

Chia: The Complete Guide To The Ultimate Superfood
By Wayne Coates PhD (May 1 2012)

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CHIA - The Complete Guide to the ULTIMATE SUPERFOOD Book. By: Wayne Coates. Contains over 75 recipes, exercise plans and, of course, a lot of information on chia, its

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Chia: The Complete Guide To The Ultimate Superfood by Wayne Coates PhD is about a seed which is a protein powerhouse. The Aztecs were known to sprinkle it on salads

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CHIA The Complete Guide to the ULTIMATE SUPERFOOD by Wayne Coates, PhD. Because CHIA is a Miracle Seed,

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Wayne Coates is a Research Professor in the Office of Arid Lands Studies at the University of Arizona. His work with chia began in 1990, and he developed the system

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Chia seeds aren't the most appetizing of ingredients But as Wayne Coates demonstrates in "Chia: The Complete Guide to the Ultimate Superfood" (Sterling,

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@Wellesley's Alumnae Ultimate team (named for Hillary!)

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Product Description. CHIA: The Ultimate Superfood. Over 75 delicious healthy recipes to boost your energy. Chia is an amazing nutrient rich seed that is versatile and

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The complete guide to the Ultimate Superfood (author Wayne Coates, PhD) This definitive work covers the history and benefits of chia, provides a complete

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