

# 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.



# 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

