



## Jamun Coconut Smoothie

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