



# RECOMMENDED BOWL RECIPES



= VEGAN RECIPE






= GLUTEN FREE RECIPE



= NUT FREE RECIPE






# SCOOPABLE AÇAÍ BOWL RECIPES

Create Your Own Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.	1. Scoop Açaí into bowl. 2. Place/fan ingredients as listed. 3. Fan bananas into a circle around the bowl.   
Açaí	3 oz. scoop	2 scoops	3 scoops	4 scoops	
Toppings:					
Granola*	g.	85	85	113	
Sliced Banana	whole	1	1	1	



\*Please use granola that qualifies.

Berry Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.	1. Scoop Açaí into bowl. 2. Place/layer ingredients as listed. 3. Bananas fanned down the middle. 4. Blueberries on left side of bananas. 5. Strawberries on right side of bananas.
Açaí	3 oz. scoop	2 scoops	3 scoops	4 scoops	
Toppings:					
Granola*	g.	85	85	113	
Sliced Banana	whole	.5	.5	.75	
Blueberries	1/4 Cup	1	1	1	  
Strawberries	1/4 Cup	1	1	1	





\*Please use granola that qualifies.

Coconut Mango Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.	1. Scoop Açaí into bowl. 2. Place/layer ingredients as listed. 3. Fan bananas into a circle around the bowl. 4. Scoop Mangos onto the center of the bowl. 5. Sprinkle with coconut shavings.
Açaí	3 oz. scoop	2 scoops	3 scoops	4 scoops	
Toppings:					
Granola*	g.	85	85	113	
Sliced Banana	whole	.5	.5	.75	
Mango	1/4 Cup	1	1	1	 
Coconut	Tbs	1	1	1	



\*Please use granola that qualifies.

PB & Banana Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.	1. Scoop Açaí into bowl. 2. Place/layer ingredients as listed. 3. Fan bananas into a circle around the bowl. 4. Finish with peanut butter drizzle.
Açaí	3 oz. scoop	2 scoops	3 scoops	4 scoops	
Toppings:					
Granola*	g.	85	85	113	
Sliced Banana	whole	1	1	1	
Peanut Butter Drizzle*	Tbs	1	1	1.5	 



\*Please use ingredients that qualify.

Amazon Protein Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.	1. Scoop Açaí into bowl. 2. Place/layer ingredients as listed. 3. Bananas fanned down the middle. 4. Fill one side with almonds, one side with cashews. 5. Lay cacao nibs in straight line above bananas. 6. Sprinkle the bowl with coconut shavings. 7. Finish with peanut butter drizzle.
Açaí	3 oz. scoop	2 scoops	3 scoops	4 scoops	
Toppings:					
Granola*	g.	85	85	113	
Sliced Banana	whole	.5	.5	.75	
Almonds	Tbs	1	1	1	 
Cashews	Tbs	1	1	1	
Cacao Nibs		1	1	1	 
Coconut		1	1	1	
Peanut Butter*	Tbs.	1	1	1.5	



\*Please use ingredients that qualify.



# SCOOPABLE AÇAÍ BOWL RECIPES (cont.)

Paradise Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.	<ol style="list-style-type: none"> <li>1. Scoop Açaí into bowl.</li> <li>2. Place/layer ingredients as listed.</li> <li>3. Fan bananas on right side.</li> <li>4. Fan sliced kiwi on left side.</li> <li>5. Top with blackberries and pineapple in center.</li> <li>6. Sprinkle the bowl with chia seeds.</li> <li>7. Finish with a drizzle of honey.</li> </ol>  
Açaí	3 oz. scoop	2 scoops	3 scoops	4 scoops	
<b>Toppings:</b>					
Granola*	g.	85	85	113	
Sliced Banana	whole	.5	.5	.75	
Kiwi	whole	.5	.5	.5	
Blackberries	each	4	4	6	
Pineapple	1/4 Cup	1	1	1	
Chia Seeds	Tbs	1	1	1	
Honey	Tbs	1	1	1	

\*Please use granola that qualifies.

Tropical Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.	<ol style="list-style-type: none"> <li>1. Scoop Açaí into bowl.</li> <li>2. Place/layer ingredients as listed.</li> <li>3. Fan bananas on right side.</li> <li>4. Fan sliced strawberry on left side.</li> <li>5. Top with kiwi and pineapple in center.</li> <li>6. Sprinkle the bowl with chia seeds.</li> <li>7. Finish with a drizzle of honey.</li> </ol>  
Açaí	3 oz. scoop	2 scoops	3 scoops	4 scoops	
<b>Toppings:</b>					
Granola*	g.	85	85	113	
Sliced Banana	whole	.5	.5	.75	
Strawberry	1/4 Cup	1	1	1	
Kiwi	whole	.5	.5	.5	
Pineapple	1/4 Cup	1	1	1	
Chia Seeds	Tbs	1	1	1	
Honey	Tbs	1	1	1	

\*Please use granola that qualifies.

Antioxidant Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.	<ol style="list-style-type: none"> <li>1. Scoop Açaí into bowl.</li> <li>2. Place/layer ingredients as listed.</li> <li>3. Fill one side with almonds, one side with cashews.</li> <li>4. Lay cacao nibs in straight line.</li> <li>5. Sprinkle the bowl with hemp seeds.</li> <li>6. Add blueberries.</li> <li>7. Finish with coconut shavings.</li> </ol>  
Açaí	3 oz. scoop	2 scoops	3 scoops	4 scoops	
<b>Toppings:</b>					
Granola*	g.	85	85	113	
Almonds	Tbs	1	1	1	
Cashews	Tbs	1	1	1	
Cacao Nibs	Tbs	1	1	1	
Hemp Seeds	Tsp	1	1	1	
Blueberries	1/4 Cup	1	1	1	
Coconut	Tbs	1	1	1	

\*Please use ingredients that qualify.



# BLENDING AÇAÍ BOWL RECIPES

Place ingredients into blender pitcher and as toppings in the order listed:

Create Your Own Bowl	U/M	Medium - 12oz	Large-24oz
Apple Juice	ml.	80	140
Banana	whole	.33	.50
Açaí with Guarana	packs	2	3
<b>Toppings:</b>			
Granola*	g.	85	113
Sliced Banana	whole	1	1



\*Please use granola that qualifies.

Berry Bowl	U/M	Medium-12oz	Large-24oz
Apple Juice	ml.	80	140
Banana	whole	.33	.50
Açaí with Guarana	packs	2	3
<b>Toppings:</b>			
Granola*	g.	85	113
Blueberries	1/4 Cup	1	1
Strawberries	1/4 Cup	1	1



\*Please use granola that qualifies.

Coconut Mango Bowl	U/M	Medium-12oz	Large-24oz
Apple Juice	ml.	80	140
Banana	whole	.33	.50
Açaí with Guarana	packs	2	3
<b>Toppings:</b>			
Granola	g	85	113
Mango	1/4 Cup	1	1
Coconut	Tbs	1	1



\*Please use granola that qualifies.

Amazon Protein Bowl	U/M	Medium-16oz	Large-24oz
Apple Juice	ml.	80	140
Banana	whole	.33	.50
Peanut Butter	Tbs	1.5	1.5
Açaí with Guarana	packs	2	3
<b>Toppings:</b>			
Granola	Tbs	85	113
Sliced Banana	whole	.5	.5
Cashews	Tbs	1	1
Almonds	Tbs	1	1
Cacao Nibs	Tbs	1	1
Coconut	Tbs	1	1



\*Please use ingredients that qualify.

Chocolate, PB & Banana Bowl	U/M	Medium	Large
Dark Chocolate Almond Milk*	ml.	80	5
Banana	whole	.33	.33
Peanut Butter*	Tbs	1.5	1.5
Açaí with Guarana	packs	2	3
<b>Toppings:</b>			
Granola*	g	85	113
Sliced Banana	whole	1	1



\*Please use ingredients that qualify.



# SCOOP + BLEND AÇAÍ BOWL RECIPES

Plain Açaí Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.
Açaí Scoopable Tub	oz.	6	9	12
Açaí Juice	ml.	80	118	147

1. Blend Açaí and juice in blender high on pulse for about 10-15 seconds.
2. Scoop into bowl using spatula.



\*Please use granola that qualifies.

Create Your Own Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.
Açaí Scoopable Tub	oz.	6	9	12
Apple Juice	ml.	80	118	147
<b>Toppings:</b>				
Granola*	g.	85	85	113
Sliced Banana	whole	1	1	1

1. Blend Açaí and juice in blender high on pulse for about 10-15 seconds.
2. Scoop into bowl using spatula.
3. Top with granola and banana.



\*Please use granola that qualifies.

Berry Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.
Açaí Scoopable Tub	oz.	6	9	12
Apple Juice	ml.	80	118	147
<b>Toppings:</b>				
Granola*	g.	85	85	113
Sliced Banana	whole	.5	.5	.75
Blueberries	1/4 Cup	1	1	1
Strawberries	1/4 Cup	1	1	1

1. Blend Açaí and juice in blender high on pulse for about 10-15 seconds.
2. Scoop into bowl using spatula.
3. Top with granola, banana, blueberries, and strawberries.



\*Please use granola that qualifies.

Coconut Mango Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.
Açaí Scoopable Tub	oz.	6	9	12
Apple Juice	ml.	80	118	147
<b>Toppings:</b>				
Granola*	g.	85	85	113
Sliced Banana	whole	.5	.5	.75
Mango	1/4 Cup	1	1	1
Coconut	Tbs	1	1	1

1. Blend Açaí and juice in blender high on pulse for about 10-15 seconds.
2. Scoop into bowl using spatula.
3. Top with granola, banana, mango, and coconut.



\*Please use granola that qualifies.

Chocolate, PB & Banana Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.
Açaí Scoopable Tub	oz.	6	9	12
Açaí Juice	ml.	80	118	147
Cacao Powder*	Tbs	1	1	1
Peanut Butter*	Tbs.	1	1	1.5
<b>Toppings:</b>				
Granola*	g.	85	85	113
Sliced Banana	whole	1	1	1

1. Blend Açaí, juice, peanut butter, and cacao powder in blender high on pulse for about 10-15 seconds.
2. Scoop into bowl using spatula.
3. Top with granola and whole banana.



\*Please use ingredients that qualify.

Amazon Protein Bowl	U/M	Small 12oz.	Medium 16oz.	Large 24oz.
Açaí Scoopable Tub	oz.	6	9	12
Açaí Juice	ml.	80	118	147
Peanut Butter*	Tbs.	1	1	1.5
<b>Toppings:</b>				
Granola*	g.	85	85	113
Sliced Banana	whole	.5	.5	.75
Almonds	Tbs	1	1	1
Cashews	Tbs	1	1	1
Cacao Nibs	Tbs	1	1	1
Coconut Shavings	Tbs	1	1	1

1. Blend Açaí, juice, and peanut butter in blender high on pulse for about 10-15 seconds.
2. Scoop into bowl using spatula.
3. Top with granola, banana, almonds, cashews, cacao nibs, and coconut.



\*Please use ingredients that qualify.



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