



**Catholic
Health Services**
of Long Island
At the heart of health

Honeycomb Drizzled Berry Acai Bowl

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Yield: 1 Bowl + 6 Cups of Granola



Ingredients

4 Cups Old Fashioned Oats

1 Cup Silvered Almonds

½ Cup of Coconut Oil (melted)

¼ Cup Peanut Butter

¼ Cup of Chia Seeds

¼ Cup of Honey

2 tsp Ground Cinnamon

2 tsp Vanilla Extract

1 tsp Crushed Sea Salt

Salt and pepper to taste

Acai, Sliced Fruit & Honeycomb Drizzle

½ Cup of Frozen Acai Puree

2 Sliced Medium Strawberries

1 Half of Petite Banana (Sliced)

2 tbsp of Fresh Blueberries

½ tsp Raw Honey with Honeycomb

¼ Cup of Homemade Peanut

Butter Granola with Toasted

Shredded Coconut

Preparation

1. Homemade Peanut Butter Granola with Toasted Shredded Coconut
2. Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside.
3. In a large mixing bowl, stir together oats, almonds, chia seeds, cinnamon and sea salt.
4. In a separate mixing bowl, stir together the melted coconut oil, peanut butter, honey and vanilla extract until combined. Pour the coconut oil mixture into the oats mixture, and stir until evenly combined.
5. Spread the granola out evenly on the prepared baking sheet. Bake for 20 minutes, stirring once halfway through.
6. Remove pan from the oven, add the coconut and mix the granola. Bake for an additional 5 minutes, until the granola is lightly toasted and golden in appearance.
7. Remove from the oven, transfer to a wire rack and let cool (serve semi-hot for best aromatic flavor and texture over Acai Bowl).
8. Store in an airtight container at room temperature.

Acai, Sliced Fresh Fruit & Honeycomb Drizzle

1. In a large bowl, place a ½ Cup (4 fl. oz.) scoop of frozen acai puree to defrost.
2. Using a paring knife and small-sized cutting board, slice off the tops of the strawberries, standing them on that cut surface (upside down) slice them north to south and again east to west (for larger strawberries slice diagonally as well).
3. Using half a banana, slice into coins approximately 1/8".
4. Spread the strawberries (spikes) around the outer rim of the bowl, then lay the banana (coins) around the rim of the strawberries, then lay the blueberries around the rim of the bananas.
5. In the center of the well created by the blueberries, place the homemade granola (serve granola semi-hot for best aromatic flavor and texture over Acai Bowl).
6. Drizzle the raw honey in a # pattern over the fruit and granola.

Honeycomb Drizzled Berry Acai Bowl



What's in the bowl?

Acai Berry Base

Acai berries have a unique nutrition profile and are a major source of antioxidants (especially anthocyanins that give it the deep purple color), in addition to vitamins A, C, and E. They provide a good source of fiber, and healthy fats (omega- 3s, 6s, and 9s). There are many powerful health benefits associated with consumption of this fruit because it's anti-cancer properties and the impact it can have on heart, brain, skin, and digestive health.

Toppings of Your Choice

Layer your bowl with a variety of toppings to make it more flavorful and nutritious. Be mindful of portion sizes and select healthy toppings like old-fashioned oats, almonds, coconut oil, peanut butter, strawberries, bananas, blueberries, kiwi, mango, pineapple, chia seeds, honey and cinnamon.

- **Oats** are a well-balanced whole grain that provide a good source of fiber, vitamins, minerals, and antioxidants.
- **Nuts and Nut-Butters** are healthy fats, high in fiber and protein. When shopping for nut butters, especially peanut butter, just be sure to read the ingredient label as some can have added salt, sugar, preservatives and

unhealthy fats that make this calorically dense food more of an unhealthy option.

- **Coconut Oil** is high in fat (mostly medium-chain triglycerides or MCTs), which the body metabolizes differently than most other fats. MCTs are responsible for many of the health benefits of coconut oil.
- **Chia Seeds** may be small in size but are full of important **nutrients**. They are an excellent source of omega-3 fatty acids, rich in antioxidants, and provide fiber, iron and calcium.
- **Honey** is a natural sweetener and a nutritious substitute for other high sugar toppings. Raw honey—especially with bits of honeycomb—provides additional antioxidants, enzymes, and small amounts of very long-chain fatty acids (VLCFA's), which are proactive against fat metabolism, reduce LDL 9bad cholesterol and raise HDL (good cholesterol).
- **Cinnamon** is fragrant and a flavorful source of antioxidants. Some [studies](#) have suggested that the compounds in cinnamon have [antioxidant](#), anti-inflammatory, antidiabetic, and antimicrobial properties, and may offer protection from [cancer](#) and cardiovascular disease, among other conditions.

The nutritious Honeycomb Drizzled Berry Acai Bowl can be made for any meal of the day!

Submitted by:
Lauren Hughes, MS, RD, CDN
Clinical Nutrition Manager