

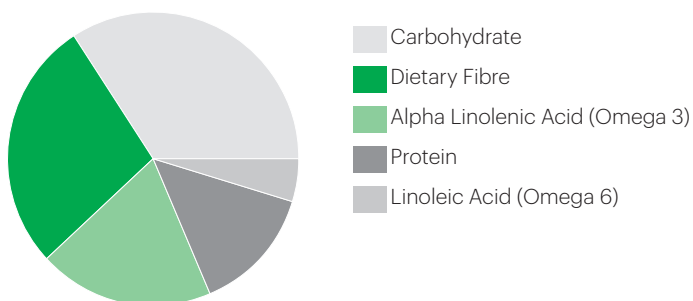


Chia Seed

Chia seeds are commonly utilised as an ingredient in healthy recipes, ranging from baked goods to protein bars to smoothies and beyond.

Apart from offering a pop of flavour and texture, these seeds are also highly nutritious containing Essential Fatty Acids, Alpha Linolenic acid (Omega 3) and Linoleic acid (Omega 6). These super seeds, also contain other vitamin and minerals essential for health and well-being including Iron, Potassium and Magnesium. As well as being a popular nutritional oil, Chia Seed is also available ground, which can be added to a wide range of foods to improve the nutritional profile including baked goods and snacks to help boost the nutritional profile of products.

Key Nutrients



Star Rating

Health	★★★★★
Gourmet Culinary	★★★★★

Technical Data

Product Name: Chia Seed

Botanical Name: *Salvia hispanica*

Active Ingredient(s): Dietary Fibre, Alpha Linolenic Acid (Omega 3).

Food Safety: This product has been produced in accordance with HACCP principles.

Shelf life: 12 months from production date.

Allergen Statement: No allergens. Gluten may be present.

GM Status: Produced in a GM free production process.

Certifications available: HACCP and Organic. Kosher and Halal available on request.

Product Variations:

- Chia Seed
- Organic Chia Seed
- Ground Chia Seed
- Organic Ground Chia Seed
- Chia Fibre
- Organic Chia Fibre

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