

Chia seed update

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I bought a Krups fast touch grinder and found that it worked OK on chia seeds with some caking along the sides of the grinding bowl (it uses blades like a blender).

I found that 18 g of ground chia seeds thickened 8 oz of milk as well as 25 g of whole seeds and sets up in less time. Some grittiness remained but not as much as using whole seeds.

Chia seeds are a good source of ALA, an omega 3 fatty acid.

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Ron

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