**Açaí Bowl**

**The Skinny:**  
Servings: 1 • Size: 1 Bowl • Calories: 387 • Fat: 10.7 g • Carb: 71.5 g • Fiber: 12.9 g • Protein: 10.4 g • Sugar: 31 g • Sodium: 76.8 mg

**Ingredients:**  
3 Oz. Frozen Açaí Juice  
1 C. Fresh Mixed Berries, Divided  
1/2 C. Frozen Mixed Berries  
1/4 C. Almond Milk  
1 Banana, Sliced & Divided  
5 Whole Raw Almonds  
1 Tbsp. Toasted Coconut Chips  
1 Tbsp. Low Fat Granola  
1 Tsp. Chia Seeds

**Directions:**

Toss your frozen Açaí juice (or smoothie pack) into the bottom of a blender or food processor with 1/2 c. fresh mixed berries, 1/2 c. frozen mixed berries, the almond milk and half of the banana.

Blend to your liking.

Pour the mixture into a bowl and top with the remaining fresh berries, almonds, coconut chips, granola, and chia seeds. Serve right away and enjoy!