

Açaí Smoothie Bowl

Ingredients

- 1 packet of frozen açaí (3.5 oz)
- ½ cup almond milk or other milk of choice
- 1 Tbsp peanut or almond butter
- 1 banana (frozen works best)
- 1 Tbsp chia seeds
- 1 Tbsp hemp seeds
- 1 cup of mixed fruits as desired (strawberries, blueberries, pineapple, banana, mango and kiwi)
- ¼ cup granola (optional)
- Ice, as desired



Provides 500-600 calories, 15 grams protein per serving.

Instructions:

1. Blend frozen açaí, banana, almond milk, and ½ cup additional fruit in the blender until smooth. Add extra ice for firmer consistency as needed.
2. Pour mixture into a bowl. Top with ½ cup mixed fruits, nut butter, chia and hemp seeds, and granola. And enjoy!

Nutrition Tips:

- Açaí is a delicious tropical berry that originates from South America. It is loaded with antioxidants, which play an important role in protecting cells from free radical damage. An açaí smoothie bowl is the most popular way to enjoy this delicious and nutritious berry. Adding additional colorful fruits into the bowl enhances its phytonutrient content, which can work synergistically to enhance its powerful health benefits.
- This sweet and sour, cold and crunchy smoothie-like açaí bowl can awaken your taste buds while going through treatment, especially if you have a poor appetite or taste changes. By adding seeds, granola and peanut butter into the bowl, you're also adding a great source of energy and protein which can be helpful if you are feeling fatigued or losing weight.
- Blend into 1 scoop whey or plant-based protein powder or Greek yogurt to boost your protein intake. Substitute almond milk with whole milk, vanilla Ensure or Boost will give you extra energy and protein to help you heal and rebuild muscle during and after chemotherapy and radiation.
- Adding 1 tbsp of chia seeds will meet your daily need of omega-3, which is an essential fatty acid that has a great effect on your cardiovascular system, brain cell function and inflammation.