

BRAIN BOOSTER SMOOTHIE

This powerhouse smoothie is loaded with antioxidants, omega 3's and vitamins, which can improve your brain health!

Recipe

- 1 cup blueberries (frozen)
- 1 cup strawberries (frozen)
- 1 ripe banana, peeled (frozen)
- 1/2 of an avocado, peeled and pitted
- 1/2 cup water
- 1/2 cup non-dairy milk
- 1 Tbsp chia seeds or flax seeds
- 1 Tbsp coconut oil
- 1/8 tsp or sprinkled lightly with turmeric

Directions

Add all ingredients into high speed blender and blend until smooth.

Drink up! This Brain Booster Smoothie can help keep our minds sharp and active!



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