Chia seeds have remarkable nutritional value, they are one of the very few foods that contain the full protein profile; this means you can get all the protein you need from just chia seeds alone. Usually you would need to combine two or more protein sources over several days to get all the vital amino acids require for health.

It's not only the protein which makes chia seeds special, they are also full of omega 3 oils, iron, antioxidants, fiber and magnesium and potassium, and many other important vitamins. In short - chia seeds are a nutritional powerhouse!

Chia seeds are easy to prepare and as they don't really taste of anything, they can by added to any meal to improve its nutritional value. Chia seeds store well, and take up hardly any space in the cupboard/pantry. When you take all of the above into account, I think it’s an excellent idea for preppers to start storing chia seeds, to add a much needed nutritional boost to all the processed and canned food which is typically stored. You can read more about the benefits of chia seeds below.

Chia Seeds: A Tiny Powerhouse For Sustainability

(Photo from: ljguitar)