

Lofty Recipe Night

Lofty Recipe Night --- Brain Health --- Tuesday 10/8/19

Eat well, move often, and engage fully to keep your brain healthy and sharp. Chomping on a bowl full of fruit and berries while working a crossword puzzle are fond memories that I have with my grandparents. They both carried their clubs as they walked their favorite golf course well into their eighties. Lifestyle choices like these are wonderful for the heart, blood vessels, and yes... the very important brain. Foods rich in antioxidants, B - Vitamins, and Omega - 3 fatty acids are key components to building and maintaining brain health.

5 FOODS LINKED TO BETTER BRAINPOWER

GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Created by:
www.health.harvard.edu

11 Ways to Keep Your Brain Young

1. Get Mental Stimulation
2. Get Physical Exercise
3. Improve Your Diet
4. Improve Your Blood Pressure
5. Improve Your Blood Sugar
6. Improve Your Cholesterol
7. Avoid Tobacco
8. Don't Abuse Alcohol
9. Care for Your Emotions
10. Protect Your Head
11. Build Social Networks

adapted from www.health.harvard.edu

Notes

Blueberry Coconut Brain Balls

- 2 C Walnuts, or other nut
- 1 C Medjool Dates, pitted
- 1/2 C Blueberries, dried
- 1/2 C Coconut, shredded
- 1 tsp Vanilla Extract
- 1 tsp Water, more or less for consistency
- 1/8 tsp Salt
- 1 C Cocoa Powder, for rolling balls

Procedure: In a food processor, place walnuts and blend until like a fine meal (flour) consistency. Then add all of the remaining ingredients, except cocoa powder, and blend until all ingredients are combined. More water may need to be added to make the mixture like a cookie dough texture. With a tablespoon, scoop out "dough" and roll in palms of hands to form a ball. Take each ball and roll in cocoa powder to entirely cover ball. Set balls on parchment lined cookie tray and freeze for fifteen minutes. Enjoy! Get creative with swapping ingredients as the seasons change or your taste buds dictate. Can be stored in air-tight freezer bag in freezer for about six months.

Avocado Egg Toast

- 2 Ripe Avocados
- 4 Eggs
- 4 Slices Whole Grain Bread, (sub GF)
- Salt & Pepper, or other seasoning to taste
- Salsa, optional garnish
- Hot Sauce, optional topping

Procedure: Remove avocado from skin and pit, mash with fork, set aside. Toast bread, set aside. Fry eggs to your preference. Assemble avocado toast by starting with toast on bottom, then layering avocado, then egg, then additional optional toppings. Other complimentary toppings include, hummus, dairy/non-dairy cheese, beans, peppers, onions... Every avocado egg toast can be a new adventure!

Salmon Burgers

- 1 Can Salmon 14oz (or 2 6oz) or Left-overs
- 2 Eggs
- 1/2 C Breadcrumbs (sub GF)
- 1/4 C Fresh Herbs, chopped (Parsley, Cilantro, Dill)
- 1/4 C Green Onion, finely chopped
- 1 tsp Salt, or Salt-Alternative
- 1/2 tsp Garlic, crushed or powder
- 2 TBS Fresh Lemon Juice, adjust for consistency
- 2 TBS Olive oil for pan frying (less if baking)

Procedure: In a medium-sized bowl, fork salmon out of can and remove bones and skin. (It's ok to have some small bones remaining as they add additional calcium to burgers.) Add eggs to salmon using fork to combine ingredients together, then add remaining ingredients, leaving out olive oil, and mix until it forms a ball. If too dry, add a little more lemon juice; if too wet add more breadcrumbs. Divide the salmon burger mixture into four even balls. Press balls with palms of hands into patties. Heat skillet/pan to medium, add olive oil. Place patties onto heated skillet and fry for about three minutes, or until golden brown. Flip, and repeat frying on other side. Salmon burgers will be crispier when cooked on a skillet; however, salmon burgers can be cooked in the oven at 350 degrees for about ten minutes, flipping half-way through. Makes four servings. Salmon burgers can be garnished with a fresh tomato or mango salsa, cabbage salad or coleslaw, or aioli sauces.

