

Chia Seed Drink

<http://userealbutter.com/2018/01/08/chia-seed-drink-recipe/>

chia seed gel

1/4 cup (4 tbsps) chia seeds, white or black
1 cup water

drink ideas

kombucha
arnold palmer (half iced tea, half lemonade)
sparkling (sparkling water, simple syrup, citrus juice)
fruit juice

Make the chia seed gel: Stir the chia seeds and the water together and let sit from 10 minutes to overnight. The chia seeds will absorb the water and a gel will coat each seed. You can store this covered in the refrigerator for up to 5 days.

Make your chia seed drink: Prepare your beverage and stir in as much of the chia seed gel as you like. Serve.