

The Best Chocolate Acai Smoothie Bowls

Servings: 2

Suggested Tools: 2 small bowls, high speed blender, spoons

The Ingredients

- 2 frozen bananas (remove peels, add to a plastic freezer bag and freeze for at least 24 hours)
- 4 pitted dates
- 3 tablespoons cocoa powder
- 1 packet frozen acai (100 gram pouch, I purchased mine at Whole Foods)
- 1/2 cup unsweetened almond milk
- 1/2 avocado
- **Optional Toppings:** chia seeds, banana slices, dairy-free chocolate chips, smooth natural peanut butter

How to:

1. Add all ingredients to a high speed blender**
2. Blend until smooth, stopping occasionally to scrape down the sides as necessary
3. Spoon into two bowls, add the toppings of your choice, eat and enjoy!

Tips and Tricks:

- I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online
- Don't like bananas? Fill an ice cube tray with unsweetened almond milk and freeze overnight. Use the ice cubes in lieu of the bananas.
- Want a thinner consistency? Add more almond milk
- **If you don't have a high speed blender, you may have to add more almond milk
- I like to always have some frozen bananas on hand. It's best to wait until they are ripe, peel them, then place in a plastic freezer bag, and freeze for at least 24 hours before using them in this recipe.
- You can use unfrozen bananas, but you will need to add about one cup of ice (or frozen almond milk cubes) to the recipe to have the thick frozen consistency



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