



A refreshing addition to breakfast or any meal, easy and quick to make. The fresh fruit and seed toppings are simply gorgeous.

**Number of servings:** Makes 2 servings

**Preparation time:** 5-7 minutes

**Total time:** 10 minutes

*Allergy-Friendly  
Recipe*

## Acai Bowl



*The*  
**Allergy-Friendly  
Kitchen**

Presented by Food Allergy Canada and Pfizer Canada

## Nutrition notes:

A complement to a balanced breakfast that includes whole grains and foods rich in protein and calcium. Examples include a muffin (wheat, egg and milk-free), spread generously with sunflower seed butter, served with a glass of fortified rice or coconut beverage.

Nutrition information	
Per 1 serving	
Amount	% Daily Value
<b>Calories</b> 265	
<b>Fat</b> 10 g	15 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 80 mg	4 %
<b>Carbohydrates</b> 45 g	15 %
Fibre 7 g	27 %
Sugars 7 g	
<b>Protein</b> 6 g	
Vitamin A	0 %
Vitamin C	30 %
Calcium	18 %
Iron	13 %

## Ingredients

Measurement		Item
½ cup	125 mL	Frozen blueberries
½ cup	125 mL	Frozen strawberries
1	1	Banana (½ for bowl, ½ sliced thinly for topping)
1 tablespoon	15 mL	Sunflower seed butter
1 tablespoon	15 mL	Pumpkin seeds, divided
1 tablespoon	15 mL	Chia seeds, divided
¼ cup	60 mL	Gluten-free oat flakes
¾ cup	175 mL	Fortified rice beverage
3 - 4	3 - 4	Fresh blackberries (cut in half)
2	2	Fresh strawberries (sliced thinly)
¼ cup	60 mL	Fresh blueberries
1 tablespoon	15 mL	Cocoa nibs

- \* *Note: Read recipes carefully to ensure you are not allergic to any ingredients.*
- \* *Reminder: Read food labels each and every time you buy something. Manufacturers can change their production process and alter their products at any time.*

## Preparation tips:

Try to measure oats carefully. Add too much and the acai bowl becomes super thick. Measured right and the consistency is perfect. Switch up the seeds according to those you have on hand – from sunflower, pumpkin, chia and hemp they all work. If desired, drizzle with maple syrup for additional flavour.

## Instructions:

- In a blender, add frozen blueberries, frozen strawberries, ½ banana, sunflower seed butter, ½ of the pumpkin and chia seeds, oat flakes and rice beverage.
- Blend until smooth and thick.
- Pour in desired bowls and top with fresh blackberries, strawberries, blueberries, cocoa nibs, remaining banana (sliced) and seeds.