



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

[Click for WW Points® value*](#)

Prep: 10 minutes

More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.