



FRESCO DE CHAN

SERVINGS 8

🕒 PREP TIME 5 MIN

COOK TIME 5 MIN

INGREDIENTS

- 8 cups water
- 8 tablespoons chia seeds
- ½ cup strawberry syrup
- ¾ cup lime or lemon juice, freshly squeezed
- ¾ cup sugar
- Ice cubes

DIRECTIONS

1. In a large pitcher, mix the water and chia seeds well.
2. Add the strawberry syrup, lime (or lemon) juice and sugar.
3. Stir well and serve very chilled or with ice cubes.

