



Accurate Clinic

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Accurate Education

Victananda's Basic Recipe for Chia Pudding (1 pint)

- 4 Tbsp chia seeds
- 1 cup pomegranate juice
 - Consider substitute juice of choice: cherry, blueberry etc.
 - Consider substitute coffee
 - Add water (or coconut milk) to adjust consistency, as desired
- ¼ cup cocoa nibs
- 1- 2 Tbsp unsweetened cocoa powder mixed with water to form a syrup
 - Consider substitute 1- 2 Tbsp Matcha Green Tea powder
- ½ cup raisins (may substitute golden raisins, dried cranberries, dried cherries)
- 1 large apple, cored and chopped medium-fine

Directions:

1. Add all ingredients in order listed.
2. Allow at least 30 minutes for chia seeds to hydrate .
3. If pudding is too thick, add water (or coconut milk), ¼ - ½ cup at a time then set for 15 minutes for chia seeds to hydrate.

Personalize your recipe:

- Add a teaspoon of Vanilla
- Add sweetener
- Stir in additional chopped fruit, fresh or dried, (mango, papaya, pineapple etc.)
- Top with fruit: blueberries, grapes, raspberries, blackberries
- Top with seeds and/or nuts: sesame seeds, pumpkin seeds, sunflower seeds, chopped walnuts, pecans, almonds, raw cashews

Nutrition:

This pudding is extremely healthful as an excellent source of fiber and magnesium, two nutrients that are commonly sub-optimal in the average diet. Chia seeds are the richest source of plant-based omega-3 fatty acids, the most powerful dietary anti-inflammatory compounds. Additionally, chia seeds are a good source of protein and they are low in carbohydrates.

The unsweetened cocoa powder and Matcha Green Tea powders are both unparalleled sources of antioxidants. The judicious inclusion of fruits, seeds and nuts provide additional healthy nutritional benefits as well.

It tastes great!

A delicious option for a snack or a dessert!

Nutritional Content

In the 4 tablespoons (or about 1 ounce) of dried chia seeds, the nutritional content is approximately:

Macronutrients

- **Calories:** 150 calories
- **Carbohydrates:** 12 grams, of which most is fiber
 - **Dietary Fiber:** 10 grams
- **Protein:** 4.7 grams
- **Fat:** 8.7 g, mostly healthy polyunsaturated fats
 - **Omega-3 (ALA):** 5 grams

Vitamins and minerals

- **Calcium:** 14% of the Daily Value (DV)
- **Magnesium:** 23% of the DV
- **Phosphorus:** 20% of the DV
- **Zinc:** 12% of the DV
- **Iron:** 12% of the DV
- **Thiamine (Vitamin B1):** 15% of the DV
- **Niacin (Vitamin B3):** 16% of the DV

Safety

A 4-tablespoon serving of chia seeds is a common and practical amount for daily consumption. However, to avoid digestive discomfort, it is recommended to stay well-hydrated and, if you are not used to a high-fiber diet, to start with a smaller portion.

For those with diverticular or inflammatory bowel conditions, chia seeds may need to be avoided. In this case, chia powder can be substituted.

Experiment!!