

Acai Berry Bowl

Bowl açaí

10 min

Easy

290 kcal per serving

Breakfast

Snack

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Acai powder (<i>Poudre d'açaí</i>)	2 tbsp
Banana (<i>Banane</i>)	1
Mixed berries (<i>Fruits rouges mélangés</i>)	100 g
Coconut milk (<i>Lait de coco</i>)	100 ml
Granola (<i>Granola</i>)	30 g

Nutrition facts

PER SERVING

Calories	290
Protein	6 g
Carbohydrates	50 g
Fat	8 g
Fiber	9 g

Preparation

- 1 Add the acai powder and coconut milk to a blender or bowl and mix until smooth.
- 2 Peel the banana and add it with the mixed berries, then blend or mash until thick and creamy.
- 3 Spoon the mixture into a serving bowl.
- 4 Top with the granola and a few extra mixed berries if you like.
- 5 Serve right away while cold and fresh.

GOOD TO KNOW

For a thicker bowl, use the banana and berries straight from the freezer.