

# HOW TO MAKE AN AÇAÍ BOWL

## A BREAKFAST FROM BRAZIL

### WHAT IS AÇAÍ?

A BERRY NATIVE TO CENTRAL & SOUTH AMERICA WITH EXCEPTIONALLY HIGH LEVELS OF ANTIOXIDANTS



### STEP 1: FROZEN FRUITS

3 CUPS OF YOUR FAVOURITE SELECTION

AVOCADO  
BANANAS  
BLUEBERRIES  
CHERRIES

MANGO  
PINEAPPLE  
RASPBERRIES  
STRAWBERRIES

### STEP 2: ADDING AÇAÍ

ADD 10G FROM YOUR FAVOURITE MIX

**ENERGY BOMB**  
ACAÍ, GUARANA, MACA, LUCUMA & BANANA

**FOREVER BEAUTIFUL**  
CHIA SEEDS, ACAÍ, MAQUI, ACEROLA, MACA & BLUEBERRIES



### STEP 3: LIQUIDIFY

ADD ½ A CUP OF YOUR FAVOURITE

ALMOND MILK  
COCONUT WATER  
COCONUT MILK

FRESH JUICE  
OATMILK  
WATER



### STEP 4: BLEND

THEN PUT IT IN A BOWL



### STEP 5: TOPPINGS

NOW WE ARE TALKING

**FRESH FRUITS:** APPLE, BANANA, BERRIES, FIG, KIWI, MANGO, NECTARINE, PEAR, PASSIONFRUIT, POMEGRANATE

**DRIED FRUITS:** DATES, GOJI, MULBERRIES, RAISINS

**NUTS:** ALMONDS, CASHEWS, HAZELNUTS, PECAN, WALNUTS

**SEEDS:** CHIA, FLAX, HEMP, PUMPKIN, SESAME, SUNFLOWER

**OTHER:** CACAO, COCONUT RASP, NUT BUTTER, OATS, RAW GRANOLA



**TIP:** Add 15g of Muscle Power Mix for an extra boost of protein!

**TIP:** For a chocolate flavour add 10g of Chocolate Lover Mix

## HEALTH BENEFITS

#### GLOWING SKIN

HIGH AMOUNTS OF ANTIOXIDANTS SLOW DOWN CELL DAMAGE FROM FREE RADICALS WHICH CAN SLOW DOWN THE AGING PROCESS

#### IMMUNITY BOOSTER

THE HIGH AMOUNTS OF VITAMIN C, A, B2, B3, E, CALCIUM, MAGNESIUM, ZINC AND COPPER SUPPORT A STRONG IMMUNITY SYSTEM

#### HEALTHY HEART

ACAÍ BERRIES ARE NATURALLY HIGH IN ESSENTIAL FATTY ACIDS THAT SUPPORT HEART HEALTH

#### SUPPORTS DIGESTION

ACAÍ BERRIES SPEED UP YOUR METABOLISM DUE TO THE HIGH AMOUNTS OF FIBER