Chia Coconut Power Smoothie Bowl

A creamy, high-protein smoothie bowl packed with chia seeds and topped with crunchy nuts and seeds for a satisfying, low-carb breakfast.

Servings: 2 **Time:** 15 minutes

Ingredients

- 1 cup unsweetened coconut milk
- 3 tbsp chia seeds
- 1/2 cup Greek yogurt (plain, unsweetened)
- 1/4 cup frozen spinach
- 1/4 cup frozen avocado
- 1 tbsp almond butter
- 1 scoop vanilla whey protein powder
- 1 tsp vanilla extract
- 1 tbsp chopped walnuts
- 1 tbsp pumpkin seeds
- 1 tbsp sliced almonds
- 1 tsp unsweetened shredded coconut

Instructions

1. In a bowl, combine chia seeds and coconut milk. Stir well and let sit for 10 minutes to thicken.
2. In a blender, add the soaked chia mixture, Greek yogurt, frozen spinach, frozen avocado, almond butter, protein powder, and vanilla extract.
3. Blend on high until smooth and thick.
4. Pour the smoothie into two bowls.
5. Top each bowl with walnuts, pumpkin seeds, sliced almonds, and shredded coconut.
6. Serve immediately for a refreshing and nutrient-dense meal.

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