



**SAMBAZON®**



**AÇAÍ RECIPE  
COOKBOOK**



# Alex Caspero's Açaí Yogurt Bowl

This creamy Açaí yogurt bowl is perfect for the entire family.

READY IN: 10 MIN | SERVING: 2



By Alex Caspero  
Plant-Based Dietitian, Author & Chef



## Ingredients

- 2 packets SAMBAZON® Unsweetened Açaí berry
- ½ cup plain Greek yogurt\*
- 1 frozen banana, sliced into chunks
- ½ cup frozen strawberries
- ½ cup unsweetened, fortified milk of choice
- ½ cup coconut milk beverage
- Toppings of choice (granola, fresh fruit, honey)

## Preparation

1. Place all of the ingredients (except for the toppings) in the base of a blender. Puree until creamy and smooth, stopping to scrape down the sides as needed.
2. Scoop into two bowls and top as desired.
3. Enjoy immediately.

\*For a vegan version, use a dairy-free, plain yogurt and milk.

# Blueberry Coconut Ginger Açai Smoothie

Great breakfast smoothie for those who struggle with their appetite in the morning

READY IN: 15 MIN | SERVING: 1



By Rachael Hartley  
Food and Nutrition Expert



## Ingredients

- 1 SAMBAZON® Original Blend Açai Superfruit Pack
- 1 cup frozen blueberries
- 1/4 cup coconut flavored Greek yogurt
- 2 tablespoons shredded coconut
- 1/2 teaspoon ginger
- 1/2 cup coconut milk beverage
- Optional garnish: ginger, shredded coconut

## Preparation

1. Let SAMBAZON® Açai Superfruit pack sit at room temperature while preparing the other ingredients.
2. Combine blueberries, yogurt, coconut, and ginger in your blender.
3. Open açai packet and break into the blender.
4. Pour in coconut beverage and blend until smooth and creamy. Serve garnished with ginger and shredded coconut, if desired.



# PB&J Açai Bowl

The nostalgic flavors of a PB&J Sandwich in a hearty Açai bowl!

READY IN: 10 MIN | SERVING: 1



By Carly Paige  
Healthy Chef & Entrepreneur



## Ingredients

- 2 SAMBAZON® Pure Unsweetened Açai Packs
- 1 Banana, frozen and broken into chunks
- 1 Tablespoon Peanut Butter (or nut butter of choice)
- 1 Medjool Date, pitted
- 1 Tablespoon Ground Flaxseed
- ½ Cup Unsweetened Almond Milk
- Toppings of choice: fresh fruit, nut butter, granola

## Preparation

1. To make the base of the bowl, add everything to a blender and blend until smooth and creamy to resemble a frozen yogurt consistency.
2. Once blended, spoon into a bowl and garnish with toppings of choice.
3. Enjoy!

# Summer Dragon Fruit Bowl

Bright, juicy summer flavors from @turnipvegan in this summer Dragon Fruit bowl.

READY IN: 10 MIN | SERVING: 2



By Todd Anderson  
Creator of @turnipvegan



## Ingredients

- Pure Unsweetened Açaí Frozen Superfruit Pack
- 1 cup of Dragon Fruit Cubes by @SAMBAZON
- 1 Frozen Banana
- Splash of Watermelon juice

## Toppings

- Coconut shreds
- Passion Fruit
- Papaya
- Yellow Kiwi

## Preparation

1. Take your SAMBAZON® Pure Unsweetened Açaí packet out of the freezer to thaw.
2. Add Açaí, Dragon Fruit Cubes, and frozen banana to a blender.
3. Add desired amount of Watermelon juice and blend.
4. Top with coconut shreds, passion fruit, papaya, and yellow kiwi!



# Açaí Fig Smoothie

A spiced fall smoothie with blended fresh figs, Açaí, banana & cinnamon.

READY IN: 15 MIN | SERVING: 2



By Gena Hamshaw  
Registered Dietician



## Ingredients

- 4 SAMBAZON® Original Blend or Pure Unsweetened Açaí Packs
- 3 medium-sized or large peeled, chopped, and frozen bananas
- 4 fresh black mission or calimyrna figs, halved
- 3/4 teaspoon ground cinnamon
- 2 tablespoons pumpkin seed butter or almond butter
- 1 1/2-2 cups unsweetened, non-dairy milk (adjust amount to achieve a smoothie consistency you like)

## Preparation

1. Place all ingredients into a high-speed blender.
2. Blend till the mixture is creamy and smooth.
3. 1 1/2 cups non-dairy milk will result in a thicker smoothie, while 2 cups will be more pourable. S
4. Serve.

# NaturallyZuzu's Pineapple Blueberry Açai Bowl

An energizing, yummy bowl from plant-based chef @naturallyzuzu.

READY IN: 15 MIN | SERVING: 2



By Zuliya Khawaja  
Plant-Based Chef and Creator of @naturallyzuzu



## Ingredients

- 2 packs of SAMBAZON® Frozen Organic Açai Superfruit Packs
- 1 frozen banana
- 1/2 cup frozen blueberries
- 1/3 cup frozen peach or pineapple
- 6 oz of coconut water

## Preparation

1. Blend everything until smooth.
2. Serve our Açai bowl with your favorite toppings.



# Chocolate Cinnamon Açaí Smoothie

A rich and chocolatey blend with hints of cinnamon – almost like a milkshake!

READY IN: 15 MIN | SERVING: 1



By Rachael Hartley  
Food and Nutrition Expert



## Ingredients

- 1 SAMBAZON® Original Blend Açaí Superfruit Pack
- 1 cup frozen strawberries
- ½ frozen banana, cut into chunks
- 2 tablespoons cocoa powder
- 1 tablespoon almond butter
- 2 teaspoons honey
- 1 teaspoon chia seeds
- ¾ teaspoon cinnamon
- ¾ cup whole milk

\*Optional garnish: chocolate chips, cinnamon, chopped almonds

\*Optional garnish: ginger, shredded coconut

## Preparation

1. Let SAMBAZON® Açaí Superfruit Pack sit at room temperature while preparing the other ingredients.
2. Combine strawberries, banana, cocoa powder, almond butter, honey, chia seeds and cinnamon in your blender.
3. Open Açaí packet and break into the blender.
4. Pour in milk and blend until smooth and creamy. Serve garnished with chocolate chips, cinnamon and chopped almonds, if desired.



# Açaí-Chia Jam

The perfect accompaniment for a simple cheese or charcuterie board.

READY IN: 1 HOUR | SERVING: ABOUT  $\frac{3}{4}$  CUP



By Rachael Hartley  
Food and Nutrition Expert



## Ingredients

- 3 SAMBAZON® Original Blend Açaí Superfruit Packs, thawed  $\frac{1}{2}$  Lemon, juiced
- $\frac{1}{4}$  cup cane sugar
- 2 tablespoons lemon juice
- Pinch of salt
- 3 tablespoons ground chia seeds

## Preparation

1. Stir Açaí, sugar, lemon juice, and a pinch of salt together in a small pot. Bring to a simmer and cook for 10-15 minutes until slightly thickened.
2. Stir in ground chia until well combined. Let sit until room temperature, then transfer to a container and refrigerate until ready to use.

# Açaí Banana Nice Cream

Nice cream is a plant-based, vegan, dairy-free alternative to ice cream.

READY IN: 4 HOURS | SERVING: 4



By Carly Page  
Healthy Chef & Entrepreneur



## Ingredients

- 2 Bananas, frozen and broken into pieces
- 3 SAMBAZON® Açai Pure Unsweetened Superfruit Packs
- ½ Cup Full-Fat Coconut Milk
- 1 Tsp Vanilla Extract
- ½ Cup Cashews, soaked for 4 hours, rinsed and drained

## Preparation

1. Soak the cashews for 4 hours.
2. Thaw the banana and SAMBAZON® Pure Unsweetened Superfruit Packs slightly before blending.
3. Add the bananas, SAMBAZON® Pure Unsweetened Superfruit Packs, coconut milk, vanilla extract and soaked cashews to a high speed blender. Blend until smooth and creamy, resembling the consistency of frozen yogurt.
4. Transfer to a loaf pan and freeze for 4 hours to allow the ice cream to harden.
5. When ready to serve, scoop the ice cream into a small bowl and top with toppings of choice!



# Açaí Overnight Oats

A super quick, filling, and nourishing breakfast with no cooking required.

READY IN: 8 HOURS | SERVING: 1-2



By Sloane Elizabeth  
Holistic Wellness Coach and Food



## Ingredients

- 1 Packet of SAMBAZON® Pure Unsweetened Açaí Superfruit Packs
- 1 Cup oats
- 2 Tbsp chia seeds
- 2 Tbsp shredded coconut  
3 tablespoons ground chia seeds
- 1 Tbsp agave (or more for taste)
- 2 Tbsp vegan yogurt of choice
- ½ Cup nut milk
- Optional toppings: fruit and coconut flakes

## Preparation

1. Take your SAMBAZON® Pure Unsweetened Frozen Açaí Superfruit Packets out of the freezer to thaw while you prep the other ingredients.
2. Add the oats, chia seeds, and coconut to a jar and mix all the dry ingredients.
3. Add the agave and vegan yogurt into the jar.
4. Cut your SAMBAZON® Pure Unsweetened Frozen Açaí Packet into pieces and place in a microwave safe bowl. Melt the Açaí in the microwave in 30 second increments until it is in a liquid state.
5. Pour the melted Açaí into the jar with your nut milk of choice.
6. Put the top on the jar and shake to mix.
7. Refrigerate the oats overnight, or for at least 8 hours.
8. When you're ready to eat, add the toppings and enjoy your Açaí Overnight Oats!