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Acai Smoothie Bowl

My family has always been an ice-cream family, so its nice to be able to make a healthy, guilt-free, dairy-free alternative! This acai bowl can also make a heathy breakfast and fun way to start the day!

Ingredients

- 1/2-1 Banana (frozen or fresh)
- 1/2-1 cup Frozen berries (I use blueberries, strawberries, blackberries & raspberries)
- 1 packet of acai ([frozen](#)) or 1-2 tsp [powder](#)
- 2-4oz if water, nut milk, or coconut water

Toppings/Layering:

- Gluten-free granola
- Sliced Kiwi
- Sliced banana
- Sliced Strawberry
- [Coconut flakes](#)

Healthy Add-Ons

- Adult & Children's [Vegan Protein & Multi-Vitamin Powder](#)
- Adult & Children [22 Organic Fruit & Vegetable Powder](#)

Instructions

1. Blend the all non-topping ingredients together using a [Blendtec](#) or [Vitamix](#) (or food processor). Use [hand tamper](#) as necessary to smash up frozen items. Blend to a thick smooth consistency.
2. Pour blended contents into a bowl or cup.
3. Layer with fresh sliced fruit, nuts, coconut flakes, or your favorite granola.
4. Enjoy quickly before it melts!