

# Chia Seeds Microwave Dryer



## The benefits of chia seeds include:

1. They are a good source of fiber. Fiber is essential for maintaining regularity and preventing obesity. A daily intake of at least 25 grams of fiber can help reduce the risk of heart disease, stroke, and diabetes. Chia seeds have 10 grams of fiber per cup!
2. They are high in omega-3 fatty acids. Omega-3s are important for optimal brain function and preventing chronic diseases such as heart disease, cancer, and autoimmune conditions. One ounce (30 grams) of chia seeds provides 2g of omega-3s, which is more than most vegetable sources offer!
3. They are a good source of antioxidants. Antioxidants protect cells from damage by free radicals – molecules that can cause inflammation and other problems in the body. A cup (92 grams) of chia seeds contains more than 20% of your daily antioxidant needs!

## How to apply chia seeds in a microwave dryer?

Introducing the chia seed dryer! This nifty appliance allows you to quickly and easily dry chia seeds, without the need for water. (You can also use it to dry other small items like spices or herbs.) Here's how to set it up:

1. Place the chia seeds into a bowl or container.
2. Add enough purified water to cover the seeds.
3. Microwave on high for 3 minutes, or until the water is fully absorbed and the seeds are steaming hot.
4. Let the seeds cool slightly before transferring them to your desired drying surface. (We recommend using a mesh strainer if you have one.)
5. Dry the seeds in an airtight container for 2-6 weeks, or until they are completely dried out and hard. (If you notice any mold growing on the chia seeds, discard them immediately.)

## **Conclusion**

The Introduction and Application of [Chia Seeds Microwave Dryer](#) provides helpful tips on how to use a chia seeds dryer, as well as providing a few examples of how the appliance could be used in the kitchen. The article is written in a straightforward manner, making it easy for anyone interested in using this type of appliance to understand.