

KWIK LEARNING

LIMITLESS BRAIN FOOD

RECIPES

* Recipes provided by Dr. Lisa Mosconi, the author of *Brain Food*.

BABY CAKES

PREP TIME: 5 MINUTES;
TOTAL TIME: 10 MINUTES; DIFFICULTY: LOW

RECIPE TYPE: BREAKFAST OR DESSERT

CUISINE: VEGAN

SERVES: 4 CHILDREN OR 2 ADULTS

Ingredients

Baby Cakes

- 2 ripe Bananas
- 1 cup steel cut Oats
- 2 Eggs
- 1 tablespoon Coconut oil
- 1 tablespoon Coconut nectar or Maple Syrup
- 1/4 cup Dark chocolate chips (I use sugar free) [optional]
- 1/2 cup Blueberries [optional]



For all busy parents out there, this is a super quick, super healthy version of breakfast pancakes that will keep your little ones happy and satisfied.

Preparation

1. In a high speed blender, mix together 1 1/2 bananas, oats, and eggs, pulsing until well combined. Reserve the remaining banana for topping.
2. Stir in chocolate chips.
3. Heat a large nonstick or well-seasoned cast-iron skillet over medium heat.
4. Spoon batter into the skillet to form 10 silver-dollar-sized pancakes, working in batches if needed.
5. Cook, flipping halfway through, until deep golden brown on both sides and cooked through, about 5 minutes total. Transfer to a plate and serve.
6. Top with sliced banana, coconut nectar (or maple syrup), and fresh blueberries.

BRAIN-HEALTHY CHICKEN SOUP

While cooking to support our long-term brain health, let's also protect ourselves against common ailments, like the cold and flu. This recipe combines a neuroscientist's eye with Ayurvedic principles with a good old-fashioned chicken soup. It has plenty of vitamins and minerals, and lots of water to keep you hydrated. but what's notable about this recipe from a brain health perspective is the combination of ingredients that boost the immune system with healthy proteins that protect the nervous system. In particular, the chicken contains a high amount of protein, including all nine essential amino acids, and several B vitamins, especially vitamin B12 and B6. Those are essential in supporting the central nervous system ... the brain. When scientists talk about "essential amino acids" (like tryptophan) it means that we do not synthesize these amino acids ourselves (like we do with "non-essential" amino acids like alanine and serine) and can only get them from food. Amino acids are the building blocks for proteins. So chicken is a "complete protein." Often, conventional chicken soup recipes focus on the noodles or the rice more than the quality of the meat and the herbs and the veggies. In this recipe, it's the quality of the ingredients that gives the soup such beneficial effects for immunity and brain health. Use the best organic chicken and veggies you can, and forget about the noodles.

PREP TIME: 30 MINUTES;

TOTAL TIME: 2 HOURS; DIFFICULTY: MEDIUM

SERVES: 8

RECIPE TYPE: ENTREE

CUISINE: ITALIAN/FUSION

Ingredients

Brain-Healthy Chicken Soup

- 2 tbsp extra-virgin olive oil
- 3 small yellow onions, chopped
- 5 garlic cloves, chopped
- 5 small organic carrots, sliced
- 3 stalks organic celery, sliced
- 1 organic parsnip, sliced (if you prefer potatoes, replace w/ 2 small yellow potatoes, chopped)
- 1 tbsp turmeric powder
- $\frac{1}{2}$ ginger root, finely chopped
- $\frac{1}{2}$ cup fresh Italian parsley, chopped
- 3 sprigs rosemary
- 1 organic free-range whole chicken
- 2 liters vegetable broth
- 4 tablespoons Brewer's Yeast (optional)
- salt and pepper to taste (I didn't use any)



Preparation

1. Heat olive oil in a large heavy pot. Add garlic and onion and cook until translucent (about 10 minutes).
2. While you're waiting for the garlic and onion to cook, chop up all your veggies. Add them to the rest, together with the turmeric. Cook for 10 minutes, or until tender.
3. Place chicken in the pot, add parsley, rosemary, and ginger, fill with 1/2 of the vegetable broth. Bring to a simmer and cook for one hour.
4. Remove chicken from the soup and let cool on a cutting board. I often first put the chicken in a strainer and collect the broth that drains off, and put the broth back in the pot.
5. Remove meat from bones, and shred. Throw away skin and bones.
6. Return meat to the pot. Add the remaining broth, salt and pepper to taste. Cook for another 10 minutes, or until you feel it's cooked enough. Add Brewer's Yeast before serving.
7. This will yield 8 servings or more, enough to get through a bad cold, or to prevent one. And it has what you need to keep your brain healthy long after winter has passed. Buon appetito!

HIGH-FIBER CHOCOLATE MOUSSE

PREP TIME: 10 MINUTES; DIFFICULTY: LOW

RECIPE TYPE: DESSERT OR SNACK

CUISINE: VEGAN, GLUTEN-FREE

SERVES: 4

Ingredients

High-Fiber Chocolate Mousse

- 1 ripe avocado
- 1/2 cup raw cashews
- 4 large Medjool dates, pitted
- 1/2 cup raw cacao powder
- 1/4 cup full-fat coconut milk
- 1/2 cup cashew milk
- 1/2 teaspoon vanilla extract
- (optional) pinch of salt, to taste

If you've never tried avocado chocolate mousse before, this healthy recipe will take you completely by surprise! It is rich and silky smooth... and you really can't taste the avocado. Avocados are 100% cholesterol-free, rich in vitamins, minerals, and phytonutrients, on top of a lot of fiber — a nutrient which provides a feeling of fullness and has been associated with lower odds of any disease under the sun, especially for women.

Preparation

1. Combine all ingredients in a high-speed blender, Vitamix-style.
2. Blend on low for about 1 minutes.
3. Mix with a spatula. Blend another minute.
4. Distribute mousse over 4 small serving bowls. Freeze for at least 1 hour before serving.
5. Top with your favorite berries before serving, if you like!

ALASKAN SALMON

This dish could easily become your new household favorite. What could be surprising is the simplicity of the recipe, as there is hardly any cooking involved. It's mostly a matter of using fresh, high quality ingredients that combine well together, taste delicious, and are good for you. What is brain-healthy about this recipe? Everything. First off, the fish. Deep-water fish, such as salmon, are rich in omega-3 polyunsaturated fatty acids, especially DHA, which are essential for brain function. DHA makes up to 50% of brain phospholipids, which are crucial to keep brain cell membranes flexible and functional as we age. Additionally, omega-3s have scientifically proven anti-inflammatory effects. To see is to believe, so I am treating my and my family's brains to the best possible source of DHA: Wild Alaskan Salmon. Being wild caught, Wild Alaskan Salmon is "cleaner" and healthier than farm-raised fish, is loaded with omega-3 PUFA, and contains 22 g of lean protein (including all essential amino acids) per 7 g of fats (most of which essential fats) in as little as 3 oz of fish. A little goes a long way! And the somewhat unusual dressing really brings out the flavor of the fish.

PREP TIME: 5 MINUTES;

TOTAL TIME: 20 MINUTES; DIFFICULTY: LOW

SERVES: 4

RECIPE TYPE: ENTREE

CUISINE: FISH

Ingredients

Alaskan Salmon

- 1 lbs Wild Alaskan Salmon fillet, cut in 4 pieces (I use frozen Wild Alaskan Salmon when I don't have access to fresh)
- 2 tablespoons Extra Virgin Coconut Oil
- 2 tablespoons Tamari Sauce
- 1 tsp Ginger, grated
- 1 tbsp Maple syrup
- 1 Garlic clove, crushed
- Juice of ½ Lemon
- 1/4 cup filtered Water



Preparation

1. Rinse the fish and arrange the fillets, skin down, in an enamel or glass pie plate. Add water. Set the pie plate in the steamer, cover and steam until the fish is cooked through, about 5-6 minutes.
2. You can also easily use a skillet. We have a wonderful Le Creuset skillet (I recommend investing in one, maybe two high quality cooking pans. The difference is astounding). Heat up the skillet. Place the salmon fillets skin down and add the water. Cover with a lid and simmer over low heat for 8-10 minutes.
3. In a small saucepan, heat up the coconut oil, add all other ingredients and stir for 1 minute.
4. Transfer the fish to a plate and drizzle with the coconut sauce, with a side of brown rice. Serve immediately.

RAINBOW BUDDHA BOWL

PREP TIME: 5 MINUTES;
TOTAL TIME: 20 MINUTES; DIFFICULTY: LOW

RECIPE TYPE: ENTREE

CUISINE: VEGAN; CAN BE GLUTEN FREE

SERVES: 4

Ingredients

Rainbow Buddha Bowl

For the bowl:

- 1 cup cooked Wild Rice (omit for gluten-free)
- 1 cup cooked Quinoa
- 1 cup Baby Kale, finely chopped
- 1 cup Carrots, peeled and chopped
- 1 cup Red Beets, peeled and chopped
- 1 cup Broccoli, chopped
- 1 cup Firm Tofu, chopped into small cubed pieces
- 1/4 cup Almonds, slivered

For the dressing:

- 2 small Garlic Cloves, chopped
- 2 inches fresh Ginger root, peeled and minced
- 2 tablespoons Tamari Sauce or Nama Shoyu Sauce
- Juice of half a Lemon
- 2 tablespoons Organic Tahini
- 1 tablespoon Coconut Oil
- 2 tablespoons Water



This recipe is very filling. The dressing is the star of the dish and is a re-adaptation of an incredible sauce I ate at Life Alive, an "urban oasis and organic café" located in Cambridge, Massachusetts. Their signature dish, The Goddess, inspired this Rainbow Buddha Bowl recipe.

Preparation

For the bowl:

1. Combine kale, carrots, beets, and broccoli and steam over medium heat until desired texture (about 2-4 minutes)
2. Over medium heat, toast almonds on a skillet (1 minute)
3. Combine all ingredients with tofu in a serving bowl

For the dressing:

1. Combine all ingredients in a food processor or high speed blender and blend until a creamy consistency is formed
2. Pour sauce over vegetable and grains bowl, mix together, serve, and enjoy!

NOURISHING GREEN SMOOTHIE

PREP TIME: 5 MINUTES; DIFFICULTY: LOW

RECIPE TYPE: BEVERAGE

CUISINE: VEGAN, GLUTEN-FREE

SERVES: 2

Ingredients

Nourishing Green Smoothie

- 1 glass of Coconut Water
- ½ glass Goat milk (or Almond milk if you don't like goat's)
- 5 Raw Almonds
- 1 tablespoon Chia seeds
- 1 teaspoon Flaxseeds
- 1 teaspoon Acai powder
- 1 teaspoon Goji berries
- 1 tablespoon Raw Cacao powder (unsweetened)
- 1 teaspoon Maca powder
- 1 teaspoon Organic Spirulina powder
- 1 teaspoon Organic Ginseng with Royal Jelly & Bee Pollen



A smoothie is a convenient snack option and a smart way to deliver concentrated nutrition in a delicious, convenient treat that you can take anywhere. I have learned to appreciate the therapeutic properties of whole-food smoothies made from fresh organic fruit, vegetables, nuts and seeds. I also mix in natural supplements known to boost brain health, such as gingko and ginseng.

Preparation

1. Combine all the ingredients in a high-speed blender. Mix for 1 minute. Enjoy!



BIRCHER MUESLI (AKA OVERNIGHT OATS)

Bircher Muesli was developed towards the end of the 19th century by Swiss physician Maximilian Bircher-Brenner for his patients. It is still a very popular breakfast throughout Switzerland and Germany. Muesli (pronounced muse-lee) is an uncooked mixture of nuts, seeds, grains, dried fruits and spices. Although the ingredients may remind you of granola, the main difference is that muesli doesn't contain any added oils or sugars, and is eaten raw. In fact, this muesli is typically mixed with nut milk, yogurt or fruit juice, in which it soaks overnight. Soaking reduces the amount of phytic acid present in whole grains, nuts and seeds, making them more easily digestible. On top of that, soaking increases our bodies' capacity to absorb brain-essential minerals like zinc, iron and calcium. There are infinite variations of the basic Bircher recipe. Below you'll find one of my favorite choices: Raspberry Banana Muesli. It makes for a light, nutrient-dense breakfast, and is incredibly easy to make and serve. Making your oats ahead of time and storing them in the fridge will allow you to have a healthy breakfast at-the-ready, every morning. They will last refrigerated in a sealed container for up to a week.

PREP TIME: 5 MINUTES;

TOTAL TIME: 5 MINUTES + OVERNIGHT; DIFFICULTY: LOW

SERVES: 4

RECIPE TYPE: BREAKFAST OR SNACK

CUISINE: VEGAN

Ingredients

Bircher Muesli (aka Overnight Oats)

For the muesli:

- 1 cup organic steel-cut oats
- 1/2 cup puffed brown rice (unsweetened)
- 1/4 cup toasted wheat germ
- 1 tablespoon psyllium whole husks
- 1/4 cup flaxseeds, ground
- 1/3 cup almonds a/o walnuts, coarsely chopped
- ½ cup date crumbs, or chopped dried figs
- 2 tablespoons raw honey
- 1 teaspoon mesquite powder
- pinch of cinnamon
- 2 cups organic, almond milk
- 1 cup filtered water

For the toppings:

- 2 tablespoons unsweetened coconut flakes
- 1/2 cup raspberries
- 1/2 banana, thinly sliced



Preparation

1. In a bowl, mix together all ingredients for the muesli until well combined. Transfer the muesli to small glass jars. Cover the jars. Let sit overnight in the refrigerator.
2. In the morning, stir the oats and top with raspberries, banana, and coconut flakes.



AVOCADO TOAST

PREP TIME: 5 MINUTES;
TOTAL TIME: 5 MINUTES; DIFFICULTY: LOW

RECIPE TYPE: BREAKFAST OR SNACK

CUISINE: VEGAN

SERVES: 2

Ingredients

Avocado Toast

- 2 slices Ezekiel bread
- 1 ripe avocado
- 1 teaspoon EVOO
- 1 tablespoon fresh lemon juice
- pinch of Himalayan sea salt
- Optional: chili flakes

If Avocado Toast isn't in your weekly routine, this recipe will convince you otherwise. Nothing beats this classic toast. Start with a silky avocado, chock-full of heart- and brain-healthy fats, and dress it with EVOO (another heart/brain favorite like flaxseed oil) and a pinch of pink salt and chili pepper flakes to taste.

My personal neuro-nutritional touch is to replace commercial bread with Ezekiel bread. Ezekiel bread is prepared using traditional methods of soaking, sprouting and baking that have been in existence for centuries. It contains several different types of sprouted grains and legumes: typically, wheat, millet, barley, spelt, soybeans and lentils. Since it is completely preservative-free, Ezekiel Bread is best kept frozen. Since it is also completely free of any added sugars, this bread provides a good amount of brain-healthy glucose without a heavy glycemic load.

Preparation

1. Toast the bread.
2. Cut the avocado in half, remove pit, and scoop the flesh into a bowl. Add the lemon juice and sea salt, to taste. Mash the ingredients together with a fork, keeping the texture slightly chunky.
3. Spread the mash onto each piece of toast and garnish with some Chili flakes and a drizzle of EVOO. (If you prefer your avocado sliced instead of mashed, sprinkle your toppings over afterwards)