



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

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Prep: 5 minutes

Chill (optional): 3 hours



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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

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