



**BOSCH**

Invented for life

## Açaí smoothie breakfast bowl

by Yasmine @petites\_choses



### Açaí smoothie breakfast bowl

#### Ingredients (For 4 servings)

1. 100 g shelled pistachios
2. 200 g frozen bananas (use some very ripe bananas, cut them up and place in a zip-lock in the freezer)
3. 200 g frozen açai purée, unsweetened
4. 50 ml coconut water (or any milk of your choice)
5. 2 tsp chia seeds
6. 200 g frozen raspberries
7. 2 apples, quartered
8. 2 tsp peanut butter, natural
9. 2 tsp honey

Some lemon juice to avoid the apples from discolored

#### Method

1. Use the BOSCH OptiMUM blender to roughly chop the pistachios.
2. Reserve the pistachios in a small bowl and proceed to the rest of the recipe without cleaning the food blender.
3. Blend the frozen bananas until nice and creamy. Transfer to a small bowl and place in the freezer.
4. Next, blend the frozen açai purée with the coconut water and the chia seeds. Transfer to a small bowl and place in the freezer.
5. Now using the thick chopping blade of the BOSCH OptiMUM food processor, shred the 2 apples. Squeeze half a lemon on them to avoid them turning dark.
6. Next, using either a rubber spatula or the rubber beater attachment of the BOSCH OptiMUM, blend the 2 frozen purées with the peanut butter and honey.
7. Serve immediately with toppings of your choice!

#### Toppings

Banana slices, granola, shredded coconut, seeds, chopped pistachios, blueberries and extra peanut butter.