



NEURO ACADEMY

BRAIN HEALTHY SMOOTHIES



**THE BRAIN
DOCS**



Basic Ingredients

- ▶ Plant-based Milk
- ▶ Crushed Ice
- ▶ Greens
- ▶ Oats
- ▶ Berries
- ▶ Seeds
- ▶ Bananas
- ▶ Nuts
- ▶ Herbs & Spices

Perfect Blends

- ▶ Banana + Blueberries + Walnuts
- ▶ Strawberries + Oats + Almonds
- ▶ Banana + Cinnamon + Walnuts
- ▶ Kale + Hemp Seeds + Ginger
- ▶ Strawberry + Blueberry + Raspberry
- ▶ Banana + Cocoa + Mint
- ▶ Spinach + Banana + Flax Seeds
- ▶ Strawberry + Banana + Chia Seeds

