

STRAWBERRY LEMONADE WITH CHIA SEEDS



Skip the sugar sweetened beverages and hydrate the healthy way with our #CHEFApproved drinks!

Ingredients:

- 1 liter of water
- 1/2 cup lemon juice
- 1 cup strawberries, trimmed and sliced
- 1/4 cup sugar
- 3 Tablespoons chia seeds
- 2 Tablespoons mint leaves, crushed

Directions:

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

