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## BLACKBERRY & LIME CHIA FRESCA

15 minutes | makes 1L

### INGREDIENTS

4 cups filtered water  
1 cup | 135 gr. blackberries  
2 limes  
3 tbsp chia seeds  
3 tbsp maple syrup

### STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

1. In a high speed blender, combine 3/4 cup | 100 gr. blackberries with the juice of 1 1/2 limes, the maple syrup and 2 cups 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 2 cups 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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