

Brain Detox Smoothie

A refreshing and nutritious smoothie to clear your mind and boost your energy levels.



Smoothie

5 min

Total time

easy

Difficulty

200

kcal / serving

Ingredients

- 1/2 cup blueberries
- 1/2 banana
- 1/4 cup spinach
- 1/4 avocado
- 1 tbsp chia seeds
- 1 cup coconut water

Steps

- 1 Combine all ingredients in a blender.
- 2 Blend until smooth and creamy.
- 3 Pour into a glass and enjoy!