



## Vanilla Pineapple Chia Fresca

2 servings  
20 minutes

### Ingredients

2 cups Pineapple (chopped)  
1 1/2 cups Coconut Water  
2 tbsps Lime Juice  
2 tsps Raw Honey  
1/2 tsp Vanilla Extract  
1 tbsp Chia Seeds

### Nutrition

Amount per serving	
Calories	171
Fat	2g
Carbs	39g
Fiber	4g
Sugar	29g
Protein	2g

### Directions

- 1 Combine all ingredients except the chia seeds in a blender. Blend on high for one minute, then transfer to a sealable jar. Add the chia seeds, top with a lid, and shake. Transfer to the fridge for 15 to 20 minutes. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**No Coconut Water:** Use still water instead.