



CHAI CRUNCH

The new nutritional "it" food, chia seeds offer protein and omega 3 fatty acids to this breakfast dish.

 5 minutes 5 minutes 1 portion

INGREDIENTS

- 1/3 cups of quinoa, cooked [56 g]
- 170 grams of yogurt, Greek, plain, lowfat
- 2 tsp of chia seeds,
- 1/2 cup of mixed Berries [75 g]

COOKING METHOD

- 1° Mix together all ingredients and serve

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [311 g]	% DRI
ENERGY	92 kcal	285 kcal	14 %
FAT	3 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	17 %
CHOLESTEROL	5 mg	17 mg	6 %
SODIUM	22 mg	67 mg	3 %
CARBOHYDRATE	10 g	32 g	11 %
SUGARS	5 g	16 g	—
FIBER	2 g	5 g	20 %
PROTEIN	7 g	22 g	—