

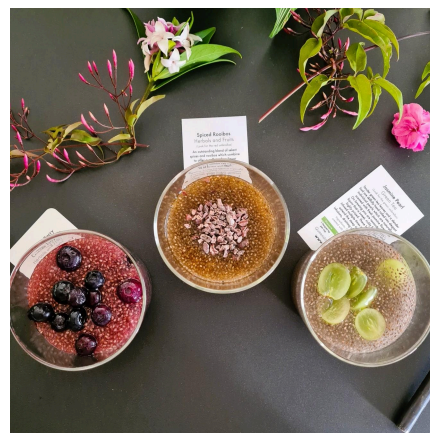
Chia Seeds & Brewed Tea

How to Enjoy Brewed Tea with Chia Seeds

Chia seeds are tiny but mighty! They're packed with nutrients that make them a healthy addition to your diet and tea rituals. When soaked, they create a gel-like texture that helps with hydration and adds a lovely texture and light sweetness to drinks or puddings.

What better thing to soak them in than any surplus tea you may have to hand.

Here are some simple and delicious ways to combine brewed tea with chia seeds for nourishing treats and refreshing drinks.



1. Tea Chia Pudding:

Prep your breakfast or afternoon snack ahead of time using strongly brewed tea as the liquid for a delicious chia pudding.

Basic Recipe:

Combine 1 cup of brewed tea or tisane with 3 – 4 tablespoons of chia seeds and let it sit overnight in the fridge. We suggest you sweeten your brewed tea while it is still hot with a little honey.

Measure of chia seed to liquid:

We generally enjoy a thicker consistency to our chia pudding, so we use 4 tablespoons (1/4 cup) of seeds to one cup of liquid. Reduce to 3 tablespoons if you prefer a thinner consistency.

If it thickens too much, just add a little milk and give it a stir to thin it out.

Alternatively, if you find the mixture is too thin adding a teaspoon of psyllium husks will solve this.

Some of our favourite combinations pictured are:

- Spiced Rooibos with cocoa nibs and honey
- Crimson Berry with honey, blueberries
- Jasmine Pearl with vanilla, honey, grapes

Vary the toppings or flavours to suit what you feel like eating on any given day. Seasonal or frozen fruits, seeds and nut butters, dried fruits, nuts, jams, granola all work beautifully.

How long to store?

Chia pudding stays fresh in the fridge in an airtight container for up to 5 days. Portion into individual jars or store in a bulk dish and create your breakfast, snack or dessert each day depending on what you feel like.

2. Tea Chia Drink:

If you are looking for a beverage that is light, energising and hydrating try adding some chia seeds to your surplus brewed tea.

How about a Green Tea Chia Refresher?

Add a squeeze of fresh lemon and a drizzle of honey to your brewed cup of green tea. Stir in 1–2 teaspoons of chia seeds and let the seeds rest and swell for 15 minutes. Serve chilled, over ice with fresh mint it makes a light, energising drink, perfect for a midday pick-me-up

Enjoy a Black Tea Chia Latte:

A robust black tea like Assam, English Breakfast or Earl Grey, will work well in this creamy, tea-based twist on a classic iced latte.

Stir in a little plant or dairy milk to your brewed cup of tea, a drizzle of honey or maple syrup, and 1-2 tsp chia seeds. Chill and serve over ice for a creamy, tea-based chia treat.

Prepare yourself a post exercise, energy boosting drink:

If you are looking for a drink that is easily digested and tolerated by your body during or after hard exercise then try these simple Iced Chia Seed Energy Drinks? The concept can be adopted for use with any tea flavours but here we share some simple suggestions using our Heavenly Lemon and Crimson Berry tisanes as the liquor base.