

Easy Granola Acai Bowl

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



INGREDIENTS:

2 T (HEAPING) ACAI MIX*

$\frac{2}{3}$ C FROZEN BERRIES

$\frac{1}{2}$ C VANILLA ALMOND MILK

1 FROZEN BANANA

$\frac{1}{3}$ C GRANOLA

ACAII BOWL MIX: (MAKES 1 QT)

$\frac{3}{4}$ C ACAI POWDER

$\frac{3}{4}$ C GROUND FLAX

$\frac{3}{4}$ C CHIA SEEDS

$\frac{3}{4}$ C VANILLA PROTEIN POWDER

6 T CINNAMON

* $\frac{1}{2}$ T ACAI POWDER, $\frac{1}{2}$ T GROUND FLAX, $\frac{1}{2}$ T CHIA SEEDS, $\frac{1}{2}$ T VANILLA PROTEIN POWDER, $\frac{1}{2}$ TSP CINNAMON

DIRECTIONS:

FIRST, BLEND THE ACAI BOWL MIX INGREDIENTS TOGETHER AND STORE IN A 1 QT CONTAINER. PLACE 2 HEAPING TABLESPOONS OF THE MIX, $\frac{2}{3}$ C FROZEN BERRIES, $\frac{1}{2}$ C VANILLA ALMOND MILK AND 1 FROZEN BANANA INTO A BLENDER. BLEND THOROUGHLY. ADD MILK AS DESIRED. POUR INTO BOWL AND ADD THE GRANOLA. TOP WITH BANANAS, STRAWBERRIES, BLUEBERRIES, RASPBERRIES, KIWI, MANGO, OR COCONUT AS DESIRED. FOR A SWEET TREAT, ADD A DOLLOP OF WHIPPED CREAM TO THE TOP! MAKES 1 BOWL.

FREEZING INSTRUCTIONS:

FREEZE THE ACAI BOWL PRIOR TO ADDING THE GRANOLA IN A FREEZER SAFE CONTAINER AND ENJOY LIKE ICE CREAM.

MACROS PER BOWL WITH GRANOLA: 270 CALS 22G NET CARBS 11G FAT 19G PROTEIN