Blackberry Chia Lime Fresca Recipe

Ingredients
950 mL cold water
135 grams blackberries
2 whole limes
60 mL maple syrup
14 grams Simpliful® IntegriPure® Organic Black Chia Seed

Yield: 1 liter

1. In a high speed blender, combine 100 gr. blackberries with the juice of 1 1/2 limes, the maple syrup and 475 mL of water.
2. Blend until completely smooth.
3. Strain this mixture with the help of a fine mesh sieve or cheesecloth.
4. In a large jar or bottle, combine the chia seeds with 475 mL of water and stir thoroughly, making sure the seeds do not form clumps.
5. Pour in the blackberry and lime mixture and stir again.
6. Drop in the remaining blackberries and the lime half, cut in thin slices.
7. Place the jar in the fridge and allow to rest for at least 30 minutes.
8. Serve on ice and enjoy!

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cultivating goodness.