

SAFE CUT COST CUT FRESH CUT

Vol. 1



VCB-32

ROBAND®



0:04 / 4:17







ACAI BOWL

Ingredients

- 3-4 blocks frozen acai
- 1 cup frozen banana
- 1 cup frozen mixed fruit
- 100ml coconut water

Method

- Place all the ingredients in the Hallde in the order listed.
- Start on slow speed and increase to high speed whilst using the scraping blades to incorporate all the ingredients.
- Blend for 20-40 seconds or until you reach the desired consistency.
- Garnish and serve!

Notes

Garnish with blueberries, banana, strawberries, shredded coconut, granola and mint leaves.

