



The Chia Cookbook: Inventive, Delicious Recipes Featuring Nature's Superfood

Janie Hoffman

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Mamma Chia founder Janie Hoffman presents recipes for incorporating superfood chia seeds into flavorful smoothies, snacks, meals, and desserts.

Chia is a powerful little seed with incredible health benefits. In this mouthwatering recipe collection, Mamma Chia founder Janie Hoffman invites you into her kitchen to learn the secrets of incorporating this ancient superfood into modern meals from breakfast to dinner and happy hour to dessert.

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