

Customizable Fresh Chia Seed Drink

A refreshing and healthy chia seed drink that you can personalize with your favorite flavors. Perfect for hydration and packed with nutrients, it's easy to prepare and invigorating.


15 min

Total time

Easy

Difficulty

100

kcal / serving

Ingredients

- 2 tablespoons chia seeds
- 1 cup cold water or coconut water
- 1 teaspoon honey or maple syrup (optional)
- Juice of 1/2 lemon or lime
- Fresh mint leaves (optional)
- Fresh fruit slices (strawberry, mango, or cucumber) to infuse flavor

Steps

- 1 In a glass, combine the chia seeds with the cold water or coconut water.
- 2 Stir well to prevent clumps and let it sit for 10 minutes, stirring occasionally until the seeds swell and the mixture thickens slightly.
- 3 Add honey or maple syrup to taste and stir to dissolve.
- 4 Squeeze in the lemon or lime juice and mix well.
- 5 Add fresh mint leaves and fruit slices to infuse your preferred flavor.
- 6 Stir gently and serve chilled with ice cubes if desired.