

## Wish I was on a Beach Smoothie

This was the overall hit of the week with 87% of the kids naming it as part of the favourite snack!!! Parents have been calling for the recipe which as you can see is very simple. Find Chia seeds in the Organic section of most grocery stores or your health food store. Try this and hour before game or post game also makes a great breakfast shake.

### Ingredients

1 frozen banana, broken into pieces  
1 cup frozen tropical fruit mix (mango, strawberry, pineapple etc)  
1 tbsp chia seeds  
1 cup coconut water  
½ cup almond milk, rice milk or soy milk

### Directions

Place fruit into blender top with chia seeds, coconut water and almond milk, blend until smooth, adding additional almond milk if required.  
Pour into glasses. The longer the mixture stands the softer and chewier the chia seeds become.

Source: [www.mysnax.ca](http://www.mysnax.ca) or [www.foodthought.com](http://www.foodthought.com)

[www.carhahockey.ca/fitforhockey](http://www.carhahockey.ca/fitforhockey)

