



NEWTRITION NEWYOU
FOOD · MIND · BODY

Açaí Avocado Protein Bowl

Serves 2

Ingredients

- o [olive oil](#)
- o 1 Cup Maple Hill Organic Grass-Fed Kefir, plain
- o 1 Cup [Organic Valley Grass-Fed Organic Yogurt](#) (for thickness)
- o 2 packets of açai
- o 1 scoop of [Perfect Hydrolyzed Collagen Peptides](#)
- o 1 Banana
- o 1 Avocado
- o 2 organic, Pastured Egg, raw
- o 4 organic Strawberries
- o 2 Organic Medjool Dates, Pitted (optional if you like it a little sweeter)
- o Granola
- o Slivered almonds
- o Organic blueberries



Directions

1. In your [Vitamix blender](#), combine everything except for the granola, almonds, and blueberries. Blend until smooth.
2. Pour into bowls, sprinkle with granola, almonds, and garnish with blueberries.
3. Serve and enjoy



The Vitamix is by far one of the best investments I've made into kitchen equipment. I have the [A-3500 \(pictured\)](#) but there are less expensive models available ([CLICK HERE](#) to check them out on Amazon). Not only is this one of the most used appliances in my kitchen, but it will last a lifetime (unlike all the other blenders I've owned, which tend to break down in a year or two).