

Acai Bowl

2 packs of frozen Acai (sweetened or unsweetened) * I am using sweetened

1/2 Banana

¼ -1/3 cup dairy free milk of choice (I am using almond milk)

1 pineapple halved with inside fruit removed

Your choice of topping and garnishes such as fresh berries, bananas, pineapple, coconut chips, nut butters, seeds, nuts, mint, edible flowers and granolas.

In a blender combine acai, banana and dairy free milk blend until smooth and creamy. Immediately pour/spoon the acai mixture into the pineapple half or bowl. Top with strawberries, blueberries, pineapple, granola and a fresh sprig of mint.

Please keep in mind that this recipe is just a guideline. I encourage you to choose ingredients that work best for you and create your own acai masterpiece. The most important thing to remember is that it tastes good and more importantly it makes your body feel good!!

*If you have any questions please reference the Acai Bowl video that's uploaded on the FMZBC website under GOH.