



Super-Charged Smoothie Bowl



Entire recipe: 326 calories, 8g total fat (2.5g sat fat), 73mg sodium, 51g carbs, 11.5g fiber, 36g sugars, 16.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

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

Prep: 10 minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 1/2 tsp. chia seeds
- 1 cup chopped seeded (or seedless) peeled cucumber
- 3/4 cup frozen mango chunks (no sugar added), partially thawed
- 1/2 cup frozen strawberries (no sugar added), partially thawed
- 1 no-calorie sweetener packet (like Truvia)
- 1/2 cup crushed ice (about 3 - 4 ice cubes)
- 1/2 cup fat-free plain Greek yogurt
- 1/3 cup raspberries
- 1/4 oz. (about 1 tbsp.) sliced almonds
- 1 tbsp. shredded sweetened coconut

Directions

In a small bowl, stir chia seeds into 1/2 cup water. Let thicken for 5 minutes.

Transfer chia mixture to a blender. Add cucumber, mango, strawberries, sweetener, and ice. Blend at high speed until smooth, stopping and stirring if needed.

Transfer blender contents to a bowl, and swirl in yogurt. Top with raspberries, almonds, and coconut.

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.