



Ashley's Meal Prep Monday!



Acai Power Bowl

INGREDIENTS

1 Acai Superfruit Pack
Half of a frozen banana
Splash of nut milk
Scrambled pancakes (from a previous shared recipe)
Optional toppings: peanut butter, honey, chocolate, berries, chia seeds, etc.

Thaw a pack of the Acai Superfruit for 15 minutes or so on the counter. Add to a blender along with half of a frozen banana and a splash of milk. Blend together to desired consistency.

Add to a bowl with scrambled pancakes and top with your favorites! I like to throw in a TBSP of peanut butter, a drizzle of honey, sliced bananas and a handful of blueberries. SO delicious!!!



*Scrambled pancakes - 1 old banana mashed up with 1/2 cup GF rolled oats, 1 egg, 1/2 TSP vanilla, sprinkle of cinnamon. Scrambled in a pan over medium heat for 6-ish minutes.

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MARKET