

Iced Chia Seed Energy Drink



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Needing an energy boost or post workout drink? Here we share a simple Iced Chia Seed Energy Drink using our Heavenly Lemon and Crimson Berry tisanes as the liquor base

The recipe makes 500 ml of energy drink with a light delicate flavour. Our focus has been on a drink that is easily digested and tolerated by your body during or after hard exercise. If you are offering this as an after-school drink or just consuming it as part of your daily diet, then you may wish to double the measure of loose leaf used to get a stronger flavour.



A little note on the goodness in this drink:

It may seem unusual to include chia seeds in an iced drink recipe, but they offer a significant nutritional boost. As well as being able to absorb up to 10 times their weight in water, they also contain beneficial nutrients such as copper, calcium, magnesium, zinc and iron, as well as fibre and protein. An added bonus in this recipe is the rooibos present in both the Stir blends and the wonderful immune building properties of this leaf.

Preparation - You Need:

- 1 heaped teaspoon of Stir Tea's [Heavenly Lemon](#) or [Crimson Berry](#) caffeine free tisanes
- 500ml boiling water
- 1 teaspoon of chia seeds

To Serve:

- Ice
- 2 lemon wedges (or fresh raspberries if using [Crimson Berry](#))
- Honey - mixed with some warm water to dissolve it (this is optional and suited to your personal taste)

Method:

1. Brew either your [Heavenly Lemon](#) or [Crimson Berry](#) with the 500ml of boiling water. Steep for at least 10 minutes (or overnight) to ensure full flavour. Pass through a strainer and refrigerate until nice and cold.
2. Pour some of your brewed liquor into a cup and sprinkle in the chia seeds, stirring to combine as you go (doing this step will avoid your chia seeds clumping).
3. Combine the mixed chia seeds with the balance of your brewed liquor and stir again to combine. Add honey suited to your taste.

4. Allow at least 10 minutes for the chia seeds to soften and serve or set aside in your fridge to be enjoyed over the next 24 hours at your leisure.
5. Add ice and lemon wedges (or fresh raspberries) to serve.