



*Acai Beet & Berry Bowl*

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Prep 10 minutes



Serves 1-2

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180ml chilled coconut water

1 banana, chopped

100g frozen blueberries

100g frozen acai berry pulp

½ small beetroot, peeled, chopped

40g organic granola


1 tablespoon whey or vegan protein powder (optional)

TO SERVE

*Fresh blueberries, goji berries and granola.*

Method

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1. Place ingredients into personal blender cup and secure blade assembly.  
 **GREEN SMOOTHIE / SMOOTHIE** until program finishes. Blend longer if required.
2. Pour smoothie into bowl.  
*Serve: top with fresh blueberries, goji berries, granola.*