



THE OPRAH
MAGAZINE

OPRAH'S
POWERFUL
NEW
BOOK CLUB
PICK!

THIS MONTH'S BIG QUESTION

WHAT WOULD MAKE YOU HAPPY?

If you can define it,
you're one step closer!

*"For me it's
about having
a gorgeous day
all to myself"*

-OPRAH



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Fast or Fancy

Stay cool on summer mornings with this acai bowl (a.k.a. spoonable smoothie) from *Power Bowls* author Christal Sczebel.

Leftover coconut flesh? Scoop it out and freeze it in chunks for smoothies.

To save time in the a.m., portion out the berries, bananas, and protein powder in a baggie in advance and freeze it. Then, just add to your blender with the acai and milk.

Protein powder gives your meal more staying power, and unflavored, unsweetened options like Carrington Farms Coconut Protein (\$20; carringtonfarms.com) or Bob's Red Mill Protein and Fiber Nutritional Booster (\$23; bobsredmill.com) let you focus on the fruit.



The Fancy

Turn your berry-based breakfast into a work of satisfying art by topping it with homemade granola (find a delightfully crunchy and nutty recipe at oprah.com/diygranola), adding edible flowers like violas (check your farmers' market or order online—we like gourmetsweetbotanicals.com), and serving it in a coconut shell. It'll be almost too pretty to eat.

GOJI BERRY AND HEMP ACAI BOWLS
MAKES 4 SERVINGS
TOTAL TIME: 15 MINUTES

To a blender, add 1 package unsweetened **acai puree** (check the frozen fruit aisle); 2 cups frozen mixed **berries**; 2 frozen **bananas**, peeled and diced; 2 scoops (about 6 Tbsp.) **protein powder**; and 2 cups **unsweetened almond milk**. Blend until thick and smooth, about 2 minutes. Meanwhile, split open 2 **coconuts** (hold each coconut with a towel and firmly tap along the center with a hammer or a meat mallet until the shell cracks in half); divide berry mixture evenly between 4 halves. Top each with 2 Tbsp. **shredded coconut**; ¼ banana, sliced; 1 Tbsp. **goji berries**; 1 Tbsp. **hemp seeds**; 2 Tbsp. **granola**; a sprinkle of **cacao nibs**; and a couple of **edible flowers**.



The Fast

Hectic weekdays are no time for whacking coconuts, so serve your blend in a regular old bowl, top it with packaged granola (Purely Elizabeth's not-too-sweet Coconut Cashew version tastes close to homemade, \$7; purelyelizabeth.com), and call it a morning.

O-PPROVED

Vitamix's Ascent Series blenders (from \$470; vitamix.com) deliver lump-free results. And if you want an icy berry treat with next to zero effort, we like Sambazon's frozen Superfood Acai Bites (\$7; sambazon.com). Think of them as tiny acai bowls dipped in dark chocolate—they're sweetened mostly with fruit, too, so they totally count as breakfast.



PHOTOGRAPH BY Mike Garten