

Recipe



Nicole has been trying out chia flour (see [last month](#)). After several experiments, this is her first recipe.

Chia Banana Cookies

Yield: 14-16 cookies
(2-inches diameter)

- 3 tblsp. raisins (1½ - 2 oz)
- 1 tblsp. dark rum
- 1 medium banana (about 4 oz), ripe
- 1 teaspoon lemon juice
- 5 tblsp. diabetic apricot jam
- 2 eggs
- 2 teaspoons vanilla extract
- 3 tblsp. olive oil
- 1¼ cup Chia seed meal (about 2½ oz) - more or less so as to make a dough-like consistency
- ½ cup chopped almonds (about 2½ oz)
- olive oil spray

1. In a small bowl soak the raisins in hot water for about 10 minutes. Drain the raisins, add the rum and mix well. Set aside.
2. With a fork mash the banana. Mix in the lemon juice and apricot jam. Add the raisins. Set aside.
3. Beat the eggs in a medium-size mixing bowl using a fork or electric mixer. Mix in the vanilla extract and olive oil.
4. Add the Chia meal and blend well to obtain a smooth paste.
5. Add the chopped almonds.
6. Add the raisin and banana mixture.
7. Spray a cookie sheet with olive oil. With a spoon (or by hand) shape the cookies and lay out on the baking sheet.
8. Bake at 360° F (180° C) for 15-18 minutes. Check for doneness. Store in the fridge.

Comment:

Chia flour gels on contact with liquids including olive oil (see Hints, p 3). This requires new types of recipe and a special technique for mixing it. Chia also has a slightly bitter overtone and we choose ingredients that combine well with it.

In this recipe we sweeten with a diabetic jam which contains the sweetener sorbitol. But you can replace it by different sweeteners like fructose, stevia etc. See [Deadly Harvest, Chapter 6](#), page 156

Thanks to Homer Hartage, head of Nuchia Foods www.nuchiafoods.com for supplying the chia flour. There is enough to produce more recipes yet!