

Summer acai bowl



Serves 1

Ingredients

1.5 cups frozen blueberries,
raspberries and strawberries
50-100ml coconut milk or water.

Toppings

1tb toasted coconut shavings
1 tb toasted almonds
1 tb puffed quinoa
1 tb honey
1 tb chia seeds
1x small fresh banana sliced
5x fresh raspberries
½ fresh mango diced.

Method

- Puree the frozen berries with a little coconut water or milk.
- Spoon into a shallow bowl and chill.
- Arrange the toppings across the top of the frozen berry puree starting with the fresh fruit, almonds, chia seeds coconut shavings and puffed quinoa.
- Lastly drizzle with honey.