



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes

Chill: 8 hours



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

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

[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.