

# EASY ACAI BREAKFAST BOWL



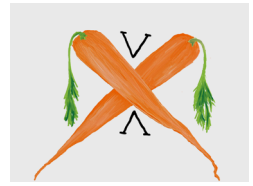
SERVES: 1-2

PREP TIME: 5 MINUTES

BLEND TIME: 2-3 MINUTES

TOTAL TIME: 8 MINUTES

THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

#VEGAN #GLUTENFREE #SOYFREE #NOADDEDSUGAR

## INGREDIENTS

1 pack frozen, unsweetened ACAI\*  
1 banana, frozen  
1 cup frozen berries of choice  
1-2 TBSP almond or peanut butter  
2 TBSP unsweetened coconut flakes  
2 TBSP rolled oats  
1 TBSP cacao nibs or powder  
1/2 tsp ground cinnamon  
1 large handful baby spinach  
1-2 medjool dates, pitted  
1/4 - 3/4 cup unsweetened, non-dairy milk of choice (I use almond or cashew) \*\*

## METHOD

Thaw the acai pack just slightly by running under lukewarm water for about 2 minutes. To keep the texture of the bowl thick and edible with a spoon, it's important not to thaw completely.

Place all ingredients in a high speed blender. Using the tamper tool\*\*\*, begin blending at low speed, stirring constantly. As the mixture begins to come together, increase speed slowly. This process may take 2-3 minutes to ensure no chunks are left behind. Pulse a few times near the end to make sure all the frozen pieces are blended.

Pour into a large bowl. Top with fresh fruit, granola, coconut flakes, cacao nibs, peanut or almond butter, etc. Enjoy!

Recommended Additions:

[Cinnamon Almond Crunch Granola](#)

[Chai Spiced Almond Butter](#)

## NOTES:

In the KC area, you can find frozen, unsweetened acai them at Natural Grocers and Whole Foods!

\*\*Make sure you start with 1/4 cup non-dairy milk and work your way up if needed. You want your bowl to be thick and creamy, not watered down!

\*\*\*The [tamper tool](#) comes with most high speed blenders and is a must for getting thick and creamy smoothies, bowls, and sauces to come together without scraping the inside of the blender every few seconds!

## NUTRIITION:

Serving Size: 1/2 recipe Total Calories: 290 Total Fat: 10 g

Sodium: 57 mg Potassium: 390 mg Total Carbohydrate: 45 g

Fiber: 10 g Sugar: 20 g Protein: 7 g

Vitamin A: 26% Vitamin C: 29% Calcium: 13% Iron: 12% (Percent Daily Value)