

## What's New from Carwari?



Net 250g

## Certified Organic Chia Seed

- ✓ Contain 9 essential amino acid
- ✓ One tablespoon gives daily required omega 3 fat acid
- ✓ Rich in Vegetable protein, Dietary fibre, Vitamins
- ✓ Good for any kinds of dishes
- ✓ Due to its hydrophilicity, absorb a lot of water (up to 8 - 12 times) and become like a gel
- ✓ Very filling, often used as a part of weight loss foods
- ✓ Imported from Mexico



Chia is one of the most popular superfoods and it gives you the essential nutrition for your health with just one spoon a day! Chia, in fact which is even smaller than sesame seeds, offers you a full of nutritions. Chia is a part of Lamiaceae Salvia Mint and mainly grown in Central and South America regions. Many years ago, Chia has been eaten by Ancient Aztec Mayan as highly nutritious seeds and it is now becoming very popular again as nutrition supplements.

### Benefits from Chia Seed

- ✓ Lifestyle diseases (high blood pressure, diabetes) prevention
- ✓ Excretion promotion & Detox effect
- ✓ Lowers Cholesterol
- ✓ Lowers stress level, Brain activation effect
- ✓ Fatigue recovery
- ✓ Anti-Aging with Antioxidant action
- ✓ Summer heat fatigue prevention
- ✓ Beauty effect

## What's New from Carwari?

### Recipe Idea with Carwari Organic Chia Seed

#### Chia Seed Pudding



- **Carwari Organic Chia Seed** - 2 tablespoons
- Soy Milk (or any preferred Milk) - 10 tablespoons
- Your favorite fruits for toppings

1. Mix Chia with Soy Milk and stir well
2. Leave for 1 hour (it is even better to prepare them a night before and leave them in fridge overnight)
3. Put your favorite fruits on top of the pudding

*\*You can also use Agave nectar, honey or maple syrup to make it sweeter.*

#### Raddish & Cucumber Salad with Chia & Sesame Seed Dressing

- **Carwari Organic Chia Seed** - 2 tablespoons
- Water - 4 tablespoons
- Raddish & Cucumber

#### <Dressing Mix>

- **Carwari Organic Rice Vinegar** - 1 teaspoon
- **Carwari Organic Agave Nectar** - 1 teaspoon
- **Carwari Organic Tamari Soy Sauce** - 1 teaspoon
- **Carwari Organic Sesame Oil** - 1 teaspoon

1. Soak Chia in water for 30 minutes to form a gel
2. Mix the Chia with Dressing Mix
3. Slice Raddish & Cucumber and soak them in iced water until they become crispy & drain the water
4. Put Raddish & Cucumber on a plate and add the dressing on top



- ACO certified leading sesame manufacture based in NSW
- The Pioneer of "Black Tahini" in Australia & NZ
- A wide product range: Tahini, Spreads, Sesame Seeds, Sesame Oil, Agave Nectar, Superfood, Chia Seed, Japanese Tasty Sauces, Tamari Soy Sauce, Rice Vinegar, Instant Miso Soup, Nuts & Grains, Honey, Sesame Flour, Drinkable Vinegar

