

# Sprouting Chia Seeds

*This is another fun thing to do...sprouting chia seeds. This is a bit more tricky than the alfalfa sprouts, but well worth the effort, especially when you add this microgreens on your plate.*



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

Lately I have been sprouting seeds for salad and sandwiches...all kind of seeds such as alfalfa, broccoli, cloves, radish...and chia seeds are one of them...I will be sharing my other sprouting experience with you in the near future...

Now let me tell you what I did to sprout chia seeds...

For the longest time I wanted to sprout chia seeds...after a thoroughly search on the internet I decided to go ahead and start the "experiment"...and I must admit it was a lot of fun seeing these little seeds turn into microgreens.

As you might be aware, chia seeds turn gelatinous when in contact with water, therefore a lot of recipes uses chia seeds for making pudding...because of the gel formation, when sprouting they cannot be treated the same way as the other seeds...soaking and keeping them in the jar.



The method used here is like placing the seeds in a small green house.

I pretty much follow this site. I got a few small terra cotta trays. Wash well and soaked in water before spreading the chia seeds.

I started by adding 1 teaspoon of chia seeds, on my second try I added 2 teaspoons, which was perfect since it filled the whole tray.

To find out more how I sprouted chia seeds, please GO [HERE](#).





I hope you enjoy this simple and fun project...you might want to take a look on my method for sprouting alfafa seeds here.



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!***