HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Start Your Day with Grain-Free Acai Bowl

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Full of antioxidants, good for the heart, brain, gut and the soul, the Hawaiin Acai bowl is a nutritious breakfast or afternoon snack.

Blend frozen acai berries with blueberries, strawberries, 3/4 of a banana along with almond or coconut milk. Sprinkle on organic grain-free granola (almond flakes, coconut flakes, honey, pecans, flaxseeds, hazelnut, vanilla extract, sesame, nutmeg, coconut oil, cinnamon). Top with fresh organic berries and the rest of the banana and honey for taste. Enjoy!

Recipe and picture compliments of my 14 year old daughter.

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