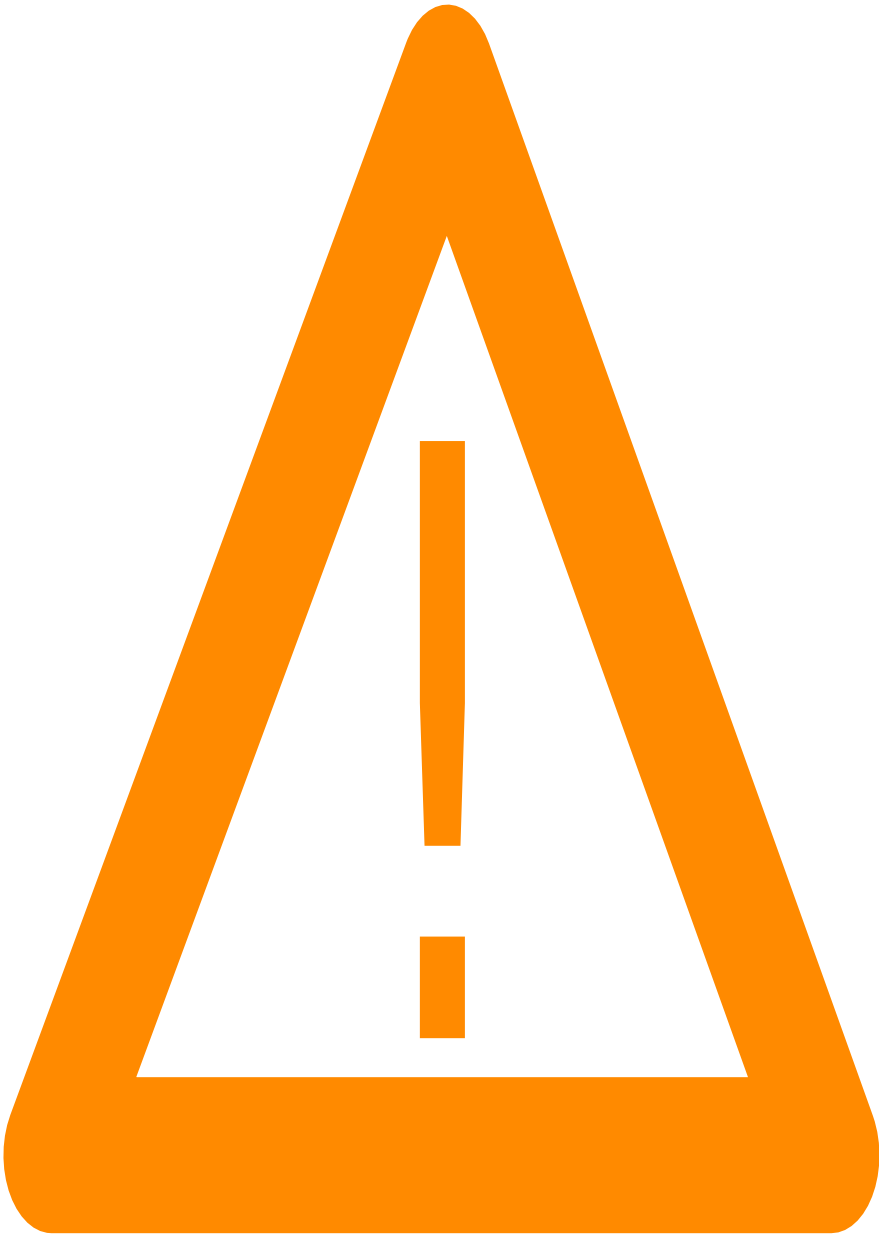


Cucumber and Tomato Salad with Chia Sprouts

Now that yo have chia seed sprouts what you should do with it? Just toss it in your salad, in between your sandwich or just as a garnishment. I enjoy it in my cucumber and tomato salad.



Oh! Before I forget...I hope all the mom's out there had a wonderful Mother's Day!

In this cucumber and tomato salad, I just added fresh squeezed lime juice, a drizzle of extra virgin olive oil, salt and fresh ground pepper...nothing else...it is simple and so tasty...





I hope you enjoy this simple salad recipe and this post get you going on sprouting chia seeds...



Did you know that chia seed gel can be used in food formulation as thickening and emulsifying agent as well as stabilizer in frozen food?

Thank you for stopping by Color Your Recipes...have

a colorful week!