

# Acai Bowl

Yield: 1 Bowl

Prep Time: 5 minutes

## Ingredients

- 1 handful frozen berry mix (optional)
- 1 banana, frozen
- 1 pack acai, broken in to 3-4 pieces
- 3-4 tbsp rolled oats, or protein powder
- ¾ cups almond milk, oat milk, cashew milk
- 1 tsp honey (optional)

Blend all ingredients until smooth and garnish as desired

## For Garnish

- ¼ cup granola
- Coconut flakes
- Chia seeds
- Chopped fresh or dry fruit
- chopped nuts like almonds