

Acai Protein Bowl

The acai berry, native to Brazil is rich in antioxidants and good source of essential amino acids and omega vitamins. Because they are easily perishable, many companies freeze-dry the berries and turn it into a powder. The powder works perfectly to create a nutritious, creamy bowl with a blend of other antioxidant-rich berries, banana, yogurt, and milk. Adding protein helps to make this a more balanced meal that can be a quick, on-the-go option.

Ingredients:

- 1 cup Frozen berries (blueberries, raspberries, strawberries, etc; use any combo)
- ½ medium Banana (fresh or frozen)
- 1 tbsp Freeze-dried acai berry powder (click [here](#) for the brand I use)
- 1 cup Unsweetened vanilla almond milk (feel free to use any milk you have)
- 1 scoop Vanilla protein isolate (I use a whey isolate)
- Optional Cinnamon, nutmeg, granola, unsweetened coconut flakes, chia seed, slices of fruit)

Directions:

1. Throw all the ingredients in a blender and blend until smooth & creamy.
2. Pour into a bowl (or cup if on-the-go) and top with toppings of choice.
3. Enjoy!!

Servings: 1
 Serving size: 1 whole acai bowl
 **Nutrition facts do not reflect optional toppings.
 Add on whatever toppings you pick.

Acai Protein Bowl		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	389.8 kcal	19 %
Total Fat	10.7 g	16 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	55 mg	18 %
Sodium	253.9 mg	11 %
Total Carbohydrate	47.5 g	16 %
Dietary Fiber	8.7 g	35 %
Sugars	30.7 g	
Protein	27.1 g	54 %
Vitamin A	34 %	Vitamin C 27 %
Calcium	65 %	Iron 10 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>