

# WATERMELON & STRAWBERRY CHIA SMOOTHIE

BY: FOODNESS GRACIOUS

PREP TIME: 5 MIN TOTAL TIME: 5 MIN SERVINGS: 2

## NOTES

A delicious and refreshing watermelon smoothie with strawberries and chia seeds.

## DIRECTIONS

Add all of the ingredients to a high-speed blender.

Start on low speed and then increase to high speed for about 30-45 seconds or until the consistency is creamy and lump-free.

If the mixture is still too thick for you, adding more milk gradually will solve the problem.

## INGREDIENTS

2 cups watermelon  
1 1/2 cups low fat vanilla yogurt  
1/2 cup almond milk vanilla  
3 tbsp Premier Protein Vanilla  
Whey Powder  
2 tsp chia seeds  
1 banana frozen  
1 cup strawberries frozen

Divide between two tall glasses and garnish with extra chia seeds if desired. Serve at once.

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