

Green Tropicalada Smoothie Bowl

Yield: 1 serving

Ingredients

Acai Purée

1 cup fresh spinach
 1 cup fresh kale
 ½ small banana
 ½ teaspoon cinnamon
 1100 grams 3.5 ounce pack frozen unsweetened acai berry pulp (try Sambazon Unsweetened Acai Smoothie Pack)
 ½ cup frozen mango chunks
 ½ cup unsweetened almond milk or any nut milk (instead of almond milk you can substitute a mix of ¼ cup coconut milk combined with ¼ cup water)

Toppings

½ small banana, sliced
 2 tablespoons pineapple, peeled and chopped
 ¼ cup granola, optional
 1 to 2 tablespoons unsweetened coconut, shredded
 1 teaspoon unsweetened cacao nibs
 Drizzle of raw honey, optional

Instructions

1. Before opening your acai pack, run pack under water for 5 seconds to thaw and break the frozen pulp into smaller pieces
2. Prepare the acai purée by adding spinach, kale, banana, acai pulp, mango and a splash of milk to a blender (add to blender in that order since adding softer ingredients first will make it easier on your blender blades).
3. Blend on low until larger chunks are broken down, then gradually increase speed, adding a splash of milk at a time. Stop to scrape down sides of blender if needed.
4. When ingredients have mostly come together and all of milk has been added, blend on high for 15 to 20 seconds.
5. Pour acai purée into a bowl and add toppings. Drizzle with honey if desired.

Nutrition Information

Serving Size: 1 bowl

Calories: 344
 Total Fat: 13 g
 Saturated Fat: 6 g
 Monounsaturated Fat: 2 g
 Polyunsaturated Fat: 4 g
 Sodium: 153 mg
 Total Carbohydrate: 55.5 g
 Dietary Fiber: 10 g
 Sugars: 31 g
 Protein: 8 g

Source: Health Meets Food



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