



Cherry chia smoothie

Serving: 1

Veg

Ingredients

- 1 peach, sliced
- $\frac{1}{2}$ cup fresh or frozen cherries (add less ice if using frozen)
- 100 ml cup coconut milk
- 1 Tsp chia seeds

Preparation Method

- Add all ingredients to a blender and blend until creamy and smooth.
- Serve .