

ACAI BERRY BOWL

I was exposed to the acai bowl at a recent trip to Hawaii and now OBSESSED and determined to make my own. The antioxidant-rich acai berry comes from the acai palm tree, which is native to Central and South America. Açaí bowls are simply frozen açaí pulp topped with anything your heart desires, and eaten like a big bowl of ice cream... but with health benefits. You can find acai pulp at Whole Foods- the brand I prefer is SAMBAZON. With the recipe below, you can pump up the protein with almonds, walnuts, or chia seeds.

RECIPE

1 acai pulp packet

1/2 banana

1/2 cup almond milk

Toppings- blueberries, strawberries, unsweetened coconut, sliced bananas, and granola
Honey drizzle (optional)

Combine frozen acai pulp, banana, and almond milk in a blender. Blend until smooth and pour into a bowl. Top with your favorite toppings and honey drizzle.

TIP: Blend spinach into your acai bowl for a veggie boost!

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