

# Acai Bowl

## For Freezer Bags:

- 1 banana (sliced and frozen)
- 1 cup frozen berry blend
- 200 grams frozen acai puree

## To Blend:

- ¾ cup almond milk
- ½ cup plain greek yogurt
- Can also add in scoop of vanilla protein if desired

## Assorted Toppings

- Granola
- Coconut
- Blackberries
- Mango
- Pineapple
- Dragon fruit

## Directions

1. Place banana slices, frozen berries and acai puree in baggies, and store in the freezer
2. When ready to eat, remove from the freezer and blend well with almond milk and plain greek yogurt. It is going to be thick, but that is the key!
3. Divide the smoothie into two bowls and top with all your favorite toppings. I love frozen mangos, dragon fruit, blackberries, granola and coconut
4. Enjoy!!

MADE WITH LOVE

by Teresa Forchard