

RECIPE - AÇAÍ BOWL

1-2 Servings | 10 Minutes | 15 Minutes

INGREDIENTS

- 1 pack acai purée
- ½ - 1 cup frozen blueberries
- ½+ Milk (any kind, water, or juice)
- 1 cup greens
- 1 banana
- 5-7 strawberries
- ¼-½ cup Granola
- ¼ nuts
- Handful of Pepitas (pumpkin seeds)
- Drizzle of honey

DIRECTIONS

Blend açai purée, frozen blueberries, (any other frozen fruit, pineapple, mango are good, I cut these up fresh and eat half fresh that week and freeze half to put in smoothies and bowls), greens (kale, spinach, spring mix), milk (any kind), juice or water. This can be done in a blender or any smoothie maker.

<<<<<Optional: 1-2 tbspcocoa powder, ¼ yogurt, protein powder, turmeric or beet root, any other powders you are using, or chia seeds.>>>>>

The consistency should be like a frozen sherbet, you may have to do more or less liquid to get the consistency you like.

Top with banana, 5-7 strawberries or any other fruit you like, your favorite granola, your favorite seeds and nuts, I like pumpkin and walnuts on mine, cacao nibs or unsweetened coconut flakes. Then drizzle the honey mindfully.....YUMMY!!!!

So much creative freedom and different ways to make your own version.....get the whole family involved!

SHOPPING LIST

Acai puree (Grocery Outlet, Fred Meyer)

Frozen Blueberries

Banana, strawberries, any fruit you enjoy!

Granola (unsweetened bulk is the best bang for your buck)

Greens (Kale, spinach, spring mix)

Pepitas (pumpkin seeds)- (bulk also best option)

Walnuts (optional- any nuts you enjoy)

Milk (any kind that you enjoy will work)

Honey (Local is good option!)



NUTRITION FACTS:

The nutrition profile of your acai bowl varies depending on the ingredients used.

That said, this bowl is high in fiber, antioxidants, and micronutrients like vitamin C, manganese, potassium, and zinc. This is a nutrient dense meal option and can give you a the recommended daily intake!

This 8-ounce (230-gram) acai bowl contains the following nutrients:

- Calories: 350
- Fat: 6 grams
- Protein: 5 grams
- Carbs: 35 grams
- Sugar: 15 grams
- Fiber: 7 grams

However, commercial varieties often come in much larger portions and can contain up to 600 calories and 75 grams of sugar in a single serving, depending on which toppings you select. So be mindful and have these in moderation!



CHAWC