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Serving: 1 Veg

## Ingredients

- 1 tablespoon Chia seeds
- 1 cup coconut water
- 1/4 cup pineapple chunks
- <sup>1</sup>/<sub>2</sub> cup Greek yogurt or low fat yoghurt (I like unsweetened, but coconut flavor is excellent here)
- 1 teaspoon flaked coconut
- 1 teaspoon coconut oil (optional)
- 1 lime wedge to garnish

## Preparation Method

- Step 1 add all ingredients to blender
- Step 2 blend until smooth
- Step 3 enjoy