



Christmas Special Recipe

Pineapple - Coconut Chia Shakes

Smoothies are always a welcome treat at breakfast and a great way to load up on nutrients to begin the day.

It is also a very easy to make dish and a highly nutritious drink. It is also a vitamin rich drink suitable for all age groups, from kids to adults.

“IYYA Foods Coconut Milk” contributes to the sweetness, making this drink a fairly healthy dessert with a balanced mix of vitamins & proteins.

Course: Sweet | Dessert

Preparation Time: 1 hour

Cooking Time: 20 minutes

Ingredients:

- 2 ½ - 3 Cups fresh Pineapple chunks
- ½ Banana
- 1 ½ Cup “IYYA Foods Coconut Milk”
- 2 tbsp Chia seeds



Instructions:

- Place the Pineapple chunks, banana & “IYYA Foods” Coconut Milk into the blender and blend on high until completely smooth & creamy.
- Pour half of the mixture into a quart size mason jar along with Chia seeds. Close the lid and shake the mixture until the Chia seeds are well distributed.
- Add the rest of the Pineapple mixture and shake again.
- Refrigerate for at least 3 hours until thoroughly chilled and chia seeds thicken

Some don't like smoothies too cold, so don't use ice cubes at all. Instead use cold Coconut Milk.

This is an elegant, easy & an impressive dish to prepare, just what you want during this busy holiday season.

Merry Christmas!

Happy Festive Celebrations!

**BROUGHT TO YOU
BY**



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