

## ACAI BOWL



The majority of store bought acai bowls are so full of added sugar and not-quite-healthy ingredients that you aren't really getting the benefits you want. This acai bowl is super easy to make and completely wholesome and delicious!

Serves 4

### ***Ingredients:***

4 frozen bananas\*

2-1/2 to 3 cups frozen organic blueberries or mixed berries

1 cup almond milk or other plant based milk (or water)

1 – 2 Tablespoons [organic acai powder](#) or [macqui powder](#) (or a combination of both)

### ***Putting it all together:***

- Place all ingredients in a [high speed blender](#) and, using the tamper, blend until smooth.

## Notes:

1. Make it protein powered by adding your favorite scoop of organic vegan vanilla or unflavored protein powder.
2. Unfortunately, this recipe really won't work well in a regular blender. A high speed blender is expensive but worth it!
3. Toppings shown are freeze dried blueberries, [gluten free granola with flax](#), sliced almonds, [organic cacao nibs](#) and [goji berries](#).

\*The best way to freeze bananas is to buy a few bunches, wait until they are ripe, and then peel and cut in half. Place in ziploc freezer bag in the freezer for a quick and easy way to make smoothies, acai bowls or ice cream.

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