**Tropical Acai Bowl Recipe with Mango and Hemp Seeds**

INGREDIENTS:

* 1 fresh mango or papaya, cubed
* 3 frozen bananas, sliced
* ½ cup frozen berries (of choice)
* 1 cup acai concentrate
* **TOPPINGS:**
* Hemp seeds
* Chia seeds
* Desiccated coconut
* Sliced kiwi
* Fresh blueberries
* Granola or pumpkin seeds

DIRECTIONS:

1. Add everything to a blender, blending on med-high until thick and creamy.
2. Evenly distribute mixture into 2–3 bowls and top with toppings.