

Homemade Acai Bowl Recipe



“These acai berry bowls are one of the ultimate ice-cold, refreshing treats on a hot day! They count as both a superfood-packed breakfast or a healthy dessert, and they’re incredibly filling.”

Total Time: 10 mins Yields: 2 servings

Ingredients

- 1 large ripe banana, peeled, cut into 1-inch chunks and frozen
- 2 (3.5 oz) pkgs unsweetened frozen acai puree, thawed about 1/3 of the way under warm water
- 1/2 cup frozen blueberries
- 1/2 cup sweet fruit juice (apple juice, grape juice or fruit punch blend), then more as needed

Toppings:

- Honey or vanilla flavored granola
- Honey, to taste (optional)
- Fresh fruit for topping: bananas, strawberries and blueberries. Coconut, kiwi, raspberries, and pineapple are other good options.
- Additional options: coconut flakes, nuts, chia seeds, pumpkin seeds, peanut butter and chocolate chips

Directions

- Place bowls in freezer while preparing mixture.
- Hit acai (in sealed packages) with a meat mallet to break into pieces.

Using a blender:

- To a high powered blender, add acai, banana pieces, blueberries, and juice. Blend on a moderately low speed until smooth (lower speed works better for this thickness). If needed you can add a little more juice, and stir occasionally if it's too thick to blend.

Using a food processor:

- Add bananas to food processor, cover with lid and hold processor down (it will want to jump!) then pulse in bursts to break into tiny bits. Add blueberries, pulse in bursts to break into bits. Add acai and juice and pulse to a smooth puree. Pour mixture into chilled bowls. Top with granola, fruit and drizzle with honey if desired.

<https://www.cookingclassy.com/acai-bowl/>