



Thirsty Thursday:

Strawberry Lemonade with Chia Seeds

This week's Thirsty Thursday Recipe is Strawberry Lemonade with Chia Seeds!

Instead of sugary beverages, choose water to keep your body hydrated! Drinking enough water each day is necessary for keeping active and helping your body perform at its best. Adding fresh flavors to water such as cucumber, lemon, and mint, is perfect for quenching thirst the healthy way!

Make the recipe yourself and be sure to share your picture on Facebook or Instagram. Tag @chefsanantonio and we just might share your photo!

Strawberry Lemonade with Chia Seeds Recipe Card:

<https://bit.ly/2ygyhWF>

Note: If you don't have chia seeds or are nervous to try them – this recipe tastes great without chia seeds as well!

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