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Simple | Healthy | Delicious

Chia Fresca Drink

INGREDIENTS

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| 1 Cup coconut water |
| 2 Tbsp. pineapple juice |
| 1 Tbsp. Nature's Earthly Choice Chia Seeds |



DIRECTIONS:

1. Combine all ingredients in a blender or shake well in a closed container and let sit for 15 minutes for chia seeds to expand.