

Plate Dream

Acai Smoothie Bowl – Thick & Refreshing Recipe

10 min Prep time	**5 min** Cook time	**15 min** Total time
2 Servings	**Easy** Difficulty	**Brazilian** Cuisine

Ingredients

Base

- [ ] 2 packs (100g each) frozen unsweetened acai puree
- [ ] 1 frozen banana, sliced
- [ ] 1/2 cup unsweetened almond milk
- [ ] 1 tsp lime juice
- [ ] 1 tbsp honey or agave (optional)

Toppings

- [ ] 1/4 cup fresh mixed berries (blueberries, strawberries, raspberries)
- [ ] 1/4 banana, thinly sliced
- [ ] 1 tbsp shredded coconut, toasted
- [ ] 1 tsp chia seeds
- [ ] Drizzle of honey or maple syrup

Instructions

1. Gather all frozen ingredients and place the acai puree, frozen banana, almond milk, and lime juice into a high-speed blender.
2. Blend on high until smooth and thick, pausing to scrape down the sides as needed.
3. Taste the base; if you prefer it sweeter, add honey or agave and blend briefly.
4. Pour the thick mixture into two deep bowls, spreading evenly.
5. Arrange fresh berries, banana slices, toasted coconut, and chia seeds on top, then drizzle with a little extra honey.
6. Serve immediately, enjoying the contrast of cool, creamy base and vibrant, juicy toppings.

Nutrition per serving

280 kcal	5 g	42 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra boost, add a handful of spinach; it won’t affect flavor but adds nutrients.
- If the bowl becomes too thick, thin with a splash of almond milk.
- Use a spoon with a wide bowl to scoop the toppings evenly.