Acai Smoothie Bowls
Ingredients

• 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
Directions

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!
Nutritional Information

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