

HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



SMOOTHIE BOWL

INGREDIENTS

- ¼-½ cup Unsweetened Coconut Milk
- 1- 2 Unsweetened Frozen Acai packets
- 1-2 T Chia Seeds (add these as toppings and/or in the smoothie to help thicken it and make a sherbet consistency)
- 1 cup Frozen Berries
- 2 T Sweetener of your choice (I used Swerve sweetener)
- 1 T Unsalted Pumpkin Seeds (optional topping)

STEPS

1. Rinse acai packet under lukewarm water and break into pieces before placing in blender
2. Combine all ingredients except desired toppings in a high speed blender.
3. Top with desired toppings and enjoy!