

10 Easy Recipes to Maximize Omega-3 from Flaxseed and Chia Seeds

With Antioxidants and Healthy Oils to Fight Inflammation Naturally

In a world full of omega-6 fats, processed foods, and inflammatory triggers, simple superfoods like flaxseed and chia seeds can help us reclaim balance—especially when paired with antioxidants and healthy fats to boost absorption.

These 10 easy recipes combine powerful ingredients like berries, citrus, green tea, turmeric, olive oil, coconut oil, and MCT oil to help your body absorb more plant-based omega-3s and reduce inflammation.

1. Berry Flax Chia Overnight Oats

Ingredients:

- Rolled oats
- Ground flaxseed
- Chia seeds
- Almond milk
- Mixed berries
- MCT or virgin coconut oil
- Cinnamon

Instructions:

Mix all ingredients in a jar, refrigerate overnight, and enjoy in the morning.

2. Green Tea Citrus Chia Refresher

A hydrating anti-inflammatory drink.

Ingredients:

- green tea
- chia seeds
- lemon or orange juice
- honey (optional)
- ice

Let chia seeds swell for 15 minutes before drinking.

3. Omega-3 Power Smoothie

Packed with greens, berries, and healthy fat.

Blend:

Spinach

Banana

Blueberries

Flaxseed

Chia seed

MCT or avocado oil, almond or coconut milk.

4. Citrus Berry Chia Flax Salad

Toss: Mixed greens, blueberries, strawberries, orange slices, ground flaxseed, chia seeds, olive oil, balsamic vinegar.

5. Anti-Inflammatory Chia Golden Milk

Mix: almond or coconut milk, turmeric, pepper, chia seeds, coconut oil, and a bit of honey.

Let sit 10–15 minutes.

6. Chia-Flax Citrus Yogurt Bowl

Top plain Greek yogurt with ground flaxseed, chia seeds, orange zest, olive oil drizzle, and fresh raspberries.

7. No-Bake Flax Chia Energy Bites

Combine: oats, flaxseed, chia seeds, nut butter, honey, vanilla, and MCT or coconut oil.

Roll into balls and refrigerate.

8. Citrus Green Smoothie with Flax & Chia

Blend: kale or spinach, banana, lime juice, pineapple, flaxseed, chia seeds, avocado oil, green tea.

9. Chia Flax Pudding with Berries

Stir together: almond milk, chia seeds, flaxseed, honey or maple syrup, vanilla.

Top with berries and a drizzle of MCT or coconut oil. Chill overnight.

10. Berry-Citrus Detox Water with Chia

Infuse: water with lemon, orange, berries, chia seeds, and optional apple cider vinegar.

Let chill for a few hours.

Final Thoughts

These recipes do more than nourish—they support your immune system, lower inflammation, and help your body absorb omega-3s more efficiently from flax and chia.

For best results:

Use ground flax and soaked chia

Add a little healthy oil (olive, coconut, MCT, or avocado)

Pair with antioxidant-rich ingredients