

Champion Fruit and Berry Bowl

Serves 2 +

- ¼ cup raspberry, frozen
- ¼ cup blueberries, frozen
- ½ cup apple, grated OR ¼ cup apple cider
- ½ cup banana, peeled, sliced, frozen
- ¼ cup almond meal/flour
- 1 tablespoon acai berries powder*
- 1 tablespoon brown sugar OR to taste
- 1 teaspoon rosewater (optional)

Topping:

- ½ cup baked French granola-mixture (mixture of rolled oats, almond, vanilla, cardamom, and nutmeg)
- ½ cup banana, peeled, sliced
- ½ cup fresh strawberries, cleaned, cut into halves

Garnish:

- 1 teaspoon slivered almonds
- 1 teaspoon goji berries**
- 1 teaspoon liquid honey, drizzle on top of sliced fruits (optional)

To the blender add, all sherbet ingredients (raspberry, blueberries, apple, banana, almond meal, acai berry powder, brown sugar, and rosewater). Run blender for 30 seconds or until all ingredient's consistency is formed. Add this to the bottom of serving bowl. Spread granola on top of sherbet mixture. Arrange one layer of sliced banana around perimeter and sliced strawberries in center of bowl.

Garnish top with almonds, goji berries and drizzled honey.

*Acai berry, a dark purple color, native to South America and grown wild in the depths of the Amazon rainforest. It is called wonder super food, because it is extremely rich in nutrients and antioxidants (please check the expiration date prior to use). This nutrient-dense fruit, in a small amount, can be ideal for any blended smoothies.

**Goji berry, a bright purple color, known as wolfberry, a popular fruit in China, used in traditional Asian medicine for centuries. It is rich in nutrients, antioxidants, and a known source of beta-carotene; usually it is called superpower berry. Dried gojis resemble raisins with a slightly sweet and sour taste.

Note: Instead of using frozen fruits, you may use fresh fruits and crushed ice, in blender, blend to make sherbet.



Holistic Journey: Compassion for nature is medicine to make the soul youthful. A river of healing flows through a state of serenity.