

CHIA LEMON ICED TEA

Portion: 2 cups

Yields: 6

Black tea flavored with lemon and lightly sweetened with chia seeds



CALORIES: 70

TOTAL FAT (g): 2.5

SATURATED FAT (g): 0

TOTAL CARB (g): 13

PROTEIN (g): 1

DIETARY FIBER (g): 3

SODIUM (mg): 15

INGREDIENTS:

6 cups Hot Water

6 Tbsp Fresh Lemon Juice

6 each Black Tea Bag

3 Tbsp Chia Seeds

1/4 cup Granulated Sugar

8 cups Ice Cubes

METHOD:

Brew tea in hot water for 3-4 minutes. Remove bags and add sugar; stir to dissolve. When cool, add fresh lemon juice and chia seeds. Stir before pouring to ensure even distribution of chia seeds.

CHEF'S NOTES:

Garnish with lemon slices.