

Chia Chipotle Corncakes



simple
healthy
delicious

Ingredients

- *½ cup Nature's Earthly Choice™ Chia Seeds*
- *1 ½ cups veggie broth or hot water*
- *1 cup corn meal*
- *1 cup any type flour (wheat, rice, potato)*
- *½ teaspoon baking soda*
- *1 teaspoon chipotle powder*
- *Salt and pepper to taste*
- *½ cup diced onions*
- *1 cup corn kernels*

Adapted from "The Magic of Chia" by James Scheer

Directions

1. *Mix Chia with broth (or water), stir and set aside, stirring occasionally.*
2. *Mix all dry ingredients together.*
3. *Stir in Chia liquid.*
4. *Add onions and corn.*
5. *Form into about 12 patties, not too thick.*
6. *Grill on BBQ, fry in skillet, or bake in oven about 15 minutes.*