, you ll learn how to choose among the different types of chia options, how to use and how to use it, and exactly how much you need to reap the health benefits. \* Camouflage your chia or make it the star of the dish \* Incorporate chia into...



**READ ONLINE**  
[ 2.52 MB ]

### Reviews

*This ebook will be worth acquiring. It is actually writter in basic phrases instead of hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Trystan Yundt**

*This publication is wonderful. It normally is not going to expense too much. Its been printed in an extremely straightforward way in fact it is merely following i finished reading this publication where actually transformed me, modify the way i really believe.*

-- **Russell Adams DDS**

## You May Also Like



### **Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...



### **On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve-Month Old Through the Babyhood Transition**

Parent-Wise Solutions, 2012. Paperback. Book Condition: New. BRAND NEW, Perfect Shape, No Black Remainder Mark, Fast Shipping With Online Tracking, International Orders shipped Global Priority Air Mail, All orders handled with care and shipped promptly in secure packaging, we ship Mon-Sat and send...



### **Gluten-Free Girl and the Chef: A Love Story with 100 Tempting Recipes**

Book Condition: New. BRAND NEW BOOK! A+ CUSTOMER SERVICE! 100% MONEY BACK GUARANTEE! FAST, SAME BUSINESS DAY SHIPPING!.



### **The Kid Friendly ADHD and Autism Cookbook The Ultimate Guide to the Gluten Free Casein Free Diet by Pamela J Compart and Dana Laake 2006 Hardcover**

Book Condition: Brand New. Book Condition: Brand New.



### **The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program**

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



### **The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback**

Book Condition: Brand New. Book Condition: Brand New.