



OUR CHIA SEEDS ARE PACKED WITH:

PROTEIN | OMEGA 3 | FIBRE | ANTIOXIDANTS | CALCIUM | IRON

superfood
recipes

BRINGING CLEAN, GREEN HEALTHY FOODS TO THE NATION



about us

Grown in the pristine farm land of the Atherton Tableland in North Queensland, west of Cairns and the Great Barrier Reef.

Dennis and Maryann Salvetti have been farming for over 50 years and produce grass seed and legumes for both the Australian Domestic and Export Markets.

White and Black Chia Seed are the first food grade products grown, graded and packed by the Salvetti Family under their Australian Superfoods NQ (ASF) brand on their red volcanic soils of North Queensland.

This fourth generation farming operation brings Australian chia from the farm gate to the consumer plate.

Australian Superfood's Chia is grown under a HACCP accreditation programme ensuring food safety is of utmost importance.

All Australian Superfoods NQ's Chia is packed in specialty bags and stored in rooms which have a controlled atmosphere ideal for storing bulk chia until it is sold.

Chia has a 36-month lifespan if stored in a cool dry environment.

Every line of chia is fully tested to meet all requirements for food safety and all lines come with specification and certificates of analysis. Australian Superfoods NQ supplies Chia throughout Australia and Internationally.



OVEN BAKED CRUMBED CHICKEN

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Chia seed is one of the few plant sources with omega 3. It has 10 times more than Salmon and is a terrific alternative to fish oil.

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INGREDIENTS

1 kg chicken thighs
3 eggs room temp
2 tbsp sweet chilli sauce
salt and pepper
1 tsp garlic crushed
2 tbsp ASF chia seeds
2 tbsp romano cheese
grated
panko bread crumbs
2 tbsp olive oil

DIRECTIONS

Combine sweet chilli sauce, garlic, eggs, cheese, oil and ASF chia into a bowl. Salt and pepper to taste, mix well

Add chicken thighs and cover. Leave to marinate in the fridge for at least 2 hrs

Mix bread crumbs with salt and pepper

Coat marinated chicken with bread crumb mix

Lay chicken pieces on tray with baking paper

Bake for 1 hour on 180 degrees turning half way through cooking



MANGO & CHIA JAM

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Chia seeds are really easy to incorporate into your daily food. The seeds themselves are extremely mild tasting, so you can add them to pretty much anything.

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INGREDIENTS

3-4 small green apples
peeled and cored

1200 g chopped mango
flesh

1 tsp ASF chia seeds

1 tsp grated ginger

300 – 500g sugar
(depending on ripeness of
mangoes depends on sugar
amount – less sugar
required if very ripe)

THERMOMIX RECIPE

DIRECTIONS

Place apples into bowl speed 4 for roughly 6 seconds

Add remaining ingredients and cook speed 1, varoma for 30-35 mins. Note: remove mc and replace with steaming basket

Tip: jam should coat the back of a spoon when done

Pour into sterilised jars and leave to cool.

Sterilising jars: add a small amount of water to each jar and microwave for 1 min each. Pour hot water over the lid and seal. Dry with a clean tea towel and pour hot jam straight in

CHIA & COCONUT PUDDING



INGREDIENTS

400 g can organic lite coconut cream

80ml honey

1/3 ASF white chia seeds

blueberries and toasted coconut to serve (optional)

DIRECTIONS

Place coconut cream, honey and ASF white chia in a bowl. Combine well and cover. Refrigerate for at least 4 hours or if you prefer thicker, leave overnight

Divide mix into serving glasses. Top with berries and coconut if desire

Tip: drizzle a little extra coconut cream over the top for extra creaminess

EASY BANANA, BLUEBERRY & CHIA SMOOTHIE



INGREDIENTS

1 banana
8 blueberries
1 tsp ASF chia seeds
honey to taste
½ cup almond milk 10 ice
cubes

DIRECTIONS

Blend all ingredients together in a blender or thermomix.

Note: boost your smoothie by adding spinach

CHOCOLATE CHIA TRUFFLES

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All colors of chia seed have similar nutritional value. Although tiny, these seeds from the *Salvia hispanica* plant pack such a nutritional punch that nutritionists call chia a superfood. With protein content of up to 25 percent and dietary fiber reaching 30 percent, mature chia seeds of all colors are a wholesome addition to breads, cereals and drinks. Chia also contains significant amounts of omega-3 fatty acids, vitamins, minerals and antioxidants.

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INGREDIENTS

1 can condensed milk
 1 cup coconut
 2 tbl ASF chia seed
 4 cups finely crushed arrowroot biscuits
 2 tbls cocoa/carob powder
 extra coconut

DIRECTIONS

Place all ingredients into bowl and mix well
 Roll in small balls and coat with the extra coconut
 Place in fridge to cool
 Add more condensed milk if mixture is too dry





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