Acai-chia superfood smoothie bowl

Servings: 2

**Ingredients**
1½ cups halved strawberries, frozen
½ large banana, frozen
1 cup unsweetened hemp milk
1 tablespoon chia seeds
1 teaspoon of acai berry powder
1 tablespoon honey

**Optional toppings**
½ large banana, not frozen
1 tablespoon chia seeds
¼ cup raspberries
¼ cup blueberries

**Nutritional Information**
Per serving (without toppings):
173 calories
44 calories from fat
5.2 g total fat
73 mg sodium
396 mg potassium
4.1 g protein
18 g sugars
28.9 g carbohydrates
4.7 g dietary fiber

**Directions**
In blender add strawberries, ½ frozen banana, hemp milk, chia seeds, acai berry powder and honey. Blend well.

Divide into two bowls.

Slice unfrozen ½ banana and arrange slices on top of each bowl. Then sprinkle additional chia seeds and garnish with raspberries and blueberries.

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### Nutritional Information for Various Toppings

**1 teaspoon cacao nibs:**
- 20 calories
- 15 calories from fat
- 1.5 g total fat
- 0 mg sodium
- 9 mg magnesium
- 1 g carbohydrates
- 0.8 g dietary fiber
- 0 g sugars
- 0 g protein

**2 tablespoons ground flaxseed:**
- 70 calories
- 50 calories from fat
- 6 g total fat
- 5 mg sodium
- 51 mg magnesium
- 4 g carbohydrates
- 3 g dietary fiber
- 0 g sugars
- 3 g protein
- 98 mg SDG lignans
- 2.9 g Alpha-Linolenic Acid (Omega 3)
- 181% of daily value

**1 ounce raw almonds:**
- 160 calories
- 120 calories from fat
- 14 g total fat
- 0 mg sodium
- 6 g carbohydrates
- 3 g dietary fiber
- 1 g sugars
- 6 g protein

**¼ cup unsweetened shredded coconut:**
- 100 calories
- 90 calories from fat
- 10 g total fat
- 5 mg sodium
- 64 g carbohydrates
- 2 g dietary fiber
- 1 g sugars
- 1 g protein

**1 tablespoon organic hemp seeds:**
- 60 calories
- 4 g total fat
- 0 mg sodium
- 67 mg magnesium
- 116 mg potassium
- 1 g carbohydrates
- 1 g dietary fiber
- 0 g sugars
- 4 g protein
- 2 mg iron

**¼ cup raspberries:**
- 16 calories
- 2 calories from fat
- 0.2 g total fat
- 0 mg sodium
- 46 mg potassium
- 3.67 g carbohydrates
- 2 g dietary fiber
- 1.3 g sugars
- 0.3 g protein

**1 tablespoon chia seeds:**
- 60 calories
- 25 calories from fat
- 3 g total fat
- 0 mg sodium
- 60 mg potassium
- 5 g carbohydrates
- 5 g dietary fiber
- 0 g sugars
- 3 g protein
- 94% of vitamin C
- 10% of magnesium, 8% calcium, 6% iron

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