

Acai Bowl

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4 oz almond milk

1 cup frozen strawberries

handful spinach

1 TBS Acai powder

1 TBS Peanut butter

1 Scoop Daily Sunshine (Chocolate) or Shakeology

Blend all together in blender. Stir as needed. Add ice if needed.

Top with: (optional and choose your favorite)

Fiber Filled cereal or granola

Bee Pollen

Fruit

Coconut

Peanut Butter

Honey

Enjoy this 2B Mindset Beachbody recipe by Alethia True Fit By You!