









Curry Girls Kitchen Brain Boosting Blueberry Kale Smoothie

Ready in: 5 minutes

Serves: 2

We're going to be featuring brain boosting recipes for the rest of the year into January, in honor of my new docuseries, [Broken Brain](#). I know it's pretty cold out, but I still enjoy a good smoothie even in the winter. This brain boosting smoothie comes from my friends at Curry Girls Kitchen. It's got fats, phytonutrients, spices, protein—all the good stuff!

Ingredients:

- 1 1/2 cups frozen wild blueberries or your favorite berry or berry combination 
- 1 cup coconut water or regular water for low-sugar option 
- 1/2 - 1 cup hazelnut or almond milk 
- 2 - 3 tablespoons chia seeds
- 1 tablespoon ground flax seeds
- 1 tablespoon coconut butter/mana or coconut oil, or MCT oil/Brain Octane 
- 2 - 3 kale leaves stem removed (or handful spinach/ watercress)
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon 
- 1/2 teaspoon turmeric
- Optional: 1 scoop collagen powder 

Step 1: Add all ingredients into a blender. Blend for 1 minute and enjoy! 

Nutritional analysis (with water, not coconut water): calories 219 • fat 11g • sodium 133 mg • carbohydrate 21g • protein 11g • fiber 11g