



AÇAÍ BOWL

INGREDIENTS:

- 2 Packets Unsweetened Frozen Açaí
- 1 Cup Frozen Mixed Berries
- 1 Banana
- 1 Cup Almond Milk

Toppings Options:

- Chia seeds
- Coconut flakes
- Fresh mixed berries
- Fresh chopped banana
- Goji Berries
- Peanut Butter

NUTRITIONAL PROPERTIES:

1. Place all ingredients into a high powered food processor; frozen Açai, mixed berries, banana and almond milk.
2. Blend on high for 1 - 2 minutes.
3. Pour into a bowl.
4. Top with your favourite nutritional superfood ingredients, please see some suggestions above for topping ideas.