

# Acai Smoothie Bowl



**PREP TIME:**  
5 MINUTES

**BLEND TIME:**  
30-60 SECONDS

**TOTAL TIME:**  
6 MINUTES

Author: Christi Davis  
Recipe type: Gluten Free / Dairy Free / Vegan  
Yield: 2 Servings

## Ingredients:

- 1 3.5 oz Bar of Frozen Organic Unsweetened Acai (I used Pitaya brand)
- 1 Cup Frozen Strawberries
- ½ Cup Frozen Blueberries
- 1 Cup Unsweetened Coconut Milk
- 1 Scoop Vanilla Protein (I use Truvani) <https://www.trytruvani.com/5MX46D/D42TT/?uid=3>
- ¼ Cup Coconut Cream (unsweetened)
- 1 ½ TBSP Chia Seeds
- ½ Teaspoon Pure Vanilla Extract
- 1 TBSP Ground Flax Seed
- 1 Medjool Date
- Handful of Ice

## Topping Ingredients:

- ¼ Cup Gluten Free Granola
- 2 TBSP Pumpkin Seeds
- 2 TBSP Unsweetened Almond Butter
- **OPTIONAL:** Add shredded coconut, sliced banana

## Instructions:

1. In large blender (Vitamix/Ninja/Etc.) – add acai, strawberries, blueberries, coconut milk, protein, coconut cream, chia, flax, date, vanilla, and ice.
2. Blend for 30-60 seconds
3. Portion into bowls – top with granola, drizzled almond butter and pumpkin seeds.

**\*Try and use all organic ingredients if possible.**

[ChristiHealthCoach.com](http://ChristiHealthCoach.com)