

Sa?l?kl? Acai Bowl

Healthy acai bowl recipe with frozen berries, banana and coconut milk. Quick 5-minute superfood breakfast packed with antioxidants and nutrients.

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Sa?l?kl? Acai Bowl

Malzemeler

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

Yap?l???

- Prepare frozen ingredients**

Place 1 banana (sliced) and 1 cup mixed berries in the freezer for at least 2 hours or overnight until completely solid. If using fresh fruit, this step is essential for the proper thick texture.
- Blend the base**

Add 1 cup coconut milk and 1 cup yogurt to your blender first. Add 1 pack frozen acai puree, the frozen banana slices, and frozen mixed berries.
- Blend on high speed for 60-90 seconds until the mixture is completely smooth and thick, like soft-serve ice cream. Stop and scrape down sides as needed.**
- Check consistency and adjust if needed. If too thick to blend, add coconut milk 1 tablespoon at a time. If too thin, add more frozen fruit and blend again briefly.**
- Serve immediately**

Pour the thick acai mixture into a chilled bowl. Top with your choice of chia seeds, sliced almonds, fresh berries, coconut flakes, and granola.

?puçlar?

Use a high-powered blender for the smoothest consistency. If your blender struggles, let frozen ingredients thaw for 2-3 minutes before blending.

Always use frozen fruit to achieve the thick, ice cream-like texture. Fresh fruit will make your bowl too thin and watery.

Start with liquid ingredients first, then add frozen fruits to help the blender process everything smoothly.

Don't over-blend the mixture, as this can make it too liquid. Pulse and scrape down sides as needed.

Choose ripe, sweet bananas for natural sweetness and freeze them in advance, peeled and sliced in freezer bags.

If your bowl is too thick, add liquid one tablespoon at a time. If too thin, add more frozen fruit or a handful of ice.

Prepare all toppings before blending so you can serve immediately while the base is at the perfect consistency.

For vegan options, use plant-based milk and yogurt alternatives, and swap honey for maple syrup or agave nectar.