Coconut, Lime & Chia Cooler

Lightly gelled chia suspended in sharp coconut-lime water.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**0 min**	**15 min**	**2**	**EASY**

Ingredients

- 500 ml coconut water
- 2 tbsp chia seeds
- 2 limes
- 2 tsp honey
- few fresh mint leaves
- ice, to serve

Method

1. Stir the chia seeds into the coconut water in a jug with the honey.
2. Leave for 10 minutes, stirring twice — the seeds swell and suspend themselves through the liquid.
3. Stir in the juice of both limes and the mint.
4. Pour over ice, stirring again as you serve so the seeds stay evenly distributed.

Tips & swaps

- Stir twice in the first few minutes or the chia sinks and sets in a clump at the bottom. It keeps two days in the fridge and thickens further.

Storage & reheating

Keeps in the fridge for up to 2 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**2g**	**14g**	**3g**	**5g**

Estimated values, for guidance only.