



Acai bowl with mango and strawberries

30'
Hands on

4 hours'
Hands off

4
Portion(s)



Ingredients

For the bowls

- 1 banana, ripe, peeled
- 250 g acai puree
- 100 g strawberries, stem removed
- 150 g mango(s), peeled + cut into 1 cm cubes
- 2 teaspoon(s) cocoa powder
- 1 teaspoon(s) maca powder
- 180 g coconut water

For the garnish

- banana
- mango(s)
- cereal
- walnuts, flakes
- flaxseed

Method

- **Cut** the banana into small pieces and place them in the freezer for at least 4 hours.
- Place the banana pieces and all of the other ingredients in the blender. Beat until you have a homogenized mixture with a thick consistency.
- Add the mixture to bowls and decorate with any ingredients you like.

Διατροφικός πίνακας

Nutrition information per portion

132 Calories (kcal)	4.8 Total Fat (g)	1.4 Saturated Fat (g)	17.0 Total Carbs (g)
7%	7%	7%	7%
14.0 Sugars (g)	2.1 Protein (g)	5.8 Fibre (g)	0.14 Sodium (g)
16%	4%	23%	2%