



ACAI BOWL

RECIPE BY: AMELIE HUYNH

INGREDIENTS

- 1 Cup frozen acai
- 1 Cup milk of choice
- 1 Banana
- Toppings (don't go crazy, or do go crazy for all that matters, whatever works for you!): berries, granola, nuts, peanut butter and my latest addition, collagen and chocolate cream by my sister's brand Holidermie. It's collagen, right? No guilty feelings whatsoever!

CARATS × CARROTS
BY COUTURE