

#chiaseeds
#refreshingdrink



Dose of Nutrition

Fruity Chia Infused Water

BY HUMA NAZ



Serves about
2

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

- 01 Pour water into 2 glasses and toss in chia seeds as well as the blueberries and cucumbers. Use the lime slice to decorate the glass or toss them in the water. You can also use a spoon to slightly mash/crush the ingredients in the water. Serve chilled or with ice if desired!

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

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