



## 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

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**Prep:** 10 minutes

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### 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

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