



Strawberry Chia Yogurt Bowl



Entire recipe: 238 calories, 8g total fat (0.5g sat fat), 64mg sodium, 24g carbs, 8.5g fiber, 12.5g sugars, 20.5g protein

Freestyle™ [SmartPoints®](#) value 3*

Prep: 5 minutes

Chill (optional): 3 hours

Tagged: [Breakfast Recipes](#), [Meatless Recipes](#), [Single Serving](#)



Ingredients

3/4 cup sliced strawberries
2/3 cup fat-free plain Greek yogurt
1 tbsp. chia seeds
2 packets natural no-calorie sweetener (like Truvia)
1/2 tsp. vanilla extract
1/4 oz. (about 1 tbsp.) sliced almonds

Directions

In a medium bowl, thoroughly mash strawberries with a fork. Add all remaining ingredients *except* almonds. Mix until uniform.

Top with almonds. If you like, refrigerate until chia seeds have expanded and yogurt has thickened, about 3 hours.

MAKES 1 SERVING

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.