

BREAKFAST SMOOTHIE BOWL

FROM THE KITCHEN OF DBC CHELSEA

INGREDIENTS

- 1 packet or one cup of unsweetened frozen Acai
- 1 frozen banana
- 1/4 cup of non-dairy milk or yogurt (I use Greek yogurt for extra protein)
- 1 splash of a fruit juice to your liking (I use pomegranate, as it is good for the heart)

TOPPINGS

- Shredded coconut
- Berries
- Granola
- Chia Seeds (high in Omega 3 fats)
- Honey

DIRECTIONS

1. In a high powered blender, blend together frozen Acai, frozen banana, 1/4 cup dairy product, and juice until completely smooth.
2. Pour smoothie into a bowl, and top it with chia seeds, shredded coconut, berries, granola, and drizzle honey or agave to give it a little sweetness.
3. Grab a spoon and enjoy!

Did you know Acai is rich in antioxidants, fiber, and healthy monounsaturated/ polyunsaturated fats? It's considered the most nutritious berry on the planet, and it's low glycemic!

