



Smoothie Recipes

Fresh Steps Fruit and Chia Overnight Treat

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- ½ cup strawberries
- ½ cup plain Greek yogurt
- 1 tsp cinnamon
- 1+ ½ tbsp natural nut butter
- 1 tsp vanilla extract
- 1 Fresh Steps Smoothie Meal Starter Pack

DIRECTIONS

- 1 Combine almond milk, yogurt, chia seeds, chopped strawberries, cinnamon, vanilla extract, nut butter, and meal starter pack.
- 2 Store in the refrigerator overnight in an airtight container.
- 3 Enjoy as an early morning breakfast or midmorning treat!



Nutrition: ~446 calories • 20 grams fat • 25 grams carbohydrates • 42 grams protein

40% Fat, 25% Carbohydrate, 38% Protein



Super Food: Chia seeds are a great source of omega-3 fatty acids and fiber and a great quantity of vitamins and minerals. They also contain many vitamins/ minerals, in addition to all 9 essential amino acids, making them a complete protein.