



# BRAIN BOOST SMOOTHIE

## INGREDIENTS

- 1 1/2 cups fresh spinach
- 1 cup unsweetened coconut water or just water
- 1 ripe pear, cored
- 1 banana frozen is ideal
- 1/2 cup mango, frozen
- 1/4 avocado
- 2 tablespoons hemp hearts
- (Makes approx. 4 large cups)

## DIRECTIONS

1. Wash Spinach and pear
2. Peel the mango and avocado
3. Put all ingredients into the blender and blend.
4. Enjoy!



**BRAIN FOOD BUILDING BLOCKS**  
with ONE Nutrition and Health

Eat Well, Live Well

making the connection between food and brain health

Educating ONE Young Minds