



Category	Name
Acai Bowl	Mixed Berry Acai Bowl

Ingredient	Amount
Blend	
Almond Milk	3 oz.
Acai	1 pack
Frozen Banana	1
Frozen Mixed Berries	½ Cup
Honey	1 tablespoon
Toppings	
Hemp Seeds	1 tablespoon
Flax Seeds	1 tablespoon
Honey	1 tablespoon
Granola	1/2 cup
Fresh Strawberries	3-4
Fresh Blueberries	12-18 to liking
Fresh Banana	½-1