



Makes 2 bowls
Preparation Time: 15 minutes

INGREDIENTS:

¾ cup chopped cauliflower

½ to ¾ cup unsweetened,
unflavored plant-based milk

2 3.5-oz. pkg. frozen
unsweetened acai, such as
Sambazon brand, thawed slightly

2 cups pitted fresh or frozen
dark sweet cherries, plus more
for topping

1 banana, sliced and frozen (¾
cup)

½ cup sliced fresh banana

2 tablespoons toasted hemp
seeds (see tip, recipe intro)

Lime wedges

Cherry and Acai Smoothie Bowls

Save the trip to a specialty shop and make your own big bowl of antioxidant-rich acai goodness. This colorful, low-fat bowl is as refreshing as it is satisfying and is ideal for breakfast or **snacking**. Cauliflower, blended with plant-based milk, provides a fiber-rich base. Frozen acai, **banana**, and dark cherries deliver a fruity flavor that's naturally sweet. Keep a stash of frozen fruit in the freezer, and you can make this on a whim. Top with sliced fresh banana, halved cherries, and toasted hemp seeds, and serve with a wedge of lime. Additional topping ideas include fresh berries, cacao nibs, coconut shavings, chia seeds, pumpkin seeds, or chopped nuts. Get creative—this acai smoothie bowl is yours to tweak!

Tips

Toasted hemp seeds: To toast hemp seeds, place seeds in a dry skillet. Cook over medium 5 minutes or until darkened and aromatic, shaking often. Remove from skillet and let cool.

For more inspiration, check out these tasty ideas:

- [Pineapple Ginger Smoothie](#)
- [Berry-Banana Smoothie Bowls](#)
- [Arugula and Peach Smoothie Bowls](#)
- [Mango Smoothie Bowl](#)

By Ellen Boeke

- 1 In a blender or food processor combine cauliflower and milk; cover and blend until nearly smooth. Add acai, cherries, and frozen banana. Cover and blend until smooth, adding additional milk if needed to reach desired consistency. Pour into bowls. Top with fresh banana, hemp seeds, and additional cherries. Serve with lime wedges.