

ACAI BOWLS

MIX & MATCH

*Use organic or local ingredients when possible.

**Measurements are estimates; adjust to taste.

STEP 1: Pick 1 Base Like:

- ¼ Cup Yogurt of Choice or Kefir
- ¼ Cup Milk of Choice (More If Desired)
- 1 Avocado or Banana
- ¼ Cup Fruit (Fresh)

STEP 2: Choose Flavorful/ Nutritious Add-ins Like:

- 2 tbs Nut Butter
- 1 tbs Cacao
- 2 tsp Vanilla
- 1 tsp Cinnamon
- 1 scoop Protein Powder

STEP 3: Add Acai

- Sambazon Acai 1-2 Packs

STEP 4: Pick Sweetener to Taste

- Dates, Agave, Apple juice, Raw Honey, Maple Syrup (Grade B), Stevia, etc.

STEP 5 Pick Your Toppings

- Coconut
- Nuts/Seeds of Choice
- Chocolate Chips (60% Cocoa or Higher)
- Fruit (Strawberries, Blueberries, Mango, etc.)
- Granola/Oats
- Nut Butter
- Dollop of Yogurt

- Mix Ingredients (Steps 1-4) In Blender—
- Pour In a Bowl
- Top With Toppings of Choice & Enjoy!



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