

Kombucha Chia Fresca

2 servings**20 minutes**

Ingredients

710 milliliters Kombucha

1 tbsp Chia Seeds

Nutrition

Amount per serving	
Calories	103
Fat	2g
Carbs	20g
Fiber	2g
Protein	1g
Calcium	38mg

Directions

1

Combine the kombucha and chia seeds in a sealable jar and top with a lid. Gently rotate the jar to mix the seeds in (do not shake). Transfer to the fridge for 15 to 20 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to 1 1/2 cups.

More Flavor: Add fresh fruit or fruit juice.