



Chia & Citrus Water

A small, refreshing ritual to start your day.

You'll need:

- 1 glass water (still or sparkling)
- 1–2 teaspoons chia seeds
- 2–3 slices cucumber
- 1–2 slices lemon

How to:

1. Fill your glass with water.
2. Add the chia seeds and give it a quick stir.
3. Add cucumber and lemon slices.
4. Stir once more - and it's ready.

Let it sit for a few minutes if you want the chia seeds to soften slightly.

A small note:

Refill with water throughout the morning, the flavors stay gentle, and the ritual continues.