

# Acai Smoothie Bowls



# Ingredients

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- 1 1/2-2 c. Frozen Fruit (We used mixed berries.)
- 1/2-1 c. Unsweetened Almond Milk
- 1 Tbsp. Honey


## Optional Toppings:

- Fresh Fruit
  - Chia Seeds
  - Cacao Bits
  - Granola
  - Unsweetened Coconut Shavings
  - Honey
  - Shaved Almonds
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- A decorative white flourish or swirl graphic, similar to the one above, located in the bottom right corner of the page.

# Directions

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1. Wash hands for 20 seconds using warm water and soap, making sure to wash your wrists, underneath your finger nails, and in between your fingers.
  2. In a blender, combine frozen mixed fruit, almond milk, & honey. Blend until smooth, yet thick.
  3. Pour into a bowl & add any toppings you choose.
  4. Enjoy!
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- A decorative white flourish or swirl graphic, similar to the one above, located in the bottom right corner of the page.



# Nutritional Information

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- Serves 1
- Calories: 206
- Carbohydrates: 36g
- Protein: 4.3g
- Fat: 7.1g

