



Superfoods  
by Matt Dawson

SUPERFOOD RECIPES



# ACAI & BERRY GRANOLA SMOOTHIE

(SERVES 2)

## INGREDIENTS

- 1 hand full of granola
- 2-3 tbsp Fresh Chopped Mint
- 1 Cup Almond Milk
- 1 tbsp **Bioglan Superfoods Acai- Berry powder**
- 1 banana
- 1 tbsp honey
- 2 Cups Ice



## METHOD

Blend everything in a blender until ice cubes are completely broken up. Top with additional granola for nicer presentation.