

Acai Bowl

Learn how to make a delicious acai bowl with frozen fruit, yogurt, and healthy toppings. Quick 10-minute breakfast recipe with nutritional benefits.

10	10	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Acai Bowl

Ingredients

- 1 pack acai puree
- 1 banana
- 1 cup raspberry
- 1 cup coconut milk
- 1 cup plain yogurt

Instructions

- 1 Prepare frozen ingredients**

Remove 1 pack frozen acai puree from freezer and break into 3-4 smaller pieces using your hands or a knife. Ensure 1 banana and 1 cup mixed berries are completely frozen for thick consistency.
- 2 Blend the base**

Add 1 cup coconut milk and 1 cup yogurt to blender first. Add broken acai pieces, 1 frozen banana, and 1 cup frozen mixed berries on top.
- 3 Blend on low speed for 30 seconds, then increase to medium speed. Stop every 15-20 seconds to scrape down sides with a spatula until mixture is completely smooth and thick like soft-serve ice cream, about 2-3 minutes total.**
- 4 Serve**

Transfer thick acai mixture to a chilled bowl using a spatula. Add your choice of toppings like fresh fruit, granola, chia seeds, or coconut flakes and serve immediately.

Tips

Use a high-powered blender for the smoothest, creamiest texture. If your blender struggles, let frozen ingredients thaw for 5-10 minutes before blending.

Start with minimal liquid (2-3 tablespoons) and add more gradually. The mixture should be thick enough to hold toppings without them sinking in.

Freeze your bananas when they're perfectly ripe with brown spots - they'll be sweeter and require less added sweeteners.

Break frozen acai packs into smaller pieces before blending to help your blender process them more easily.

Layer your toppings strategically - place heavier items like granola first, then delicate fruits like berries on top.

Serve immediately after blending to maintain the thick, frozen texture that makes acai bowls special.

Pre-portion frozen fruits in individual bags for quick morning assembly when you're short on time.

If your bowl is too tart, add a few dates or a frozen mango chunk instead of processed sweeteners for natural sweetness.