

Recipes with açai

By Betto Auge



Table of content



1. Special Thanks	03
2. Introduction	04
3. First Steps	05
4. Right Equipment	06
5. Recipes	08
6. The Structure of a Smoothie	24
7. Ideal Combination	28
8. Follow Us	29

Special thanks



Betto Auge, is a well renowned Brazilian food connoisseur and smoothie bowl expert, that has been on the rise with the growing worldwide trend for healthy, free-from, nutrient-dense food options and alternatives. With all the new trends and constant innovation in sight, Betto takes the concept of a smoothie bowl to a whole new level. He compliments his beautiful and tasty creations with great insights and tips on how to make the Perfect Smoothie Bowl, always loaded with superfoods and boosters, to get that nutrient rich end result.

Here we are glad to share with you more than 20 of the recipes, ranging from the most simple to the most complex, Betto has developed using our Organic Açaí Puree or Organic Açaí Powder. We invite you to enjoy the read and get creatively inspired by these extremely crave-worthy açaí bowls! Don't forget to check out Betto's instagram page for all around smoothie bowls inspiration! **@betto.auge** and tag us **@byou.acai** with the pictures of your amazing creations.

Thank you, Betto!

Introduction

“When I think of a Smoothie I soon envision a colorful and tasty Bowl with a creamy, nutrient-rich texture. Basically a Smoothie contains fruits, vegetables and ice, has a refreshing taste and a “silky” liquid consistency, but for me it is not such like this! I see the Smoothies in another way, for me they can be a super nutritious and practical meal that fits perfectly into my routine and my lifestyle delivering to my body all that it needs.

In a Smoothie I go far beyond fruits and vegetables. For it to become a complete meal, it is possible to boost the recipes with herbs, spices, seeds, superfoods, many greens and even dietary supplements. This takes us on a journey through so many flavors, textures and nutrients in a single bowl, getting different sensations with each spoonful.

Among so many gastronomic experiences in search of a healthy and complete meal that meets my needs, nothing was as practical, fast and pleasurable as making a Smoothie. Eating fruits and vegetables this way is a lot more fun. The various combinations of ingredients leads us to an endless world of unexpected flavors, and the best, it is very difficult to go wrong. Whatever you are planning to do, a meal, a training or a dessert, always be creative, try new ingredients and new combinations looking for flavors and textures out of the ordinary.

The great secret for everything to work is the presentation, imagine the taste, create something beautiful and colorful and mouthwatering even before you have tasted. Play with the colors, the textures and the different layers you can create. Make your Smoothie something creamy, flavorful, refreshing, colorful and nutritious.”



First steps

Everything starts at the supermarket

We created this book not only to teach you how to make smoothies, but also to learn how to shop at the supermarket and leave the pantry ready to create incredible recipes. Good ingredients are the key to good results. pay attention and be sure to supply your pantry in a varied and colorful way.



Fruits

Source of simple carbohydrates, vitamins, minerals and antioxidants.



Vegetables

Source of nutrients for good health.



Grains

Source of carbohydrates, proteins, fats, minerals and fibers.



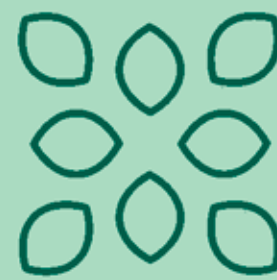
Oils

Sources of good fats which are indispensable in the kitchen.



Oily Seeds

Good source of fats, protein and carbohydrates.



Seeds

Source of good fats, proteins, fibers and minerals.



Spices

Source of antioxidants, unique flavors.



Natural Sweeteners

Alternative and healthy sources to sweeten your recipes.

Right equipment

To get the perfect texture, an efficient blender is one of the most important points, after all it is the main tool that we will use, so if you really want to learn how to make smoothies it is worth investing in a good equipment.

Blender

Indispensable item in the kitchen of those who want to prepare a smoothie, do not save money on this item as it will make all the difference at the time of preparation.

Cutting Boards

Indispensable material for the setting up of the ingredients. Avoid wood cutting boards.

Meters

They are very useful utensils so that you do not go wrong at the time of executing a recipe and maintain the standard.

Bowl and Spoon

These two items cannot be missing in any way, there is no smoothie bowl without bowl, it does not have to be an expensive item, but it can be a beautiful bowl that favors the smoothie presentation.

Personal Blender

This category of blender will help in the preparation and cleaning of the equipment, ideal for those preparing smoothies for one or two people.

Knives

You do not need to invest a fortune, but be sure to buy a good knife as it will peel many ingredients. It is ideal that you have at least two sizes, one large and one small, both sharpened.

Kitchen Scale

Nowadays it is an inexpensive item and will greatly facilitate your life in the kitchen, especially when it comes to following recipes.



Our Recipes

The following recipes have the approximate amount of 480ml (16oz), some proportions may vary depending on the size of fruits, vegetables and the amount of water present in each ingredient.

Keep in mind that these recipes are easily adaptable and items can be replaced at your liking. Feel free to experiment!

*All recipes are gluten free, lactose free, no refined sugar, vegan and paleo made with real foods.



The Tropical / Bowl

Ingredients

- Organic Açaí + Guaraná Sorbet
- 1 banana
- 50 ml of coconut juice

Toppings

- Blueberries
- Nuts granola
- Cacau nibs
- Sesame

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

Use 1 frozen banana and 1 fresh one in this recipe to guarantee that smooth desired texture.

Nutritional information | 350ml

Energy value 443Kcal | Carbohydrates 53g | Proteins 8g | Total fats 17g | Saturated fat 7g | Fibers 13g | Sodium 22mg



The Red Fruits / Bowl

Ingredients

- 200g of B.you Organic Açaí Puree
- 200g of red fruits
- 1 spoonfull of coconut nectar

Toppings

- Blueberries
- Strawberry
- Peanut butter
- Shredded coconut

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

Use 1 frozen banana and 1 fresh one in this recipe to guarantee that smooth desired texture.

Nutritional information | 400ml

Energy value 397Kcal | Carbohydrates 39g | Proteins 6g | Total fats 21g | Saturated fat 11g | Fibers 5g | Sodium 32mg



The Tasty / Mango Bowl

Ingredients

- 200g of B.you Organic Açaí Puree
- 200g of mango

Toppings

- Matcha
- Star fruit
- Nuts granola
- Shredded coconut

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

The mango alone should be able to give enough sweetness. But feel free to add some coconut syrup or similar if you have a sweet tooth.

Nutritional information | 400ml

Energy value 363Kcal | Carbohydrates 54g | Proteins 8g | Total fats 23g | Saturated fat 11g | Fibers 10g | Sodium 46mg



The mango-nana / Bowl

Ingredients

- 150g of Açaí Purée
- 1 banana
- 150g of mango

Toppings

- Shredded coconut
- Mango
- Gojiberry
- Chia seeds
- Star anise

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

Select the spotted bananas to get that extra sweet boost to your bowl. If you can't find any, wrapping them in newspaper always helps them ripen faster.

Nutritional information | 400ml

Energy value 324Kcal | Carbohydrates 52g | Protein 4g | Total fats 15g | Saturated fat 11g | Fibers 7g | Sodium 46mg



Green cream

Ingredients

- 100ml of almond milk
- 1 avocado
- 1 frozen banana
- 1 leaf of cabbage
- 1 cup of frozen cauliflower
- 1/2 lemon squeezed

Toppings

- Sunflower seed
- Flaxseed
- Pumpkin seed
- Grated coconut

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

You can use any type of milk in this recipe, blend it until the leaf of cabbage has been completely incorporated in the smoothie with no parts of it in the smoothie.

Nutritional information | 300ml

Energy value 299Kcal | Carbohydrates 33g | Protein 6g | Total fat 19g | Saturated fat 1g | Fiber 8g | Sodium 41mg



Frozen Flower

Ingredients

- 100g of Organic Açaí Purée
- 120g of frozen cauliflower
- 120g of frozen red fruits
- 1 scoop of vanilla flavor protein
- 100ml of coconut milk

Toppings

- Blueberries
- Strawberry
- Coconut flakes
- Flaxseed

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

If you have difficulty while blending, add more milk gradually. If you do not have vanilla flavor protein replace with 1 teaspoon of vanilla essence and 1 tablespoon of coconut nectar. You can use the already frozen and washed cauliflower that is sold in supermarkets.

Nutritional information | 350ml

Energy value 130Kcal | Carbohydrates 12g | Proteins 5g | Total fats 4g | Saturated fat 0g | Fibers 4g | Sodium 44mg



Creamberry

Ingredients

- 100g Organic Açaí + Guaraná Sorbet
- 1 frozen banana
- 100g of raspberries
- 100g of blueberries
- 100ml of vegetable milk

Toppings

- Blueberries
- Peanut butter
- Cocoa nibs
- Grated coconut

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

In this recipe the red fruits can be fresh or frozen, if they are frozen you are likely to have to add more liquid to be able to blend it and get the creamy texture.

Nutritional information | 400ml

Energy value 290Kcal | Carbohydrates 69g | Proteins 7g | Total fats 2g | Saturated fat 1g | Fibers 13g | Sodium 39mg



Açaí D-tox

Ingredients

- 200g of açaí pulp
- 1 slice of ginger
- 2 leaves of cabbage
- 1 frozen banana
- 100g of frozen blueberries
- 50 ml to 100ml of coconut milk

Toppings

- Granola
- Blueberries
- Almond paste
- Coconut paste

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous. Avoid to blend for too long to avoid it to be liquid.

Tips

You can use açaí sorbet or açaí pulp, add the coconut milk gradually until you are able to blend the smoothie.

Nutritional information | 400ml

Energy value 315Kcal | Carbohydrates 55g | Protein 7g | Total fats 10g | Saturated fat 3g | Fibers 12g Sodium 20mg



Heavy / Bowl

Ingredients

- 200g of açai pulp
- 100g of purple sweet potato
- 1 cup of frozen strawberry
- 30g of spinach
- 50ml to 100ml of coconut milk

Toppings

- Dovyalis
- Strawberry
- Cocoa nibs
- 85% chocolate

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous. Avoid to blend for too long to avoid it to be liquid.

Tips

Use as little liquid as possible to avoid getting watery, use the blender at full power.

Nutritional information | 350ml

Energy value 215Kcal | Carbohydrates 43g | Protein 4g | Total fats 4g | Saturated fat 3g | Fibers 7g | Sodium 22mg



Purple Crush

Ingredients

- 100g Organic Açaí + Guaraná Sorbet
- 200g of beets
- 1 frozen banana
- A pinch of cinnamon powder
- 50ml of vegetable milk

Toppings

- Pumpkin seed
- Flaxseed
- Sesame seed
- Cocoa nibs

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous. Avoid to blend for too long to avoid it to be liquid.

Tips

Remember to follow the correct order of ingredients that was taught at the beginning of the book. The beets must be cooked and chilled so that the texture is creamy.

Nutritional information | 350ml

Energy value 153Kcal | Carbohydrates 36g | Protein 4g | Total fats 3g | Saturated fat 2g | Fibers 6g | Sodium 76mg



Intense D-tox

Ingredients

- 200g of açai pulp
- 200g of frozen blueberries
- 5g of açai powder
- 30g of spinach
- 4 capsules (1 c. of tea) of Spirulina

Toppings

- Grated coconut
- Cocoa nibs
- Strawberry
- Sesame seed
- Pumpkin seed

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous. Avoid to blend for too long to avoid it to be liquid.

Tips

Remember to follow the correct order of ingredients that was taught at the beginning of the book. If necessary add a little coconut water or vegetable milk to help the blender to blend.

Nutritional information | 400ml

Energy value 228Kcal | Carbohydrates 40g | Protein 3g | Total fats 9g | Saturated fat 2g | Fibers 11g | Sodium 17mg



Play / Bowl

Ingredients

- 100g of açai pulp
- 120g of sweet potato
- 100g of frozen strawberry
- 5g of açai powder
- 50ml of vegetable milk

Toppings

- Strawberry
- Blueberries
- Gojiberry
- Chestnut paste

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

Remember to follow the correct order of ingredients that was taught at the beginning of the book. The sweet potatoes should be cooked and chilled so that the texture is creamy.

Nutritional information | 350ml

Energy value 191Kcal | Carbohydrates 36g | Protein 3g | Total fats 5g | Saturated fat 2g | Fibers 7g | Sodium 49mg



Some Berrylove

Ingredients

- 100g of açai pulp
- 100g of cooked yam
- 100g of frozen strawberry
- 100g of frozen blueberries
- 50ml to 100ml of coconut milk

Toppings

- Strawberry
- Gojiberry
- White chia seed
- Flaxseed
- 3g of powder

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

Remember to follow the correct order of ingredients that was taught at the beginning of the book. The yam should be cooked and chilled to make the texture creamy. Add the coconut milk gradually and use the minimum necessary to help blend.

Nutritional information | 450ml

Energy value 140Kcal | Carbohydrates 51g | Protein 5g | Total fats 7g | Saturated fat 4g | Fibers 9g | Sodium 6mg



Purple Sweet

Ingredients

- 200g of Organic Açaí + Guaraná Sorbet
- 100g of purple sweet potato
- 100g of frozen strawberry
- 1 leaf of cabbage
- 50ml of vegetable milk

Toppings

- Granola and seeds
- Flaxseed
- Gojiberry
- Strawberry

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

Remember to follow the correct order of ingredients that was taught at the beginning of the book. Sweet potato must be cooked and chilled to make the texture creamy. Add the coconut milk gradually and use the minimum necessary to help blend.

Nutritional information | 450ml

Energy value 240Kcal | Carbohydrates 39g | Protein 5g | Total fats 9g | Saturated fat 2g | Fibers 10g | Sodium 46mg



Açaí Swirl

Ingredients

- 200g of açaí pulp
- 200g of frozen blueberries
- 30g of spinach
- 50ml vegetable milk

Toppings

- Strawberry
- Cocoa nibs
- Flaxseed
- Sesame seed
- Almonds paste

Directions

Add all the ingredients in the blender, blend for about 50 seconds or until it is creamy and homogeneous.

Tips

Add the coconut milk gradually and use the minimum necessary to help blend. It is important to blend with the maximum power of the blender (this tip is valid for all recipes).

Nutritional information | 480ml

Energy value 229Kcal | Carbohydrates 38g | Protein 4g | Total fats 10g | Saturated fat 2g | Fibers 11g | Sodium 48mg



The structure of a Smoothie

Texture Base | Liquid | Flavor | Leaves | Bookster | Taste | Toppings



Texture base

Fruits

Avocado, banana, coconut or mango.

Vegetables

Carrot, beet, sweet potato, yam, pumpkin, cauliflower.

Nuts

Almonds, cashew nuts, cashew nut, or macadamias always hydrated for at least 8 hours.

Liquids

Pastes

Peanuts, coconuts, almonds, nuts, macadamias, hazelnuts, pecans or pistachios.

Seeds

Sunflower seeds, chia or flaxseed.

Flours

Coconut, almond, oats, amaranth, quinoa or tapioca gum.

Flavor

Citrus Fruits

Lemon, orange, tangerine, sicilian lemon and pineapple.

Sweet Fruits

Kiwi, banana, apple, pear, cashew, mango and grape.

Red Fruits

Strawberry, blueberries, raspberry, blackberry and gojiberry.

Leaves

Smooth Flavor

Spinach and lettuce.

Moderate Flavor

Chard, celery, cabbage, leaf of beet and kale.

Intense Flavor

Arugula and watercress.

Fresh Herbs

Basil, mint, coriander and parsley.

Booster

Superfoods

Peruvian apple, açai powder, gojiberry, guarana, camu camu, spirulina, chlorella, moringa or grasses.

Oils

Avocado, chia, flaxseed, macadamia and coconut (MCT).

Seeds

Chia, flaxseed, sesame, pumpkin, sunflower and hemp seeds.

Protein powder

Protein powder

Vegetable protein and collagen protein.

Probiotics powder

1/2 teaspoon or 1 capsule

Taste

Spices

A pinch of cinnamon, clove, cardamom, ginger, cayenne pepper, turmeric, curry, black pepper, nutmeg or Jamaica pepper.

Fresh

Herbs Rosemary, parsley, coriander, mint, basil, lemon thyme.

Zests

Sicilian and Tahiti lemon, lime, or orange.

Cocoa

Cocoa powder or cocoa nibs.

Natural Extracts

Essence of vanilla, almond, roses, mint or orange blossom.

Natural Sweeteners

Fruits, natural jellies, stevia, coconut sugar, xylitol, erythritol, dates, coconut nectar, maple syrup and cane molasses.

Salt

1 pinch of sea salt or Himalayan salt.

Toppings

The toppings are the elements that will give the finishing touch. Play with the ingredients, create drawings, shapes and combine colors. But be careful not to overdo.

Beet and Carrot

If you have a powerful blender they can be used raw, but if they are cooked the texture of the smoothie becomes more creamy. It should be cooked without the peel, and stored in the refrigerator or freezer.

Banana, Mango and other Fruits

The banana and the mango in particular have the ability to make the smoothie very creamy but it is important to be frozen to have a good result. Frozen fruits help maintain the creaminess and consistency of the smoothie base.

Citrus Fruits

We can use only the juice or the whole fruit to get most of the nutrients. For this it is important to remove the lumps and the white part that is present in the center of the fruit to avoid the undesirable bitter taste.

Sweet Potato and Yam

Should always be cooked until tender, cook in bark and remove only when it is to be used. They can be stored in the refrigerator or in the freezer.

Cabbage

When using it, it is important to remove the stem and use only the leaf.

Avocado

It takes time to mature and spoils very quickly after ripe. To have it in stock or and prevent from spoiling, when ripe you can blend or knead with a fork, put in ice forms and freeze, this way it lasts for about 15 days in the freezer without getting dark and with bitter taste.

Vegetable Milk Ice

In some recipes it is necessary to use ice cubes when we do not have frozen fruits to keep the creamy and chilled base. In this case we can make ice cubes with fruit juice, coconut water or vegetable milks like almond, nuts and coconut.

Vegetable Milk

The milks suggested in the recipes may be replaced by any other of your choice or whatever is available in the pantry.

Liquids

Most of the recipes has a liquid ingredient. It is important to know that the less liquid you need to add to blend, the more creamy and consistent your smoothie gets, so to have a good equipment is important.

Find your ideal combination

All the recipes in this book have been executed several times, with variations of ingredients, proportions and different equipment until finding the ideal recipe for each combination.

It is worth emphasizing the importance of a powerful blender, this will make a difference to achieve a creamy texture. If you still do not want to invest in good equipment and want to use what you already have at your disposal, you can make it easier for the blender by hydrating the nuts and seeds, chopping the leaves, cooking or grating harder vegetables such as carrots and beets and cutting the ingredients into smaller pieces.



Now that you have many of our favorite recipes, it's your time to be creative.

Follow us and send us pictures and the recipes to your unique creations!



byousuperfoods.com



[@byou.superfoods](https://www.instagram.com/byou.superfoods)



info@byouacai.com

