

# Acai Almond Butter Granola Protein Bowl



## Ingredients

- 1 packet Quaker® Protein Instant Oatmeal - Maple and Brown Sugar
- 1 tbsp almond butter
- 2 tbsp water
- 3/4 cup skim milk
- 1/4 cup low-fat vanilla yogurt
- 1 tbsp almond butter
- 1 tsp unsweetened cocoa powder
- 1 packet (100g) frozen acai puree
- 1 banana, sliced and frozen
- 1 cup mixed berries, frozen
- Additional fresh berries and sliced banana

## How to make it

1. Empty oatmeal packet into microwave-safe bowl.
2. Add 1 tbsp almond butter and 2 tbsp unheated water; stir.
3. Microwave on HIGH for 90 seconds.
4. Stir, and microwave on HIGH for 30 seconds more.
5. Stir, and microwave on HIGH for 30 seconds more until oats just begin to brown.
6. Stir, and let stand until cool. (Granola will crisp as it cools.)\*
7. Meanwhile, add milk, yogurt, 2 tbsp almond butter, cocoa powder, frozen acai, banana, and mixed berries to blender.
8. Blend, scraping sides of blender as needed, until mixture is smooth and creamy.
9. Spoon mixture into 2 chilled bowls.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
3 min	2 min	5 min	2

## Made with



Quaker® Protein Instant Oatmeal - Maple and Brown Sugar

10. Top with cooled granola and additional fresh berries and sliced banana.
11. Serve immediately.