

Detox Chia Lemon Water

3 ingredients · 5 minutes · 1 serving



Directions

1. Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

Notes

Make it Sweet

Add maple syrup.

Make it Spicy

Add a pinch of cayenne pepper.

Ingredients

2 cups Water

1 tbsp Chia Seeds

1/4 Lemon (juiced)