

CHEERS

tops!



LOW-SUGAR ACAI BOWL

FOR THE ACAI BOWL BASE

- 1 frozen banana, sliced
- ½ C (125 ml) frozen strawberries or raspberries
- 1 Tbsp (15 ml) acai berry powder
- 3 Tbsp (45 ml) almond or coconut milk
- 1 Tbsp (15 ml) protein powder of your choice
- 1 tsp (5 ml) cacao nibs or cocoa powder (optional)
- 1 Tbsp (15 ml) natural peanut or almond butter (optional)
- 1 Tbsp (15 ml) chia seeds

OPTIONS FOR TOPPINGS

Top with fresh summer fruit, slices of seedless watermelon or sweet melon, or Asian fruit such as dragon fruit or star fruit

1. Place all the base ingredients into a blender.
2. Pulse until smooth. Don't over blend as you want to avoid a watery mixture – it

must be thick enough to eat with a spoon.

3. Pour the mixture into a bowl and add the toppings of your choice.

CARIEMA'S TIP:

Chia seeds can be used to thicken the texture of smoothies, puddings and acai bowls. Use less or more depending on the consistency you require.