

## Chia Energy Water

### INGREDIENTS

- 1 pitcher of water
- 1 tbsp. chia seeds
- 1 cup chopped fruit (lemons, oranges, berries, limes, etc.)

### DIRECTIONS

1. Chop fruit and place in pitcher of water with the chia seeds.
2. Shake or stir well and refrigerate until cool.
3. Serve as is or strain the fruit if desired.
4. The infused water will keep refrigerated for up to 2 days.

