

grow

PACK a Punch

Whip up a high-fibre açai bowl as an after-pre-school snack to keep little ones happily filled up till dinner time!



For when kids get a snack attack, especially after expending energy in school, this peanut butter açai bowl is fast and fuss-free to fix. It is also dairy-free. This recipe makes two bowls. ♥

WHAT YOU'LL NEED

- 2 Sambazon Açai Bars (2 x 100g), original or unsweetened*
- 1.5 tablespoons natural peanut butter
- 1 ripe banana (preferably frozen)
- Handful of frozen blueberries
- 1/4 cup coconut water or non-dairy milk
- 1 tablespoon chia seeds
- Fresh fruit/s of your choice
- Granola

FOLLOW THESE STEPS

- 1 Let the frozen banana and blueberries thaw for about 2 to 3 minutes.

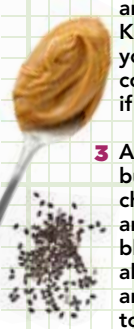


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- 2 Blend frozen fruits and choice of liquid in a high-speed blender. Break up the açai bars and drop these into the blender. Keep blending and stirring as you go along until you get a thick consistency. Add a little more liquid if the mix is not blending well.



- 3 Add peanut butter and chia seeds, and continue blending until all ingredients are well blended together.



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- 4 Top with choice of fruit or granola and other favourite toppings.

NEW BERRY ON THE BLOCK

Açai berry is a two-cm long, reddish-purple fruit that comes from the açai palm tree, native to Central and South America. Some studies have shown that açai fruit pulp is richer in antioxidants than cranberries, raspberries, blackberries, strawberries or blueberries.

ACAI BOWL

MAKES 2 BOWLS



This recipe is provided by Project Açai, Singapore's first dedicated açai superfood cafe.

