Revolutionizing the way the world eats





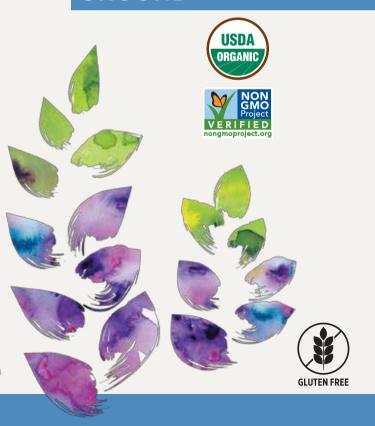
chia seed

ORGANIC SUPERFOOD

5g Fiber 3g Protein 2.5g Omega-3 per serving

12 OZ (340g) ®

GROUND





The people of the ancient Aztec and Mayan empires revered chia seeds as vital nourishment. These mighty seeds packed with omega 3s, protein, antioxidants and fiber are making a comeback in the 21st century. Ground chia seeds are finely milled and provide a smoother texture for blending into smoothies and oatmeal, or for baking.

Nutrition Facts Serving Size: 1 Tbsp (12g)

Servings Per Container: About 28

Amount Per Serving

Calories 60	Calories fro	m Fat 25
	% Da	aily Value*
Total Fat 3g		5%
Saturated F	at 0g	0%
Trans Fat 0	3	
Polyunsatur	ated Fat 2.5g	
Monounsati	urated Fat 0g	
Cholesterol 0	mg	0%
Sodium 0mg		0%
Potassium 60	mg	2%
Total Carbohydrate 5g		2%
Dietary Fibe	r 5g	20%
Sugars 0g		
Protein 3g		6%
_		
Vitamin A 0%	Vita	min C 0%
Calcium 8%		Iron 6%
Magnesium 10)%	
*Percent Daily Values	are based on a 2.00	00 calorie

diet. Your daily values may be higher or lower depending on your calorie needs:

Vegan Non-GMO

QUICK TIP

Soak 2 Tbsp of ground seeds for 5-10 minutes in 6 oz of water to produce a nutritious gel that can be added to hundreds of recipes.

STORAGE

Refrigerate after opening. Keeps for two years.

MANUFACTURED FOR

Nutiva® 213 W. Cutting Blvd. Richmond, CA 94804 (800) 993-4367 www.nutiva.com

CERTIFIED ORGANIC

by QAI (US-ORG-050)

RECIPES

Chia Berry Smoothie

1 cup almond or coconut milk 2 tsp. Nutiva Organic Ground Chia 1 tsp. maple syrup

1 cup berries

1 tbsp. almond butter

Blend all ingredients and enjoy.

Chia Fruit Topping

1 cup berries 2 tsp. Nutiva Organic Ground Chia 1 tsp. maple syrup 1/4 cup water

Blend and enjoy on ice cream, yogurt, waffles or pancakes.

Also try our organic Hemp Oil, Seeds and Protein, Coconut and Red Palm Oils, and Coconut Manna™. For delicious recipes, visit Nutiva.com.





INGREDIENTS: RAW ORGANIC CHIA SEEDS