

### Ingredients

- 8-10 lemons
- ¼ cup sugar
- 6-8 leaves basil or mint, julienned
- 8-10 cups water
- ¼ Cup Chia Seeds
- Pinch of salt

### Directions

1. Juice the lemons.
2. Combine lemon juice and sugar in large pitcher. Stir until sugar is completely dissolved.
3. Add herb leaves. Muddle leaves gently with a wooden spoon.
4. Add Chia Seeds
5. Add water and a pinch of salt, stir to combine.
6. Taste and add more sugar or lemon juice to taste.
7. Serve over ice and enjoy!