

Portion size: 2 Cups

Chia Lemon Iced Tea

Black tea flavored with lemon and lightly sweetened with chia seeds

Yield: 6 servings

6 Cups	Hot Water
6 Each	Black Tea Bag
¼ Cup	Granulated Sugar
6 Tbsp	Fresh Lemon Juice
3 Tbsp	Chia Seeds
8 Cups	Ice Cubes



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.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
74.3	1.4	13	2.3	0	14.2	0.3	2.7