

Red & Green Apple Chia Rice

Colorful, Festive Rice Side Dish!



This colorful side dish is great for picky eaters. Kids especially like this bright and lightly sweet rice. Made with brown rice, chia and healthy fruit it's full of fiber and anti-oxidants as well as flavor they'll love! This is a sticky rice which will clump easily so it can be eaten with chopsticks for an exotic style. This makes 3 servings.

What You'll Need...



- 1/2 cup brown rice
- 1/2 cup chicken broth
- 1 cup 100% apple juice
- 1/2 green un-peeled apple
- 1 tbsp dry MySeeds Chia
- 1/4 cup dried cranberries
- 1/4 teaspoon sage spice

First, cut up about 1 cup of green apple into 1/2 inch cubes. (depends on size of apple) It's best to use a Granny-Smith type apple, one that isn't too sweet so it will balance out the apple juice. Then measure out 1/2 cup brown rice. Brown rice is healthier than white rice, with more fiber. The flavor will be completely apple-like when finished, so you don't have to worry about picky eaters.

For a sweeter taste, replace the chicken broth with the same amount of apple juice.



Place the rice, broth and apple juice into a pot. Turn on the heat and add the sage. Cook the rice according to package directions (about 45 minutes)

About half-way through the cooking time, add the apple pieces and cranberries. The chia will hydrate and take on the taste of the apple juice. The extra broth is there because you can expect the cranberries and rice to soak up liquid while hydrating.



Apples and cranberries are great for your health. Cranberries contain hippuric acid, which has antibacterial effects on the body. Apples have phytochemicals such as flavanoids and polyphenols which are antioxidants. They soak up oxidants, the tissue-damaging free oxygen molecules thought to contribute to cancer.

Did You Know....