

Acai Bowl

An Acai Bowl is a thick smoothie in a bowl with added toppings.

Servings: 1-2 servings

Prep time: 10 minutes



Ingredients

To make the smoothies:

- Acai puree partially thawed (I get mine in the frozen section at Trader Joes)
- ½ cup greek yogurt (I prefer an unsweetened, whole fat version)
- 1-2 scoops collagen protein powder
- 1 cup frozen berries
- ½ banana

Optional toppings:

- Banana
- Raspberries
- Blackberries
- Cocoa nibs
- Shaved coconut
- Local bee pollen
- Chia seeds
- Optional: hollowed out pineapple

Other ingredients you can use:

- Almond butter
- Spinach
- Avocado
- Almond milk, coconut milk or oat milk
- Other fruits
- Other sources of protein

Instructions

1. Blend together collagen protein powder, yogurt, banana, frozen berries and Acai puree.
2. Cut pineapple long ways and hollow out to make a bowl.
3. Pour smoothie into pineapple bowl until the bowl is full.
4. Top with your favorite fruits, nuts, proteins. Be creative!