



10

Brain Boosting Recipes

By Troy & Valerie Gundersen

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Hello, and welcome to a journey of culinary delight that also happens to be a path to better brain health! At the heart of our well-being lies the food we eat, and when it comes to boosting cognitive function, enhancing memory, and promoting mental clarity, the choices we make in the kitchen can play a vital role.

Imagine waking up with a sharper mind, tackling your daily tasks with enhanced focus, and feeling a sense of vitality that comes from providing your brain with the nutrients it craves. It's not just a possibility; it's an achievable reality.

In this collection of 10 brain-boosting recipes, we'll introduce you to dishes that not only tantalize your taste buds but also fortify your mind. Each recipe has been carefully crafted with ingredients known for their positive impact on brain health, providing you with a delightful way to invest in your cognitive well-being.

From the antioxidant-rich berries that defend against oxidative stress to the omega-3-packed salmon that nourishes your brain cells, these recipes harness the power of nature's bounty. We'll guide you through the preparation of mouthwatering dishes that make it easy to incorporate brain-boosting foods into your daily life.

So, if you're ready to embark on a journey towards improved mental clarity, better memory, and overall cognitive vitality, join us in the kitchen. Your brain deserves the best, and it starts with what's on your plate. Let's nourish your brain, one delicious recipe at a time!

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Blueberry Walnut Smoothie

INGREDIENTS

- 1 cup blueberries
- 1/4 cup walnuts
- 1/2 cup Greek yogurt
- 1 tablespoon honey
- 1/2 cup almond milk

DIRECTIONS

1. Place the blueberries, walnuts, Greek yogurt, honey, and almond milk in a blender.
2. Blend until smooth and creamy.
3. Pour the smoothie into a glass and enjoy immediately.

BENEFITS

1. Blueberries are rich in antioxidants that protect brain cells from oxidative stress.
2. Walnuts contain omega-3 fatty acids, which support brain health.
3. Greek yogurt provides probiotics for a healthy gut-brain connection.



Salmon and Quinoa Bowl

INGREDIENTS

- 4 oz grilled salmon
- 1 cup cooked quinoa
- 1 cup steamed broccoli
- 1/4 avocado, sliced
- 1 tablespoon olive oil
and lemon juice
- 4 cherry tomatoes

DIRECTIONS

1. Grill or bake the salmon until it's cooked to your desired level of doneness.
2. While the salmon is cooking, prepare quinoa according to package instructions.
3. Steam the broccoli until it's tender but still vibrant green.
4. In a bowl, place the cooked quinoa as the base.
5. Top with grilled salmon, steamed broccoli, and sliced avocado.
6. Drizzle with olive oil and lemon juice.
7. Garnish with 4 cherry tomatoes halved.

BENEFITS

1. Salmon is high in DHA, an omega-3 fatty acid crucial for brain function.
2. Quinoa provides complex carbohydrates for sustained energy.
3. Broccoli is rich in vitamin K, essential for cognitive function.
4. Tomatoes are anti-inflammatory and have been associated with a reduced risk of stroke.



Turmeric and Ginger Tea

INGREDIENTS

- 1 cup hot water
- 1 teaspoon turmeric powder
- 1/2 teaspoon grated ginger
- 1 teaspoon honey (optional)
- 1 cinnamon stick



DIRECTIONS

1. Boil a cup of water and let it cool slightly.
2. In a cup, add turmeric powder and grated ginger.
3. Pour the hot water over the turmeric and ginger.
4. Stir well and let it steep for a few minutes.
5. Add honey if desired for sweetness.
6. Add raw, non-GMO cinnamon stick

BENEFITS

1. Turmeric and ginger have anti-inflammatory properties that may reduce brain inflammation.
2. Curcumin in turmeric is linked to improved memory and mood.
3. Cinnamon has anti-inflammatory and neuroprotective properties.



Spinach and Mushroom Omelette

INGREDIENTS

- 2 eggs
- 1 cup baby spinach
- 1/2 cup sliced mushrooms
- 1/4 cup feta cheese (optional)
- Salt and pepper to taste

DIRECTIONS

1. Heat a non-stick skillet over medium heat and add a touch of oil or cooking spray.
2. In a bowl, whisk the eggs and season with salt and pepper.
3. Pour the beaten eggs into the skillet.
4. As the eggs start to set, add baby spinach and sliced mushrooms on one side of the omelette.
5. Once the eggs are mostly set, fold the other half of the omelette over the spinach and mushrooms.
6. Sprinkle with feta cheese if using.
7. Cook until the omelette is fully set but not overcooked.
8. Slide it onto a plate and serve.

BENEFITS

1. Spinach is rich in folate, which may help improve cognitive function.
2. Mushrooms contain antioxidants that protect brain cells.
3. Eggs provide choline, important for memory and brain development.



Mixed Berry Chia Pudding

INGREDIENTS

- 1/4 cup chia seeds
- 1 cup mixed berries
(strawberries,
raspberries,
blueberries)
- 1 cup almond milk
- 1 tablespoon maple
syrup (optional)

DIRECTIONS

1. In a bowl or container, mix chia seeds and almond milk.
2. Add maple syrup if you want it sweeter.
3. Stir well to combine.
4. Cover the bowl or container and refrigerate for at least 2 hours or overnight, allowing the chia seeds to absorb the liquid and thicken.
5. When ready to serve, layer the chia pudding with mixed berries in a glass or bowl.
6. Garnish with extra berries if desired.

BENEFITS

1. Chia seeds are high in omega-3 fatty acids and fiber, supporting brain and gut health.
2. Berries are rich in antioxidants, which may help protect against cognitive decline.
3. Almond milk provides healthy fats and is dairy-free.



Avocado and Spinach Salad

INGREDIENTS

- 2 cups fresh baby spinach
- 1 ripe avocado, sliced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup sliced almonds
- Balsamic vinaigrette dressing

DIRECTIONS

1. In a large bowl, combine the fresh baby spinach, sliced avocado, cherry tomatoes, and sliced almonds.
2. Drizzle with balsamic vinaigrette dressing.
3. Toss the salad gently to ensure even coating.
4. Serve as a refreshing and brain-boosting side dish.

BENEFITS

1. Avocado provides healthy monounsaturated fats that support brain function.
2. Spinach is rich in folate and antioxidants, which may improve cognitive function.
3. Cherry tomatoes offer vitamins and minerals essential for brain health.
4. Almonds contain omega-3 fatty acids, antioxidants, and magnesium which are critical to brain health.



Coconut and Berry Parfait

INGREDIENTS

- 1/2 cup coconut yogurt
- 1/4 cup mixed berries
(strawberries,
blueberries,
raspberries)
- 2 tablespoons granola
- 1 tablespoon honey
(optional)

DIRECTIONS

1. In a glass or bowl, layer the coconut yogurt.
2. Add a layer of mixed berries on top.
3. Sprinkle granola over the berries.
4. Drizzle with honey for added sweetness, if desired.
5. Repeat the layers.
6. Enjoy this delicious and brain-nourishing parfait.

BENEFITS

1. Coconut yogurt contains healthy fats that nourish brain cells.
2. Berries are packed with antioxidants, protecting the brain from oxidative stress.
3. Granola adds fiber and complex carbohydrates for sustained mental energy.



Banana and Almond Butter Toast

INGREDIENTS

- 2 slices whole-grain bread, toasted
- 2 ripe bananas, sliced
- 2 tablespoons almond butter
- 1 teaspoon honey (optional)

DIRECTIONS

1. Toast the whole-grain bread until golden brown.
2. Spread almond butter evenly on each slice.
3. Arrange banana slices on top of the almond butter.
4. Drizzle with honey for a touch of sweetness, if desired.
5. This quick and tasty snack provides a brain-boosting mix of healthy fats and carbohydrates.

BENEFITS

1. Bananas contain potassium, which helps maintain proper brain function.
2. Almond butter offers healthy fats and protein, supporting cognitive function.
3. Whole-grain bread provides complex carbohydrates for sustained mental energy.



Mango and Coconut Smoothie Bowl

INGREDIENTS

- 1 ripe mango, peeled and diced
- 1/2 cup coconut milk
- 1/4 cup rolled oats
- Toppings (e.g., shredded coconut, chia seeds, sliced almonds)

DIRECTIONS

1. In a blender, combine the diced mango, coconut milk, and rolled oats.
2. Blend until smooth and creamy.
3. Pour the smoothie into a bowl.
4. Top with your choice of shredded coconut, chia seeds, and sliced almonds for added texture and flavor.
5. Enjoy this tropical and brain-boosting smoothie bowl.

BENEFITS

1. Mangoes are rich in vitamins and antioxidants that protect brain cells.
2. Coconut milk provides healthy fats and medium-chain triglycerides (MCTs) that may enhance cognitive performance.
3. Rolled oats offer fiber and sustained energy for mental focus.



Blueberry and Almond Overnight Oats

INGREDIENTS

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk (or your choice of milk)
- 1/2 cup fresh or frozen blueberries
- 1 tablespoon almond butter
- 1 tablespoon honey (optional)
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon sliced almonds (for garnish)

DIRECTIONS

1. In a mason jar or airtight container, combine the rolled oats, almond milk, blueberries, almond butter, honey (if using), and vanilla extract.
2. Stir the ingredients thoroughly until everything is well combined.
3. Seal the container and place it in the refrigerator.
4. Let the mixture sit in the fridge overnight or for at least 4 hours to allow the oats to soften and absorb the flavors.
5. When ready to eat, give the oats a good stir.
6. Top with sliced almonds and fresh mint leaves (if desired).
7. Enjoy your delicious and brain-boosting breakfast!

BENEFITS

1. Oats provide energy and supports sustained mental focus and reduces blood sugar spikes.
2. Almond Milk offers vitamin E and protects brain cells from oxidative damage.
3. Blueberries are packed with antioxidants, improving memory and cognitive function.
4. Almond Butter is rich in healthy fats, protein, and vitamin E.