

Acai for the Senses



TIME TO
PREPARE

15
minutes



COOK
TIME

0
minutes



SERVING

1 Person



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- *1/2 cup of apple juice*
- *1/2 large banana*
- *3/4 cups of frozen berries*
- *1/4 cup vanilla Greek yogurt*
- *1/2 tablespoon honey*
- *Frozen acai berry puree approx. 100 grams*
- *Plus, your choice of toppings such as almonds, berries, shredded coconut, granola (see homemade granola recipe), chia seeds, banana, mint etc.*

Method

01. Place the apple juice (can alt. milk or non-dairy milk), banana, frozen berries, yogurt, honey and acai puree in the blender.
02. Blend until thoroughly combined and smooth.
03. Pour the mix into a deep bowl.
04. Arrange (GET CREATIVE) your desired toppings over the top and ENJOY!
05. Show us what you made on Instagram! #swsasrecipes #swsasathletes #swsasonline @southwestsydneyacademyofsport

For more great recipes follow SWSAS on socials!

