



## Berry Delicious Acai Bowl

Yield: 2-3 servings

### Ingredients

- ❖ 1 frozen acai packet (“Trader Joe’s”)
- ❖ 1 scoop natural flavor protein powder (“Vega One”)
- ❖ ½ frozen banana
- ❖ 1 cup frozen mixed berries
- ❖ 1 tablespoon cashew butter
- ❖ 1 medjool date (pitted and chopped)
- ❖ 1 cup almond milk



### Procedure:

1. In a high-speed blender, process all ingredients until creamy.
2. Gradually add almond milk to maintain thick, frosty consistency.
3. Top with fresh or frozen fruit, hemp seeds, shredded coconut, chopped nuts, etc.