

Coconut Fruit and Nut Smoothie

Ingredients

- One cup fresh Coconut
- One cup mixed seasonal fruit of your choice
- Seven to 10 almonds soaked in water overnight
- Two to 4 walnut halves soaked in water overnight
- Two teaspoon Chia seeds (Subja)
- One cup coconut water (or plain water)
- Few sprigs of saffron (optional)

Preparation

Put all the above ingredients in a blender except the chia seeds. Blend at high speed until smooth. Take the mixture out in a serving bowl , add chia seeds and mix well. Let it sit for 5-10 mins until chia seeds become soft and the smoothie gels to a thicker consistency.

Can garnish with shaved pistachio pieces.

ENJOY !!