

**Recipe: Instant Strawberry “Yogurt” {dairy-free}**

**Ingredients**

1 can Full-Fat Coconut Milk

1/2 Tbsp Lemon Juice

2 tsp Chia Seeds

3 Tbsp Honey (leave out for Whole30)

1 tsp Vanilla Extract (or 1/2 Vanilla Bean Seeds for Whole30)

1/2 Avocado

6-8 large Frozen Strawberries, quartered (1-1/2 cup) Also experiment with other fruits as well: blue berries, black berries- the sky is the limit.

**Directions**

Add ingredients to a high-powered blender in the order listed.

Cover and blend on high until smooth and there are no strawberry chunks.

Eat immediately or refrigerate for up to 5 days.

If you are preparing this in advance, store them in single-serving containers (tupperware or canning jars are great options) for an easy on-the-go snack.