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