

BERRY DELICIOUS ACAI BOWL



INGREDIENTS: (serves 4)

ACAI BOWL BASE:

2 heaped tablespoons acai
berry powder
1 tablespoon hemp powder
2 cups frozen mixed berries
2 bananas (best pre sliced and
frozen)
2 cups coconut milk
1 tablespoon coconut oil
1 tablespoon of raw honey

TOPPINGS:

¼ cup goji berries
½ cup granola of
choice
Blueberries fresh or
frozen

Lazy Sunday's are perfect for making an acai bowl as there's no rush to prepare or eat it! The word "acai" stands for the acai berries, a potent superfood containing tons of antioxidants and immune boosting power originating from the Amazon jungle!

HOW TO MAKE IT:

- Add the acai bowl base ingredients to a blender and blend until smooth and thick
- Divide the smoothie mixture between 4 bowls
- Top each bowl with goji berries, granola, blueberries and/or anything else you fancy
- Tuck in and enjoy

TOP TIP

You can store any extra smoothie mixture in an air tight container in the fridge for up to a week or put into ice-lolly trays and freeze for delicious snack!