



## Cucumber & Lime Chia Fresca

2 servings

5 minutes

### Ingredients

- 1/2 Cucumber (chopped)
- 3 cups Water
- 2 tbsps Lime Juice
- 1 tbsp Maple Syrup
- 1 tbsp Chia Seeds
- 8 Ice Cubes

### Nutrition

Amount per serving	
Calories	69
Fat	2g
Saturated	0g
Trans	0g
Polyunsaturated	2g
Monounsaturated	0g
Carbs	13g
Fiber	2g
Sugar	8g
Protein	2g
Cholesterol	0mg
Sodium	11mg
Potassium	175mg
Vitamin A	87IU
Vitamin C	7mg
Calcium	98mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	12µg
Thiamine	0mg
Riboflavin	0.2mg
Niacin	0mg
Vitamin B6	0mg

### Directions

- 1 Blend the cucumber, water, lime juice, and maple syrup in a blender until smooth.
- 2 Pour the mixture into a pitcher. Optional: use a fine mesh strainer to strain the mixture. Stir in the chia seeds and allow them to sit for 10 minutes.
- 3 Add ice to glasses and pour the chia fresca over top. Enjoy!

### Notes

**Leftovers:** Best served immediately. Refrigerate in an airtight container for up to two days.

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

**More Flavor:** Add chopped mint.

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Folate	7µg
Vitamin B12	0µg
Phosphorous	20mg
Magnesium	20mg
Zinc	0mg
Selenium	0µg