

AÇAÏ BOWL

Nuts Program

Ingredients:

1 handful of nuts (cashews or almonds)
1 handful of young shoots or bean sprouts (take care to select shoots with a neutral flavour, e.g. alfalfa). Shoots from the mustard plant, radish, and pear are stronger in flavour and should be reserved for main courses.

1 very ripe banana (otherwise, it will be necessary to sweeten the smoothie)
1 glass of almond milk
1 tsp of acai powder or 1 tbsp of frozen acai (you can substitute cranberries, red berries, or cherries - fresh or frozen, etc.)

Soak the cashews or almonds the night before.

The next day, put them into the blender and process using the “nuts” function or the “pulse” function. Add a little water or soy milk, if necessary, so as to obtain a cream, adjusting the smoothness according to your taste.

Then add the other ingredients and process. The consistency should be a little thicker than a regular smoothie.

Pour into a bowl and top with whatever you fancy for decoration. Here are some decoration ideas: red berries; fresh or dried pollen; chia, squash or sesame seeds; compote; granola or muesli; dried fruits or slices of fresh fruit; nuts; grated coconut, etc. Have fun mixing various consistencies, flavours, and colours.

TEFAL TIP:

The acai berry is currently the rage, but our native red berries are packed with goodness too!

