



Creamy Chia Seed Pine Colada (ES)

Serving: 1

Veg

Ingredients

- -1 tablespoon Chia seeds
- -1 cup coconut milk
- -1 cup frozen pineapple chunks
- -1/2 cup Greek yogurt
- -1 teaspoon flaked coconut
- -1 teaspoon coconut oil (optional)
- -1 lime wedge to garnish (optional)

Preparation Method

- Step 1 – add all ingredients to blender
- Step 2 – blend until smooth
- Step 3 – enjoy
- Add the ingredients one at a time to ensure a smooth blending process.