

Source of **OMEGA-3 FATTY ACIDS**



**Brain booster**

# Fruit smoothie

**Flaxseed oil is an excellent source of omega-3 fatty acids**

To make a delicious and nutritious 'Brain booster fruit smoothie', simply take a handful of fruit, some fresh fruit juice, a dash of soya milk, a tbsp of flaxseed oil or ground flaxseed, place into a blender and blitz until smooth.

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