



## **132 Chia Seed Recipes Cookbook: Great ideas and recipes on how to add chia seeds to your diet**

*Alison Thompson*

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This book will provided to you ideas and recipes for adding chia seeds to your diet. Chia is a healthy food that is gaining in popularity. Even Dr. Oz has started to promote the consumption of chia! Having lots of ways to prepare this super food will make it easier to add to your diet. And who knew how FUN chia is! It's gelatinous consistency means it is extremely versatile and a blast to eat.

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