



LOVE TO COOK

KITCHEN KNEADS

## Açaí Smoothie Bowls

Serves 2

Smoothie bowls are a fun, colorful, and healthy option for breakfast! We love this easy recipe featuring vibrant açai (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 açai berry packets

(substitute 1 cup of frozen mango or berries if not using açai 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 açai 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!