



### **Adventure Ingredient: Chia Seeds**

#### **Refreshing Kombucha Mini Bubble Tea**

*Antioxidant rich fruity flavored green tea filled with chia seeds*

2 cups water

2 green tea Kombucha tea bags

1/3 cup chia seeds

2 cups cranberry raspberry 100% juice

Garnish: lime wedges as desired

In a medium saucepan, bring water to almost boiling. Place tea bags in warm teapot or 4 to 6 cup container. Pour water over tea bags; let steep about 3 minutes. Remove the tea bags.

Mix in chia seeds into prepared tea; chill in refrigerator for several hours. Stir fruit juice into chia mixture. Serve beverage chilled.

Stir before serving. Garnish with a lime wedge if desired. Yields: about 4

**Cook's Note:** Use other flavors of juice as desired. Our Kombucha tea bags contained spearmint, lemongrass, plum, and passion fruit flavors.

**About the Recipe:** Chia seeds create tiny bouncing “bubble balls” in the refreshing tea. It has a light fruity flavor and is filled with healthy antioxidants and fiber. It's perfect for those hot summer days.