

Raspberry Chia Fresca

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 cup Water
- 1/4 cup Chia Seeds
- 3 cups Coconut Water
- 1/2 cup Frozen Raspberries
- 2 tbsps Lemon Juice (optional)

NUTRITION

AMOUNT PER SERVING

Calories	209	Carbs	31g
Fat	8g	Protein	5g

DIRECTIONS

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