



BERRY BANANA AÇAÍ BOWL

Yield: 4 Servings

Ingredients

- 1 cup Plain Nonfat Greek Yogurt
- 1 cup Açai Berry Sorbet
- 2 teaspoons Chia Seeds
- 1 cup Fresh Bananas, sliced
- ½ cup Dry Banana Chips
- 1 cup Fresh Raspberries
- 1 cup Fresh Blueberries

Procedures

1. Combine yogurt and sorbet, blend until smooth and thoroughly mix.
2. Place 1/2 cup yogurt mix in a bowl.
3. Rotate the following ingredients in unique spots over yogurt mix; 1/2 tsp chia seeds, 1/4 cup, banana fresh slices, 2 tbsp banana chips, 1/4 cup raspberries, 1/4 cup blueberries.

Nutrition Facts	
Serving size	8 oz. (229 g)
Amount per serving	220
Calories	
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 3mg	0%
Sodium 31mg	0%
Total Carbohydrate 25g	10%
Dietary Fiber 6g	20%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 1mg	6%
Potassium 361mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

