

Brain-boosting Berry Smoothie

(by the Entegra Performance Kitchen)

This recipe yields a 24-ounce smoothie, which is the perfect amount for a meal substitute, or can be split in half for a delicious 12-ounce snack.

Ingredients

1 cup of almond/oat milk

1/3 cup of almonds

1 banana

½ cup blueberries

½ cup raspberries

½ cup strawberries

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- ❑ Add in almond milk and whole almonds and blend together until whole almonds are pulverized.
 - ❑ Next, add in banana, strawberries, blueberries and raspberries and blend together until homogenous.
 - ❑ Our chefs like to add 2 tsp of turmeric for an extra boost.