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## **Blueberry Chia Yogurt Bowl**

Sometimes the best way to prepare breakfast is just to make it the night before, which is precisely what you'll be doing with chia yogurt bowl. Chia seeds are rich in fiber and omega-3 fatty acids, while Greek yogurt is a high-protein solution to start your day. Prep this bowl the night before and enjoy with an extra drizzle of honey or a sprinkling of sliced almonds.

For vegan option, substitute cashew yogurt for Greek yogurt, and maple syrup in place of honey.

Prep time: Overnight Cook time: 0 min.

### **Ingredients**

1 cup plain Greek yogurt  
1/2 cup blueberries  
3/4 cup almond milk  
3 tbsp chia seeds  
1 tbsp honey

### **Directions**

1. In a blender, blend the blueberries and almond milk until smooth. Pour over remaining ingredients and let mixture set up overnight.
2. Divide into two bowls and top with blueberries to serve, if desired.

Serving size 1 bowl

Recipe yields 2 servings