

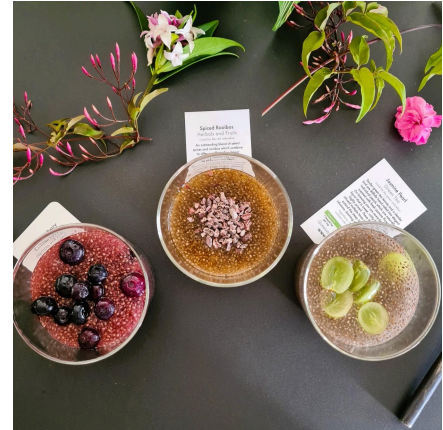
# Chia Seeds & Brewed Tea



## Chia Seeds soaked in Brewed Tea - a mighty combination

If you have any surplus brewed tea to hand then add some chia seeds to make a nourishing treat or refreshing drink.

These small seeds are packed with nutrients that make them a super healthy addition to your diet and tea rituals. When soaked, they create a gel-like texture that helps with your hydration and adds a lovely texture and light sweetness to drinks or puddings. Brewed tea makes the perfect soaking solution.



Here are some simple and delicious ways to combine your brewed tea with chia seeds to make puddings or energising and hydrating drinks:

### **TEA CHIA PUDDING:**

Prepare 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 of your choice 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:**

When using brewed tea as our soaking liquid we generally enjoy a thicker consistency to our chia pudding. 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 extra brewed tea or a little milk and 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 and simple Stir combinations pictured are:*

- [Spiced Rooibos](#) with cocoa nibs and honey
- [Crimson Berry](#) with honey, blueberries
- [Jasmine Pearl](#) with vanilla, honey, grape

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.

### **TEA CHIA DRINK:**

Adding chai seeds to your surplus brewed tea makes a beverage that is light, energising and hydrating.

### **Try 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](#) from another recipe page on our website which also outlines the nutritional goodness you will find in chia seeds. 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.

