



Berry Chia Breakfast Bowl



Entire recipe: 290 calories, 10.5g total fat (1g sat. fat), 111mg sodium, 37.5g carbs, 14.5g fiber, 12g sugars, 14.5g protein

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Prep: 5 minutes

Chill: 8 hours

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Ingredients

1/2 cup unsweetened vanilla almond milk
2 tbsp. old-fashioned oats
2 tbsp. chia seeds
2 tbsp. vanilla protein powder with about 100 calories per serving (like the kind by [Quest](#) or [Tera's Whey](#))
2 packets no-calorie sweetener (like Truvia)
1/2 tsp. vanilla extract
1/4 tsp. cinnamon
3/4 cup sliced strawberries
1/3 cup blueberries

Directions

In a medium bowl or jar, combine all ingredients *except* strawberries and blueberries. Mix until mostly uniform.

Cover and refrigerate for at least 8 hours, or until chia has expanded, oats are soft, and most of the liquid has been absorbed.

Stir well. Top with fruit.

MAKES 1 SERVING

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