BetterBody Foods

Chia Strawberry Lemonade

Prep: 45 min Cook: 0 min Total: 42 min Servings: 3

Calories: 258 Fat: 5g Protein: 3g Carbs: 57g Fiber: 0g

Ingredients

- 6 cups water
- 3 Tbsp BBF Organic Chia Seeds
- 2 cups fresh strawberries, stems removed
- 1 1/2 cups freshly squeezed lemon juice
- 1/2 cup maple syrup, or any other natural sweetener

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. Add the strawberries and the last 4 cups of water to a blender. Blend until the strawberries are completely pureed. Add the lemon juice and maple syrup, blend again to mix everything together.
3. Add the chia mixture to the lemonade and stir to combine.
4. Enjoy your Chia Strawberry Lemonade!