



Acai Beet & Berry Bowl

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Prep 10 minutes



Serves 1-2

180ml chilled coconut water

1 banana, chopped

100g frozen blueberries

100g frozen acai berry pulp

½ small beetroot, peeled, chopped


40g organic granola

1 tablespoon whey or vegan protein powder (optional)

TO SERVE

Fresh blueberries, goji berries and granola.

Method

1. Place ingredients into personal blender cup and secure blade assembly.
 **GREEN SMOOTHIE / SMOOTHIE** until program finishes. Blend longer if required.
2. Pour smoothie into bowl.
Serve: top with fresh blueberries, goji berries, granola.