



THE WESTGATE CENTER | 6035 TN-100 | NASHVILLE TN 37205 | 615.928.8373

### **Açaí Smoothie Bowls**

Serves 2

Smoothie bowls are a fun, colorful, and a healthy option for breakfast! We love this easy recipe featuring vibrant açaí (ah-sigh-EE) berries. Simply blend all of the ingredients together until smooth. Have fun placing delicious garnishes on top in a beautiful way. Breakfast is served!

#### ***Ingredients:***

7 ounces frozen açaí berry packets

(substitute 1 cup of frozen mango or berries if not using acai packets)

1/2 frozen banana

1/2 cup blueberries (fresh or frozen)

1 cup fresh spinach leaves

1 tablespoon ground flax seed

1/2 cup oat milk (or a milk of your choice)

#### ***Garnishes:***

fresh banana slices

blueberries

shaved coconut

chia seeds

#### ***Directions:***

1. BLEND the frozen açaí berry packets with the banana, blueberries, spinach leaves, ground flax seed, and oat milk until smooth. Use the blender tamper when blending to help move the ingredients around.

2. POUR the smoothie into two bowls and top with an array of garnishes. We chose to garnish ours with banana slices, blueberries, shaved coconut, and chia seeds. Get creative with garnishes and arrange your choice of toppings with care for an artful and delicious experience!

3. Enjoy!