



Brilliant Blueberry Açai Smoothie Bowl with Roasted Almond Dark Chocolate Coconut Trail Mix Recipe

This smoothie is creamy and dreamy and super scrumptious for sipping on its own as a smoothie but it's thick enough to make an awesome smoothie bowl. Top it with Roasted Almond Dark Chocolate Coconut Trail Mix and fresh blueberries and you've got a brilliant breakfast, packed with protein, fiber and healthy fats to energize you and keep you satisfied all morning.

Makes: 2 smoothies or smoothie bowls **Preparation:** 5 minutes

Smoothie:

1 cup (250 mL) Nordica Smooth Blueberry Açai
1 cup (250 mL) frozen blueberries
½ cup (125 mL) chopped frozen kale
½ cup (125 mL) milk
2 Tbsp (30 mL) natural almond butter
2 tsp (10 mL) lemon juice

Smoothie Bowl Toppings:

Toasted Almond Dark Chocolate Coconut Trail Mix (see recipe next page)
Fresh Blueberries

How to Make:

1. Add the Nordica Smooth Blueberry Açai, blueberries, kale, milk, almond butter and lemon juice into a blender and puree until smooth, approximately 1 minute.
2. Pour into two small serving bowls. Top with Toasted Almond Dark Chocolate Coconut Trail Mix and lots of fresh blueberries.



Roasted Almond Dark Chocolate Coconut Trail Mix Recipe

Enjoy this trail mix its own or add it as a topper to yogurt, oatmeal, fresh fruit salad or smoothie bowls. Pre-portion some into smaller containers (about 1/3 cup), ready for packing and snacking.

Prep Time: 5 minutes **Makes:** 3 cups

Ingredients

- 1 cup (250 mL) roasted almonds, chopped in half *
- ½ cup (125 mL) roasted, salted pepitas
- ½ cup (125 mL) dark chocolate, finely chopped or dark chocolate chips
- ½ cup (125 mL) unsweetened coconut chips (or large flakes)
- ½ cup dried (125 mL) blueberries, cherries or cranberries

How to Make:

In a small bowl, add all ingredients and stir until combined. Store in an airtight container.

* To roast almonds, preheat oven to 400 and line a baking sheet with parchment. Add 1 cup of almonds to pan, drizzle with 1 tsp canola oil and sprinkle with a pinch of sea salt. Using your hands, toss almonds with canola oil and salt until all almonds are covered in oil. Roast for 5 to 7 minutes until just starting to brown. OR...keep it super simple and just buy roasted almonds. Easy peasy!