



Chia Limonade

Preparation

Hydrate 3 chia seeds tablespoonful in 6 oz water (stir constantly) for about 15 to 20 minutes, then discharge the rest of the water with a strainer.

– Prepare the lemon drink mixing the concentrate and the 50 oz of water, then mix the beverage with the hydrated chia and lemon juice.

– Serve cold.

Ingredients

- 10oz Porto Alegre Lemon Concentrate.
- 3 Chia tablespoon previously hydrated.
- 2.5 Lemon Juice tablespoons.
- ½ salt tablespoonful.
- 6oz water to hydrate chia.
- 50oz water.