

Strawberry Chia Smoothie - A Fresh and Healthy Power Sip

? Strawberry Chia Smoothie



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5 min

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INGREDIENTS

1 cup strawberries (fresh or frozen)

1 tbsp chia seeds

¾ cup almond milk (or your favorite milk)

1 tbsp agave syrup or honey

¼ banana (optional, for extra creaminess)

? Instructions:

? Swaps & Add-Ins:

Milk Options: Use oat, soy, dairy, or coconut milk-whatever you love.

Add Protein: Blend in a scoop of vanilla protein powder or Greek yogurt.

Extra Fiber: Toss in some oats or flaxseed for more staying power.

Berry Variations: Mix in raspberries, blueberries, or mango for a tropical twist.

Boost Greens: Add a handful of baby spinach-you won't even taste it.

? Tips for the Best Smoothie:

Use frozen strawberries for a thicker, colder texture.

Let chia rest: Just 5 minutes allows the chia seeds to thicken naturally without getting gritty.

Adjust sweetness: Depending on your strawberries, you may need more or less honey/agave. Taste and tweak!

? Serving Suggestions & Pairings:

3-Ingredient Chocolate Chip Oatmeal Breakfast

Cookies - quick, healthy, and just sweet enough

No-Bake Monster Cookie Energy Balls - protein-packed snacks on the go

A Light Tangy Chicken Salad - for a light lunch with a fruity drink

The Viral Cottage Cheese Pancake - pair this high-protein pancake with your smoothie for a satisfying brunch

Blueberry Lemonade - double down on bright, berry flavor for sunny days

? Storage & Make-Ahead Tips:

Fridge: Store leftovers in a sealed jar for up to 24 hours. Stir before drinking.

Meal Prep: Pre-portion ingredients (except chia) into freezer bags. Just dump into your blender and add chia + milk when ready!

Chia Pudding Hack: Let the blended smoothie sit overnight for a pudding-style texture.

? More Recipes You'll Love:

No-Bake Monster Cookie Energy Balls - great grab-and-go fuel

3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies - simple and perfect with your smoothie

Blueberry Lemonade - stay hydrated in the tastiest way

A Light Tangy Chicken Salad - a fresh lunch pairing

The Viral Cottage Cheese Pancake - packed with protein and trending for a reason

? Final Thoughts:

DIRECTIONS

1. **1 Blend It Up:**Add all ingredients to a blender: strawberries, chia seeds, almond milk, honey or agave, and banana (if using). Blend until completely smooth.
2. **2 Let It Sit:**Let your smoothie sit for about 5 minutes to allow the chia seeds to absorb some liquid and thicken the smoothie naturally.
3. **3 Stir & Serve:**Give it a quick stir before drinking. Pour into your favorite glass or to-go cup and enjoy!
4. **? Swaps & Add-Ins:** Milk Options: Use oat, soy, dairy, or coconut milk-whatever you love.
5. **Add : Protein:** Blend in a scoop of vanilla protein powder or Greek yogurt.
6. **Extra : Fiber:** Toss in some oats or flaxseed for more staying power.
7. **Berry : Variations:** Mix in raspberries, blueberries, or mango for a tropical twist.
8. **Boost : Greens:** Add a handful of baby spinach-you won't even taste it.
9. **? Tips for the Best Smoothie:** Use frozen strawberries for a thicker, colder texture.
10. **Let chia rest:** Just 5 minutes allows the chia seeds to thicken naturally without getting gritty.
11. **Adjust sweetness:** Depending on your strawberries, you may need more or less honey/agave. Taste and tweak!
12. **? Serving Suggestions & Pairings:** This smoothie is perfect for a light breakfast, post-workout fuel, or afternoon refreshment. Pair it with:
13. **3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies** - quick, healthy, and just sweet enough

14. No-Bake : Monster Cookie Energy Balls - protein-packed snacks on the go
15. A Light : Tangy Chicken Salad - for a light lunch with a fruity drink
16. The : Viral Cottage Cheese Pancake - pair this high-protein pancake with your smoothie for a satisfying brunch
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20. Chia : Pudding Hack: Let the blended smoothie sit overnight for a pudding-style texture.
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