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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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Books: chia: the complete guide to the ultimate

Author: Wayne Coates, Title: Chia: The Complete Guide to the Ultimate Superfood (Superfood Series) (Paperback), Publisher: Sterling, Category: Books, ISBN

Chia seeds go from sand to goo, but they're

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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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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Chia: the complete guide to the ultimate

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

Chia seeds - mendosa

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