

Acai Max Recipes

We understand that sometimes things that are good for you aren't necessarily good! With that in mind, our Research Team has created a selection of recipes to help you with your Daily Regimen of Max Acai. Try the Max Acai in hot tea or enjoy the below recipes throughout the day!

Yo-Play the Afternoon Away!

- 1 tsp Continual Youth® Max Acai Powder
- 1 6oz Yoplait® Original Blueberry Acai Yogurt or Mixed Berry

Mix Max Acai into yogurt and stir in for a quick yummy snack anytime of the day.

Pomegranate Iced Blend

- 1 tsp Continual Youth Max Acai Powder
- 1 c. Pomegranate Juice
- 1 c. Ice

In a blender, mix pomegranate juice, Max Acai and top with ice. Pulse until ice is crushed and well blended. Enjoy as a refreshing mid-day break.

Key West Get-Away

- 1 tsp Continual Youth Max Acai Powder
- ½ c. Pineapple Juice
- 1 6oz Yoplait Original Key Lime Yogurt

In a blender, mix pineapple juice, Max Acai and yogurt. Blend on low until full incorporated. Pour into chilled glass, top with a pineapple wedge and escape to Key West, Florida!

Acai Vinaigrette*

- 1 tsp Continual Youth Max Acai Powder
- 1 tsp of Extra Virgin Olive Oil
- Juice of ½ lemon or 2 tsp of concentrated lemon juice

Add Max Acai to the lemon juice and blend well with fork to create a paste-like consistency. Slowly drizzle in 1 tsp of EVOO to make a tasty and tart dressing. Great on salads or as a marinade for grilled shrimp.

**Recipe may be doubled or tripled.*