

Brain Fog Relief Smoothie

Ingredients:

- 1 cup baby spinach
- ½ cup blueberries
- ½ banana
- 1 teaspoon MCT oil or coconut oil
- 1 tablespoon chia seeds
- 1 cup oat milk

Instructions:

1. Blend until fully smooth.
2. Great mid-morning or afternoon.

Benefits:

- **Blueberries:** Improve memory and mental clarity.
- **MCT oil:** Brain fuel from healthy fat.
- **Chia:** Balances blood sugar and improves focus.