Chia Fresca

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Make Chia Fresca at home! This quick and easy recipe is the perfect healthy hydration drink. Made with just chia seeds, lime juice, honey, and a pinch of salt, it's a natural energy drink you can pull off in a matter of minutes.

Course	Drinks
Cuisine	South American
Keyword	Chia Seeds, Drinks
Prep Time	1 minute
Cook Time	1 minute
Resting time	10 minutes
Total Time	2 minutes
Servings	1
Calories	69kcal
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Ingredients

- 2 cups cold water
- 1 Tbsp chia seeds
- 1/2 small lime juiced
- 1/2 tsp honey or other liquid sweetener
- pinch pink Himalayan salt

Instructions

1. In a large glass combine the water, chia, lime juice, honey, and salt.
2. Stir well to avoid clumps, and set aside for 10-15 minutes.
3. You will have to stir again as the chia seeds will settle with time - this is totally normal.
4. When the seeds are well hydrated (they should look sort of like a tomato seed with the jelly layer around it), give the glass a final stir.
5. Drink immediately.

Notes

Nutrition values are an estimate only.

Nutrition

Calories: 69kcal | Carbohydrates: 7g | Protein: 1g | Fat: 3g | Sodium: 27mg | Potassium: 48mg | Fiber: 4g | Sugar: 2g | Calcium: 91mg | Iron: 0.9mg