

BRAIN POWER SMOOTHIE (BLUEBERRY AVOCADO SMOOTHIE)

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

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.

Recipe by Ali from www.givemesomeoven.com.

