



# BRAIN HEALTH SMOOTHIE

*Get a brain boost!*

## INGREDIENTS

- **Resilience whey:** high vibration protein powder and superfood nutrition formula. 3/4 cup
- **Brain Octane:** bulletproof. 1 TBSP
- **Liposomal DHA:** Liposomal DHA Vegan Non GMO Non Allergen 6oz, 1 TBSP
- **Giant KETO, exogenous ketones:** different flavors, 2 scoops
- **Trehalose complex:** D'Adamo brand: 2 tsp
- **Pro Greens,** nutricology brand: 1 scoop
- **Berries:** 1 cup (your favorite, blueberries best for brain, though strawberries, blackberries, raspberries all work here)
- **Hemp Hearts:** 3 TBSP
- **MIX IN:** 16 ounces of Hemp milk or water

## DIRECTIONS

Mix well in a blender

## Serve cold!

For best taste

\*\*If you are needing to increase caloric intake you may add: \*\*  
Yogurt: 1 cup + Coconut oil: 1 TBSP