

Acai Berry Concoctions

[Acai Berry](#) is an extremely nutritious fruit that is being seen more and more in both juice and pill form. However, the most benefits come from the berry itself. Because of this, there are some great recipes using Acai that you can use so that you get the most out of the Acai Berry and enjoy some great flavor.

And not only do you get flavor, but you also get [antioxidants](#) and Omega 3 and Omega 9 [fatty acids](#). There are a number of benefits to your health that include ridding your body of toxins, strengthening your immune system, and aiding in warding off several serious diseases. You can also lower cholesterol and blood pressure by adding Acai Berry to your diet.

Acai Berry Recipes

Here are some Acai Berry recipes that can add a nutritional kick to your diet and to your body:

- If you want a good breakfast, take 3.5 ounces of Acai, a splash of orange juice, and a banana and place it all in a blender. Simply blend until the mixture is smooth and you are done.
- Take 2 ice cream scoops of Acai and 2 scoops of vanilla ice cream and place them in a blender. Add 1/5 cup of milk and you have a very healthful milkshake.
- Take 1 cup of juice, 1/2 cup of banana slices, 3.5 ounces of Acai, and 1/2 cup of ice and blend together in a blender. This makes a delicious and nutritious beverage.

Make your own acai recipes!

You can also make your own Acai Berry recipes. As you can see with the above 3 recipes, Acai Berry, other fruits, and a blender can make some delicious snacks and beverages. But what makes these snacks and beverages so different is the fact that you are also energizing yourself with one of the most nutritious fruits in the world.

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