



Cherry Smoothie Bowl with Chia

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Cherry Smoothie Bowl with Chia is the perfect combination of sweet and tart. With delicious cherries and pomegranates, this pink smoothie bowl is a 15-minute recipe that makes for a tasty breakfast addition. Not only is this smoothie bowl yummy, but you can top it with other fresh ingredients for additional flavors and textures.

Ingredients

- 1 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 teaspoon chia seeds
- 1/3 cup cold unsweetened pomegranate juice
- 1½ cups frozen tart cherries
- 1/3 cup nonfat yogurt
- 1/2 cup nonfat milk or dairy alternative such as almond or soy

Cooking Instructions

1. Place oats, chia seeds and pomegranate juice in blender container.
2. Blend until oats are finely ground.
3. Add cherries, yogurt and milk.
4. Blend until cherries are pureed and mixture is smooth.