

**Basic Acai Bowl:**

309 cal, 30 g carb, 6 g fiber, 15 g sugar (no added sugar), 10 g protein, 27 g fat

**Ingredients:**

1 packet of frozen Acai  
1/2 frozen banana OR 1 cup frozen mango or pineapple  
1/2 cup frozen blueberries  
1 1/2 Tbsp. peanut or almond butter  
1 Tbsp. hempseed  
1 Tbsp. granola, gluten free, preferably homemade with little sugar  
2 Tbsp. coconut water or filtered water  
Small wedge of lemon with rind--okay if organic

**Inside additions:**

Fresh basil leaves  
Fresh mint--try chocolate mint or ginger mint  
Lemon juice or zest  
Fresh ginger  
Spirulina or chlorella  
Sunflower butter  
Vitamin C powder  
Protein powder  
Nut milk---limit to 1-2 Tbsp. as it will affect the consistency

**Toppings:**

Granola  
Chia seed  
Hemp seed  
Slivered almonds  
Chopped pecans  
Orange or lemon zest  
Any fresh fruit you desire---try to keep to 1/2 cup to control the carb load  
Unsweetened Coconut flakes--I like the small ones

**Instructions:**

Break Acai into chunks before opening the packet. Put all ingredients into a high powered blender like a BlendTec. Blend, using the Smoothie or Blended Beverage settings. Stop blender to scrape down sides or loosen ingredients if the blender gets stuck. Add additional liquid a tablespoon at a time. If you add too much, there is not much recourse and you will have a soupy bowl that will be best consumed from a cup! When ingredients reach a smooth consistency, use a rubber spatula to scrape from blender into a bowl. Top with hemp seed and granola and 1/2 cup additional fruit if desired. I used 1/3 of a nectarine and 3 bites of pineapple I needed to dispose of!

**Bullet-style blenders:**

1. Run the Acai packet under water for 5 seconds. While still in unopened packet, break the Acai into chunks. Put ONLY the Acai into the blender cup. Blend until the Acai is smooth like a paste. It will be stuck to the sides of the blender cup. Scrape it down.
2. Now add the rest of your ingredients and blend.
3. Take off the motor and shake the cup or open it and scrape down the sides 1-2 times to incorporate all

ingredients.

4. Add toppings and enjoy right out of the blender cup!