

# Milled Chia Recipes

This collection of recipes is provided to our website visitors free of charge, so you can gain a better insight into how our milled chia might be consumed. We welcome comments as well as your recipes which if you allow us, we will post to the website with your name or anonymously. Just click on the links for each section to see those recipes.

## Beverages

- [Egg Nog](#)
- [Red White & Blueberry Smoothie](#)
- [Fruit Smoothie](#)
- [Warm Spiced Apple Drink](#)
- [Banana Apple Smoothie](#)
- [Green Tea](#)
- [Berry Vanilla Smoothie](#)
- [Very Berry Smoothie](#)

## Breads

- [Cornbread](#)
- [Banana Bread](#)
- [Pumpkin Bread](#)



## Side Dishes

- [Potato Slices](#)
- [Chicken Soup](#)
- [Cornbread Stuffing](#)
- [Wine Vinaigrette Dressing](#)
- [Green Salad with Wine Vinaigrette](#)

## Main Dishes

**Chicken Nuggets**  
**Baked Fish**  
**Steak Burgers**  
**Sloppy Joes**  
**Shepards Pie**  
**Meatballs**  
**Roast Turkey with Wine Vinegar Gravy**  
**Steak with Bleu Cheese Butter**  
**Burritos**  
**Beef Wellington**  
**Chicken with Herb & Wine Vinegar Marinade**  
**Scampi**

