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Serving: 1 Veg

Ingredients

- -100 ml coconut water
- $-\frac{1}{2}$ cup jamun
- -2 tbsp plain yogurt
- -1 tsp chia seeds, extra to serve
- -1 tbsp rolled oats (optional)
- -2-3 cubes of ice

Preparation Method

- -In a blender combine all the ingredients together.
- Blend on high speed until smooth. Pour into serving glass and serve with some extra chia seeds on top