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Blueberry Walnut Power Salad

Colorful and nutrient-rich, this salad provides antioxidants, omega-3s, and fiber to fuel brain health.

MAKES 1 SERVING

Ingredients

- 5 oz mixed greens
- 1 cup blueberries
- ¼ cup walnuts (toasted)
- ¼ cup crumbled feta or goat cheese
- ½ avocado, sliced
- 1 Tbsp olive oil + 1 Tbsp balsamic vinegar
- Salt and pepper to taste

Optional
- Add grilled salmon or tofu for extra protein!

Directions

Combine ingredients and enjoy!