



# Strawberry Lemonade with Chia Seeds

6 Servings • 1 Serving = 8 Ounces

## INGREDIENTS

- 1 liter of water
- ½ cup lemon juice
- 1 cup strawberries, trimmed and sliced
- ¼ cup sugar
- 3 Tablespoons chia seeds
- 2 Tablespoons mint leaves, crushed

## DIRECTIONS

1. Combine water, lemon juice, strawberries, and sugar in a blender and blend until smooth.
2. Pass the liquid through a sieve to remove any pulp into a large pitcher.
3. Add chia seeds and mint. Let lemonade sit for an hour before serving to allow chia seeds to gel.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 10g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 0mg	0%
Potassium 60mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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