

## Brain Healthy Recipés

by Alicia Brasch

### *Greek Salmon Salad*

This salad is beneficial for brain health as it's packed with antioxidants and omega-3 fatty acids. The veggies are packed with antioxidants that help against cell damage caused by free radicals. Free radicals are compounds found in the body that can cause harm to DNA and cell membranes so eating lots of vegetables can help your body protect itself from oxidative stress. The salmon is loaded with omega 3 fatty acids and B vitamins, which both contribute to the support of brain function.

#### Ingredients:

##### Salmon

- 1 lb Salmon fillet (wild preferred), cut into 4 equal pieces
- sea salt and black pepper
- 1 1/2 teaspoon dried oregano

##### Salad

- 2-3 handfuls Romaine lettuce, chopped
- 1 cup cherry or grape tomatoes
- 1 bell pepper any color, cored and sliced
- 1 English cucumber sliced into half moons
- 2 shallots sliced
- pitted Kalamata olives to your liking
- Quality Greek feta blocks to your liking (omit if dairy free)

##### Lemon-Mint Vinaigrette

- 1/2 cup extra virgin olive oil
- 2 large lemons
- 2 garlic cloves, roughly chopped
- 20 to 30 fresh mint leaves, no stems
- 1 tsp dried oregano
- 1/2 tsp sweet paprika

## INSTRUCTIONS

1. Preheat the oven to 425 degrees F and position a rack in the middle.
2. Check for bones in the salmon fillets. Remove bones.
3. Season the salmon. Pat the salmon dry on both sides and season with sea salt, pepper, and dried oregano. Arrange on parchment paper on a sheet pan and brush the top of the salmon with extra virgin olive oil.
4. Bake the salmon in the heated oven for 8 to 12 minutes until it's done and flakes easily. Meanwhile, work on the salad and the vinaigrette.
5. Prepare the salad. In a large salad bowl, add the lettuce, tomatoes, bell peppers, cucumbers, shallots, and Kalamata olives (don't add the feta yet)
6. Prepare the vinaigrette. In the small bowl of a food processor fitted with a blade, add olive oil, lemon juice, garlic, fresh mint, oregano, and paprika. Add a pinch of sea salt and black pepper. Blend until well-combined.
7. Pour about ½ of the vinaigrette over the salad. Toss to combine. Now add the feta cheese blocks on top, if using. (Hold the remaining vinaigrette to dress the salmon later).
8. Transfer the salad to 4 serving bowls, top each with 1 fillet of salmon. Drizzle the remaining vinaigrette on top of the salmon. Enjoy!

### *Iced Turmeric Latte with Cardamom*

1-2 servings

The key ingredient in this iced beverage is turmeric. The active compound in turmeric is called curcumin and has been used for centuries in stopping inflammation as well as an antioxidant, which is anti-viral.

Ingredients:

- 1 cup of coconut milk or other non dairy milk (you can thin down with water if coconut is too rich)
- 1 teaspoon of dried turmeric
- ½ teaspoon dried ginger
- ½ teaspoon black pepper (this activates the compounds in turmeric)
- ⅛ teaspoon dried cardamom
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 1-2 teaspoons honey

- Ice

## INSTRUCTIONS

1. In a small saucepan, heat the coconut milk with the spices until just simmering. Whisk in the honey and vanilla extract and remove from heat. Let steep for 10 minutes. Fill one large glass with ice, or two small glasses with ice. Pour golden milk over the ice. Stir and enjoy.

### *Blueberry Chia Seed Pudding*

2 servings

Blueberries are a powerhouse of nutrition. They are fully loaded with antioxidants and anthocyanins which protect and strengthen connections between neurons, making it easier for them to communicate. Chia seeds too are a superfood. They pack a beneficial punch to the gut as they are high in fiber which help feed the good bacteria in the gut. Additionally, they are low in calories and carbohydrates and high in protein as well as being high in antioxidants. This recipe makes for the perfect breakfast, afternoon snack, or after dinner treat.

## INGREDIENTS

- 1 cup preferred non-dairy milk (coconut, almond, oat)
- 1/4 chia seeds
- 1 tsp vanilla extract

### Blueberry Sauce Ingredients

- 1 1/2 cup frozen blueberries
- 2 tbsp water

## Instructions

1. Whisk together or shake in a mason jar, 1 cup of no-dairy milk and ¼ cup of chia seeds
2. Mix together thoroughly and place in the refrigerator to chill for at least 6 hours, preferably overnight
3. Prepare a blueberry sauce to enjoy with the chia seed pudding
4. Add frozen blueberries and 2 tbsp water to a sauce pan and increase heat to medium
5. After about 3-5 minutes the warm blueberries will begin to burst

6. Simmer for 10 minutes stirring frequently

7. Remove the saucepan from the stove and allow to cool completely before adding to chia seed pudding

8. Store the chia seed pudding with the blueberry sauce in small mason jars in the refrigerator