



Simple | Healthy | Delicious

Chia Chipotle Corncakes

INGREDIENTS

1/2 cup chia seeds
1 1/2 cups veggie broth or hot water
1 cup corn meal
1 cup any type flour (wheat, rice, potato)
1/2 tsp. baking soda
1 tsp. chipotle powder
Salt and pepper to taste
1/2 cup diced onions
1 cup corn kernels



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.