BRAIN POWER SMOOTHIE
★★★★★ 5 from 4 reviews
prep time: 1 MINUTES
cook time: 1 MINUTES
total time: 2 MINUTES
yield: ABOUT 4 CUPS

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

SCALE 1x2x3x
INGREDIENTS
2 cups blueberries
1 cup pomegranate juice (or any berry juice)
1 cup ice cubes
1 Tbsp. chia seeds
1 ripe banana, peeled
half of an avocado, peeled and pitted

INSTRUCTIONS
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.