BetterBody Foods

Blackberry Mint Lime Chia Water

Prep: 15 min Cook: 0 min Total: 15 min Servings: 6

Calories: 77 Fat: 2g Protein: 2g Carbs: 15g Fiber: 0g

Ingredients

- 4 cups water
- 1 cup blackberries
- 2 limes
- 3 Tbsp BBF Chia Seeds
- 3 Tbsp maple syrup
- 5-6 mint leaves

Directions

1. Start by mixing 2 cups of water with the Chia seeds. Stir, and then set aside for 30 mins so the Chia seeds can gel up.
2. In a blender, combine the blackberries, lime juice, mint leaves, maple syrup, and 2 cups of water.
3. Blend until completely smooth.
4. Strain mixture into a pitcher.
5. Add the chia seed water into the pitcher. Stir thoroughly.
6. Serve on ice.
7. Enjoy your Blackberry Mint Lime Chia Water!