

# Acai Bowl

Yield: 1 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/acai-bowl-recipe-india>

## Ingredients:

- 1 tablespoon acai powder
- 1 banana cut into chunks and frozen
- 1/3 cup coconut water
- granola
- fruit fresh, think blackberries, mango, banana, raspberries, strawberries
- unsweetened shredded coconut
- seeds
- nuts

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 61 grams
3. Fat: 25 grams
4. Fiber: 12 grams
5. Protein: 10 grams
6. SaturatedFat: 7 grams
7. Sodium: 160 milligrams
8. Sugar: 36 grams

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