



Raspberry Chia Fresca

2 servings

15 minutes

Ingredients

237 milliliters Water
48 grams Chia Seeds
725 milliliters Coconut Water
70 grams Frozen Raspberries
30 milliliters Lemon Juice (optional)

Directions

- 1 Stir the water and chia seeds together. Let thicken for 10 minutes.
- 2 Add the coconut water, raspberries, lemon juice, and chia mixture into a blender. Blend until well incorporated. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add a sprinkle of cinnamon and a sweetener of your choice.

No Coconut Water: Omit and replace with water instead.