



ORGANIC CHIA SEEDS

Chia is a leading modern-day wholefood though its usage dates back to Aztec times when it was a staple of their diet. Chia seeds are minimally processed, they are simply extracted from the plant, cleaned and then packed in their raw state. When soaked in water or milk these tiny seeds can absorb approximately 10 times their weight and form a very versatile gelatine-like substance.

Super Made Simple

Superfoods are a natural way to add extra nutrients to your diet. We make them easy to use and understand. Our Superfoods are organically grown, sustainably sourced, and minimally processed, providing the best for you and for the planet.

Why not try Chia Pudding?

Serves 5

- 75g chia seeds
- 500ml coconut milk
- 1/2 tsp vanilla extract
- 2 tbsp maple syrup
- 1/4 tsp cinnamon



Mix all of the ingredients together. Add any extra flavours or fruits of your choice.

Chill in the fridge for at least 4 hours. Serve, add toppings of your choice, and enjoy!

Optional: For a chocolate chia pudding, try adding 1 tsp of cacao powder. You could also add 2 tbsp of oats for a grab-and-go breakfast.

Best Before End: See below

NUTRITIONAL INFORMATION

TYPICAL VALUES (As Sold)	Per 100g	(%RI*)
Energy	1767kJ 428kcal	
Fat	29g	
of which saturates	3.3g	
of which polyunsaturates	22g	
Omega 3	17g	
Carbohydrate	2.8g	
of which sugars	0.6g	
Fibre	36g	
Protein	21g	
Salt	0g	
Potassium	654mg	33%
Calcium	556mg	69%
Magnesium	304mg	81%
Iron	7.4mg	53%

*Reference Intake of an average adult (8,400kJ/2,000kcal).

Ingredients: 100% Organic Chia Seeds.

Suggested Use: Use up to 15g (1½ tablespoons) per day.



Add to a
smoothie



Add to homemade
snack bars



Use in
baking

Storage: Store in a cool, dark and dry place.

This pack contains approximately 10 servings. Chia Seeds (*Salvia Hispanica*) produced in Paraguay, packed in the UK for Green Origins.

GB: Unit 1, Campbell Way, Sheffield S25 3SF, UK.

EU: Block B, Crescent Building, Dublin, D09 C6X8, IRL.

High in Omega 3

†Alpha-linolenic acid (Omega 3) contributes to the maintenance of normal blood cholesterol levels.

High in Potassium

Potassium contributes to the maintenance of normal blood pressure.



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