

# Active Acai Bowl

Before your busy day, take a moment to fuel your body right with this Active Acai Bowl.

Full of nourishing protein, fibre, carbohydrates, healthy fats, and 25 essential vitamins and minerals in their active forms from **CanPrev's Active Multi**, this bowl will keep you going all day long.



Preparation time: 5 mins | Servings: 2



## Ingredients

- 1 package frozen acai
- 1 cup frozen blueberries
- 1 frozen banana
- 1 cup nut milk, or dairy alternative
- 1 tbsp hemp hearts
- 1 tbsp flax seeds
- 1 scoop Active Multi

### Optional toppings:

- Fresh fruit: banana, blueberries, strawberries
- Granola or toasted oats
- Coconut shavings
- Nuts and seeds

## Method

1. Add all ingredients to a blender, and blend on high until well incorporated and smooth.
2. Divide into two bowls, add your favourite toppings, and enjoy immediately with a friend!

## Featured Products



## Developed by: Hilary Bajzik



Hilary is a health enthusiast, with a passion for cooking, nutrition and fitness. She loves creating recipes that anyone can enjoy, that taste as good as they make you feel.