

COMMIT *to explore*

Acai Bowl

8 oz of water

Ice

2 scoops of Vital Proteins Collagen Peptides (I prefer Unflavored)

1 scoops of Greens (I prefer Isagenix)

1-2 scoops of your favorite protein powder (I prefer Isagenix strawberry)

Handful of frozen cauliflower rice

Blend (you want it to be thick so don't over blend)

Pour into bowl

add sliced berries of your choice

Organic coconut flakes

Raw shelled hemp seed

Granola (I prefer purely elizabeth, gluten free)

Enjoy!

* Optional drizzle almond butter