

## Berry and chia breakfast



### Ingredients

- 2 tbsp chia seeds
- 1/4 cup very hot water
- 3/4 cup plain or vanilla Greek yogurt
- 1 serving Strawberry protein powder (or any flavor you love)
- 2 tbsp granola
- 1/4 cup fresh berries

- **1 tsp honey**

### **Instructions**

1. **Gel the chia:** Combine chia seeds and very hot water in a bowl. Stir for ~30 seconds until the seeds start to gel.
2. **Mix:** Stir in Greek yogurt and protein powder until creamy.
3. **Top & enjoy:** Add granola, berries, and honey before serving.

### **Swaps & Substitutions**

- **Protein powder:** If you don't have strawberry protein powder, use **vanilla** or **unflavored** protein instead. You could also try **chocolate protein powder** for a chocolate-covered-strawberry vibe.
- **Greek yogurt:** Any plain or flavored Greek yogurt will work. **Strawberry** or **vanilla Greek yogurt** will make it even sweeter and more dessert-like!
- **Berries:** Swap strawberries for raspberries, blueberries, blackberries, or a mix. Frozen berries work too – just thaw them first.
- **Granola:** Use any granola you love, or swap for chopped nuts, seeds, shredded coconut, or cacao nibs for a lower-carb option.
- **Gluten-Free:** Skip the granola or make sure to get a gluten-free brand!

### **Nutrition (per serving)**

- **Calories:** ~450
- **Protein:** 54g
- **Carbs:** 37.5g
- **Fat:** 10.7g

Macros may vary based on brands used. These macros are using Promix Strawberry Isolate protein.