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MetaBurn90 Day 7, Meal 1

Strawberry Chia Smoothie

For a simple breakfast, this strawberry chia smoothie is a healthy alternative to high-sugar treats. Use fresh or frozen berries and your favorite nonfat Greek yogurt as the base, adding dairy-free almond milk and chia seeds to create a silky texture, and in less than 5 minutes you have a healthy breakfast you can enjoy on the go.

Prep time: 5 min. Cook time: 0 min.

Serving size: 1 smoothie

Recipe yields 1 serving

Ingredients

1/4 cup strawberries

1/4 cup nonfat Greek yogurt

1/4 cup almond milk

1 tbsp chia seeds

Directions

1. Combine all ingredients in a blender until desired consistency is reached.