

Dose of Nutrilion

Fruity Chia Infused Water

BY HUMA NAZ









Serves about Tota 2 5 r

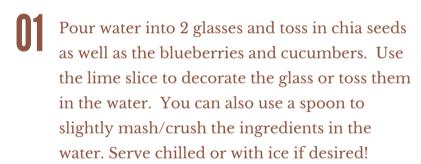
Total time: 5 mins.

Vegetarian Gluten-free

INGREDIENTS

- 16 oz. of filtered water
- 2 tbsp, frozen blueberries
- 4 slices of cucumbers
- 2 slices of lime
- 2 tsp. chia seeds

DIRECTIONS



RECIPE NOTES:

- You can store a bigger batch of this in the refrigerator for up to 2 days as well.
- I like to drink or store infused waters in large glass pitchers, mason jars, and even reusable water bottles like my Healthy Human water bottle (feel free to use the discount code available on my website).

Share your recreations with me on Instagram—
I'd love to see!

@adoseofnutrition