



THE “A” TEAM ACAI BOWL

INGREDIENTS

- 1 pack frozen acai berry blend
- 1 frozen banana
- 1/2 cup skim milk
- 1/2 tbsp chia seeds
- 1 scoop protein powder

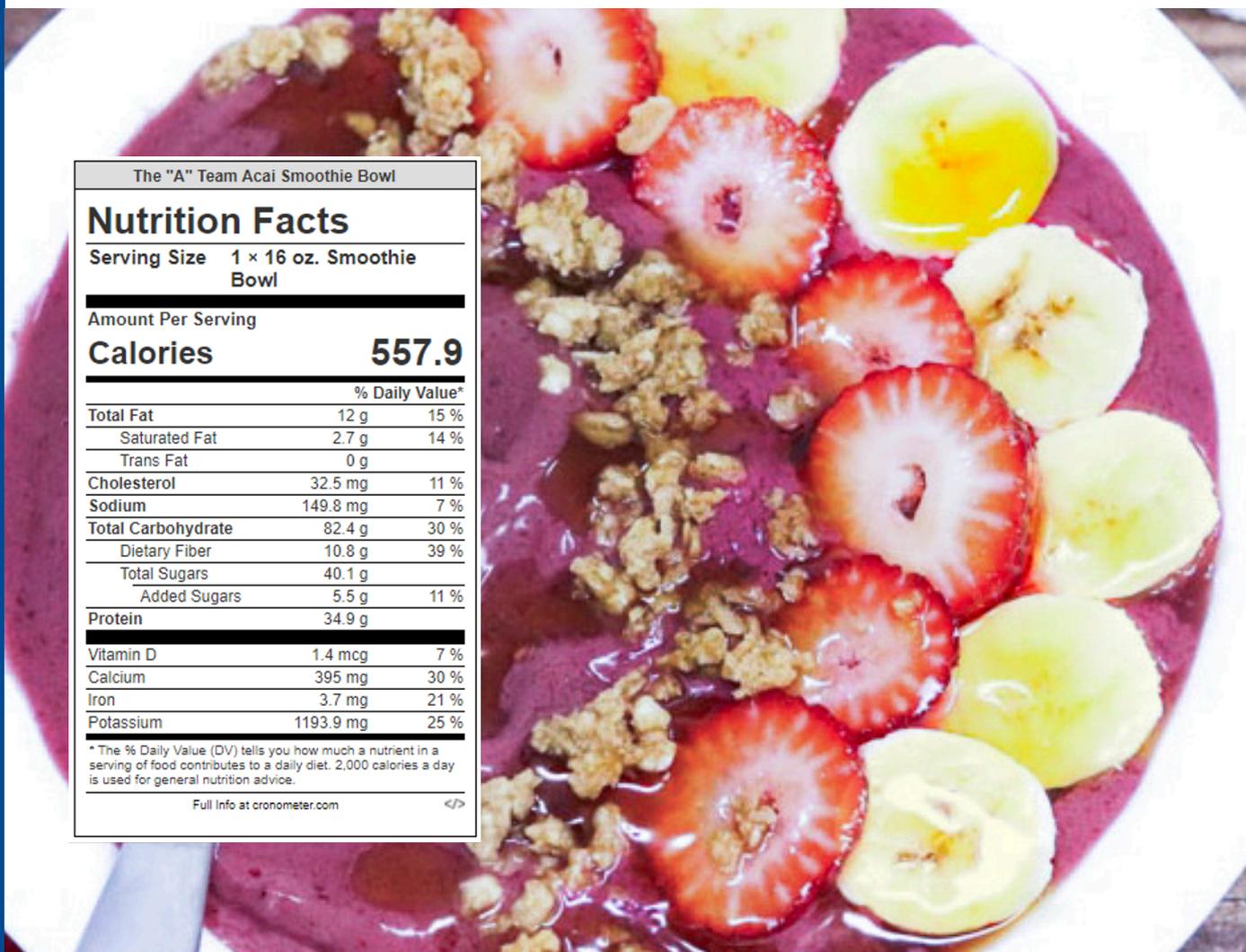
TOPPINGS:

- 1/2 fresh banana, sliced
- 1/2 cup fresh strawberries, sliced
- 1/2 cup honey oat granola



DIRECTIONS

Add all ingredients to the blender, starting with the milk. Blend until completely smooth.



The "A" Team Acai Smoothie Bowl		
Nutrition Facts		
Serving Size	1 × 16 oz. Smoothie Bowl	
Amount Per Serving		
Calories	557.9	
		% Daily Value*
Total Fat	12 g	15 %
Saturated Fat	2.7 g	14 %
Trans Fat	0 g	
Cholesterol	32.5 mg	11 %
Sodium	149.8 mg	7 %
Total Carbohydrate	82.4 g	30 %
Dietary Fiber	10.8 g	39 %
Total Sugars	40.1 g	
Added Sugars	5.5 g	11 %
Protein	34.9 g	
Vitamin D	1.4 mcg	7 %
Calcium	395 mg	30 %
Iron	3.7 mg	21 %
Potassium	1193.9 mg	25 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		