

ALMOND BUTTER ACAI BOWL

PREP TIME: 10 MINUTES

YIELDS: 1 SERVING

INGREDIENTS

1 packet frozen acai smoothie puree

1/4 cup coconut water

1 frozen banana

1 cup strawberries, quartered

1 banana, sliced

1/4 cup almond butter

1/4 cup raw sunflower seeds

2 tablespoons chia seeds

INSTRUCTIONS

1. Place the acai packet, frozen banana and coconut water in a blender, and puree until smooth. Pour in a bowl.

2. Cut up fruit and place in the bowl on top of the acai. Pour in the almond butter and top off with nuts and seeds. Serve immediately and enjoy!