



## **Black Rice Acai Shake**

**Yield:** 15, 12 fl. oz. shakes

### **Ingredients**

2¼ c. water  
8 oz. InHarvest Nerone Italian Black Rice  
7½ c. acai berry puree  
3 ¾ c. sliced bananas  
3 ¾ c. blueberries  
3 ¾ c. whole milk vanilla yogurt  
1 c. honey  
1 ⅜ c. unsweetened, shredded coconut

### **Directions**

1. Bring water to a boil.
2. Add InHarvest Nerone Italian Black Rice, reduce to a simmer and cook covered for 40 minutes
3. Drain excess liquid and cool completely before proceeding.
4. Note: Recipe is intended to be blended in a standard 64 oz. blender with a strong motor. Shakes will need to be blended in batches of 4. If your blender is a different size, the amount in each batch will have to be adjusted.
5. For a batch of 4, place the following into the bowl of the blender:
  - 1 c. InHarvest Nerone Italian Black Rice
  - 2 c. acai berry puree
  - 1 c. banana
  - 1 c. blueberries
  - 1 c. yogurt
  - 4 T. honey
  - 6 T. coconut
6. Blend until completely smooth.
7. Pour 12 fl. oz. shakes into clear cups or glasses. Cover and refrigerate for at least 1 hour to chill.
8. Repeat with remaining ingredients. The last batch will not be a full batch of 4.

### **Nutrition Facts**

Per serving: 318 cal., 5 g pro., 51 g carb., 6 g fiber, 12 g fat (7 g sat. fat), 10 mg chol., 45 mg sod., 33 g sugar