



Creamy Acai Bowl

SERVES 2

Ingredients

- 1/2 large banana (cut into slices, frozen)
- 3/4 whole mango (cut into cubes, frozen)
- 3/4 cup frozen berries (blackberries, strawberries, raspberries or blueberries)
- 1 100g frozen acai packet (unsweetened)
- 2 tsp honey
- 2 tsp avocado (frozen)
- 1/4 cup fresh milk

Toppings:

- Berries: strawberries, blueberries, raspberries, cranberries
- Figs, longans, or any fruit you like!
- Mango cubes; coconut chips (unsweetened)
- Pomegranate seeds
- Chia seeds, dried flowers
- 3 Tbsp unsweetened granola
- Pumpkin seeds



Nutrition Information Per Bowl

Energy	426kcal
Carbohydrate	67g
Protein	10.4g
Total fat	12.4g
Saturated fat	3.6g
Cholesterol	8mg
Dietary fibre	12.2g
Sodium	58mg

Method of Preparation

1. Put 2 tablespoons of granola into a large bowl.
2. Put the bowl and the blender jug in the freezer to make cold (important in Singapore weather!).
3. Add all acai bowl ingredients into a blender and blend for around 1.5 minutes until smooth and creamy.
4. Pour this mixture into the bowl over the granola, and top with your favourite toppings. Serve immediately.

About the author: Bonnie Lau is an accredited practising dietitian, with over five years' working experience. She has worked in SGH and TTSH, and is currently at Holmusk with its flagship product GlycoLeap (<https://glycoleap.com>). Bonnie loves food and is passionate about chronic disease management. Check out her blog at <https://blog.glycoleap.com>.