



Feed a Brain™ Smoothie Creation Guide

Directions
Add your choice of the following ingredients to the pitcher of a high powered blender.

- 1 Tbsp. Fat**
- Avocado
 - Coconut Oil
 - Coconut Cream
 - Egg Yolks
 - Ghee
 - MCT Oil
 - Omega-3s

- 1 Handful of Leafy Greens**
- **Arugula***
 - Basil
 - Beet Greens
 - **Bok Choy***
 - Chard, all colors
 - Chicory
 - Cilantro
 - **Collard Greens***
 - Dandelion greens
 - Endive
 - Escarole
 - **Kale***
 - Lettuce (not iceberg)
 - Mint
 - **Mizuna***
 - **Mustard Greens***
 - Parsley
 - Radicchio
 - Radish leaves
 - Romaine lettuce
 - Spinach
 - **Tatsoi***
 - **Turnip Greens***
 - **Watercress***
 - Wheatgrass

* Ingredients written in **bold** are also sulfur-rich

- 1 Handful of Brightly Colored**
- Acai Berries
 - Asparagus
 - Aronia Berries
 - Beets
 - Blackberries
 - Blueberries
 - Carrots
 - Cantaloupe**
 - Cherries
 - Cranberries
 - Cucumber, with skin
 - Currants
 - Elderberries
 - Figs, fresh
 - Grapefruit
 - Grapes**
 - Kiwi
 - Honeydew Melon**
 - Lemon
 - Lime
 - Mango**
 - Muskmelon**
 - Nectarines
 - Oranges
 - Papaya
 - Peaches
 - Pineapple**
 - Plums
 - Pomegranate Arils**
 - Raspberries
 - Strawberries
 - Tangerines
 - Watermelon**

**Contain 15g or more of natural sugar per 1 cup whole fruit

- 1 Cup Liquid Base**
- Water
 - Coconut Water
 - Water or Coconut Kefir
 - Bone Broth
 - Nut/Seed Milk
 - Coffee or Tea

- Nutrients for Synaptogenesis**
- Choline Powder
 - Uridine Powder
 - High DHA Omega-3s
- *go to feedabrain.com/synapto

- Optional: Sulfur-Rich Veggies**
- Asparagus
 - Broccoli
 - Broccoli Rabe
 - Broccoli Sprouts
 - Brussels Sprouts
 - Cabbage
 - Cauliflower
 - Fennel
 - Parsnips
 - Leeks

- Optional: Superfoods**
- Bee Pollen
 - Cacao Nibs
 - Camu Powder
 - Chia Seeds
 - Chlorella
 - Cinnamon
 - Cocoa Powder
 - Coconut Chips
 - Collagen Protein
 - Desiccated Liver Powder
 - Flax Seeds & Oil
 - Ginger (fresh)
 - Herbs
 - Hemp Seeds
 - Maca Powder
 - Microgreens
 - Mushroom Powder
 - Nut/Seed Butters
 - Powdered Herbs
 - Probiotics
 - Spices
 - Spirulina
 - Turmeric

Directions
Add ice cubes and blend in a high-powered blender. Adjust liquid and ice as needed to achieve desired consistency. go to feedabrain.com/tools