'LILLIPUT' ACAI SMOOTHIE BOWL

HOME GROWN
SEED COLLECTION
P. Allen Smith
GARDEN HOME

'LILLIPUT' ACAI SMOOTHIE BOWL

SMOOTHIE INGREDIENTS

1 pack frozen acai (3½ ounces/100g)

1 banana, frozen

½ cup fresh blueberries

1 cup Greek yogurt

1 tablespoon chia seeds

TOPPING INGREDIENTS

¼ cup granola

Berries, to taste

Sliced 'Lilliput' cantaloupe

Optional:
Banana slices, to taste
1/4 cup shaved almonds
Mint, for garnish

DIRECTIONS

1. Place all smoothie ingredients (acai, banana, blueberries, Greek yogurt, and chia seeds) in a blender and blend until smooth.

2. Pour blended mixture into a bowl and top with favorite toppings.

3. Serve immediately.

Note: 'Lilliput' is a personal-size melon that you can use as a bowl.
You may add whatever fresh toppings suit your fancy, but granola and cantaloupe are MUSTS for me!