



Chia Seeds Pina Colada (ES)

Serving: 1

Veg

Ingredients

- 1 tablespoon Chia seeds
- 1 cup coconut water
- 1/4 cup pineapple chunks
- 1/2 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