



Low FODMAP Acai Bowl

Serves: 1

Prep: 5 minutes

Cook: No cooking required



Stack Cup

Ingredients	Metric	Imperial
2 tbsp acai powder (make sure the one you buy does not contain inulin)	40 g	1.41 oz
~15 raspberries	33 g	1.16 oz
½ cup baby spinach	25 g	0.88 oz
1/3 cup milk of your choice - you may extra if your smoothie is too thick	86 g	3 oz
1 tsp maple syrup (optional, use if it isn't sweet enough)	6 g	0.21 oz
⅓ firm banana, sliced	35 g	1.2 oz
½ kiwi fruit, sliced	38 g	1.34 oz
1 tsp desiccated coconut	2 g	0.07 oz
1 tsp hemp seeds (you could also use chia seeds)	2.5 g	0.1 oz
1 tsp natural Peanut Butter (optional, but tasty)	6 g	0.2 oz

Method

1. Add acai powder, raspberries, spinach, milk and maple syrup to a blender and slowly add the milk until it is at the right consistency
2. Pour into a bowl and decorate with the banana, kiwi fruit, coconut, hemp seeds and peanut butter as you like

Nutrition Information (per serve)	
Energy	1778 Kj / 425 cal
Protein	5.90g
Carbohydrates	38.10g
Sugar	16.40g
Total Fat	11.10g
Saturated Fat	2.50g
Fibre	11.00g