

BRAIN POWER SMOOTHIE

(BLUEBERRY AVOCADO SMOOTHIE)

This Brain Power Smoothie (Blueberry Avocado Smoothie) is packed with delicious ingredients that are all great for brain health.

TOTAL TIME: 2 MINS

PREP TIME: 1 MIN

COOK TIME: 1 MIN

INGREDIENTS:

- 2 cups blueberries
- 1 cup pomegranate juice (or any 100% berry juice)
- 1 cup ice cubes
- 1 Tbsp. chia seeds
- 1 ripe banana, peeled
- half of an avocado, peeled and pitted

DIRECTIONS:

Add all ingredients to a blender and pulse until combined and smooth. If the smoothie is too thick, add more juice. If the smoothie is too thin, add more ice.



Did You Know?...

The combinations of brain-boosting foods that can be combined into a delicious smoothie are endless. These foods will help to optimize your smoothie's brain boosting benefits:

Blueberries: Blueberries are bursting with antioxidants that neutralize free radicals that can damage brain cells. Blueberries also have flavonoids that improve learning and memory and can even improve communication.

Bananas: In addition to making your smoothie creamy, bananas are also high in antioxidants. They also contain serotonin which improves memory and learning. Bananas also contain a high amount of dopamine which can boost attention and memory.

Hemp seeds: Found at your local health food store, hemp seeds contain essential fatty acids which are vital for brain health. Other compounds in this super seed promote memory and learning.

Cocoa: Craving something a little sweeter? Add some cocoa to your smoothie. Cocoa is one of the richest sources of antioxidants on the planet and has been shown to increase blood flow to the brain.

Leafy greens: Don't forget your veggies in your smoothie! Throw in some kale and spinach to get plenty of B6 and B12 vitamins which help fight Alzheimer's.