

# Kizingo EATS: mango-banana-açaí smoothie bowl



As the weather warms up, enjoy letting your meals cool down ... especially with easy-to-make smoothie bowls.

This açai smoothie bowl packs an added nutritional punch boosting your immune system, improving vision, promoting healthy skin, aiding in weight loss, promoting heart health, and increasing energy.

Recipe developed by Angelia Arias, [www.thepeacheppear.com](http://www.thepeacheppear.com)

## ingredients

### Granola-

- 4 cups gluten-free rolled oats
- 3 cups mixed raw and unsalted nuts & seeds
- 1 cup flax meal
- 2/3 cup maple syrup
- 1/3 cup honey (vegan = replace with 1/2 cup unsweetened apple juice)
- 1/4 cup coconut oil
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tbsp vanilla extract
- pinch pink salt

### Açaí smoothie-

- 1 frozen banana
- 1 frozen mango
- 1 frozen açai packet
- 2 tbsp flax meal
- 1/2 cup coconut milk
- Any toppings you wish

## directions

### Granola -

1. Preheat oven at 325 degrees
2. In a small sauce pan heat maple syrup, honey (or apple juice), coconut oil, cinnamon, nutmeg, vanilla extract, and salt until everything melts completely.
3. In a large bowl, combine oats, nuts and seeds, flax meal.
4. Pour melted mixture over dry ingredients and mix well making sure everything is well coated.
5. Line a baking sheet with parchment paper and pour mixed oats and spread evenly.
6. Bake for 45 minutes. Stir every 15 minutes.
7. Let cool and store in an air tight container or mason jar.

### Açaí Smoothie-

1. Blend together all ingredients for smoothie.
2. Pour in a bowl. Top with granola and any additional toppings of choice.



@KizingoKids

find more EAT ideas at:  
[www.kizingokids.com](http://www.kizingokids.com)

**kizingo**<sup>®</sup>