

A top-down view of a white bowl filled with a thick, dark purple acai puree. The bowl is topped with a variety of fresh and dried ingredients, including sliced mango, strawberries, blueberries, goji berries, almonds, and shredded coconut. The background is a light-colored, textured surface.

WEDNESDAY
BREAKFAST ACAI BOWL

TETROGEN

Prep Time: 10 Mins

INGREDIENTS

3 frozen bananas
250g frozen blueberries
3 tablespoons acai powder
250ml coconut water
3 tablespoons almond butter (cashew or peanut butter work great too)
A selection of toppings

DIRECTIONS

1. Put your bananas, blueberries, acai powder, coconut water and almond butter into a blender and blend until smooth. Pour into a bowl and pimp it up with your choice of the toppings below!

- Fresh berries
- Freshly sliced ripe mango/chopped dried mango
- Freshly sliced kiwi
- Roughly chopped almonds/any other chopped nuts
- Goji berries
- Cacao nibs
- Bee pollen
- Desiccated coconut
- Pistachios