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Simple recipes
to nourish the
brain



EAT FOR *brain* HEALTH

These recipes may help to future-proof your brain. They are also fantastic foods for people who are experiencing signs and symptoms of memory impairment, dementia, or Alzheimer's.

Food is only part of the equation to futureproof your brain. Exercise, social interaction, focused activities, and hobbies are all beneficial.

Recommendations

At least 5-7 portions of fruits and vegetables daily for their phytonutrient content. Aim for more vegetables than fruit.

Try to have protein with meals to balance blood sugar

Eating foods containing omega 3, 3-4 times a week for memory function

A healthy and varied diet helps to ensure that we have an adequate supply of B vitamins, zinc, iron, vitamin A, and vitamin E which are all involved in optimal brain health

Eat some meals that contain turmeric to feed the gut microbiome and help to clear the amyloid protein from the brain. It could also be helpful for lowering cholesterol.

Fermented foods and/or foods containing probiotic 'live' bacteria feed the gut microbiome. This is important because the gut and the brain are always talking to each other.

Eight drinks per day aiming to reach 2 litres. This can include tea, coffee, soups, ice lollies, and water but can't include alcohol.

Chia Pudding

Chia seeds are a rich source of fibre, protein, iron, magnesium and ALA, an omega 3 fatty acid that supports healthy brain function. This pudding makes for a delicious breakfast.


Serves 2

1 cup of milk of your choice
1 cup of plain 'live' yoghurt
2 tbs maple syrup
1 tsp vanilla extract

Berries and sliced almonds to serve

Mix the ingredients. Leave to stand for 30 minutes. Stir again and either eat straight away or refrigerate overnight. Divide between 2 bowls and top with berries and almonds.





What's-in-the-Fridge Frittata

This is my favourite type of meal- you can literally add any vegetables left over in the fridge to pack out a meal suitable for lunch or dinner. Below are suggested ingredients and quantities but feel free to play around with them.

Eggs contain choline, the building blocks for acetylcholine, the neurotransmitter involved with memory.

Serves 2-3

1 tbsp coconut/ olive oil
1 small red onion, peeled and diced
1 pepper (any colour), diced
1 courgette, grated
150g mushrooms, diced
100g spinach leaves
6 eggs
Sea salt and freshly ground black pepper

Heat the oil in a large frying pan and add the onion, pepper, courgette and mushrooms. Allow to cook for 4-5 min to soften down. Add the spinach leaves and allow to cook for a further 2 mins until wilted. Crack the eggs into a bowl and whisk with a fork. Season with salt and pepper. Add the eggs to the pan and mix well with the vegetables before turning down the heat and allowing the frittata to cook through.

When mostly solid, turn off the heat and transfer the pan to the grill (be careful to keep the handle out of the grill or it will melt!) to set fully and brown on the top.

Consume straight away with a simple side salad of rocket, tomatoes and ½ an avocado sliced or allow to cool and serve cold in wedges. This can be kept in the fridge for up to 3 days.

Liver with Bacon & Onions

Liver contains nature's most concentrated source of vitamin A. It's also high in many of the B vitamins, iron and selenium. This is a recipe for eating a couple of times a year to give your vitamin stores a boost.

Serves 4

1 tbsp coconut oil
1 large onion, thinly sliced
6 slices bacon, nitrate free, cut into lardons
350g grass-fed beef liver, sliced into ½ cm strips
1 medium braeburn/red apple, peeled and cut into small bite sized pieces
160g greens (spinach or swiss chard), destalked, rolled and thinly sliced
60ml soy sauce
Large broccoli, cut into florets

Melt the coconut oil in a large frying pan and add the onions. Sauté over a low heat for approximately 5 mins before increasing the heat to medium and adding the bacon. Cook for a further 2 mins before adding the liver and apple.

Allow the liver to cook through, losing its raw appearance. This should take 2-3 mins. Add the collard greens and coconut aminos and covering with a lid, leave on a low heat until the greens have wilted.

Steam the broccoli over a high heat for 6-8 mins until tender. Serve immediately.



Sweet Potato, Ginger and Coconut Soup

Sweet potato is a great source of complex carbohydrates, fibre and beta-carotene, the precursor to vitamin A. Vitamin A promotes new learning. The fat-soluble vitamins A, D, and E are all important vitamins for brain health. Coconut oil is a wonderful fat for the brain. This soup is filling and warming on a cold day.

Serves 2

1 tbs coconut oil
1 red onion
1 garlic clove
salt and pepper
1 tbs mild curry powder
1/2 tbs grated fresh ginger
1 baked sweet potato (180 degrees for 45 minutes to an hour)
3/4 cup coconut milk
1 2/3 cup chicken or vegetable stock)
To serve
plain yogurt and coriander leaves

Heat the oil in a pan and saute the onion and garlic for 5-7 minutes until soft. Season with salt and pepper.

Add the curry powder and ginger. Cook for 30 seconds. add the flesh of the sweet potato, the coconut milk, and stock. Simmer for 5 minutes then blend with a hand blender until smooth.

Serve with some yogurt and a little coriander if you like.

Can be stored in the fridge for 48 hours.

Brazil Nut Crusted Salmon

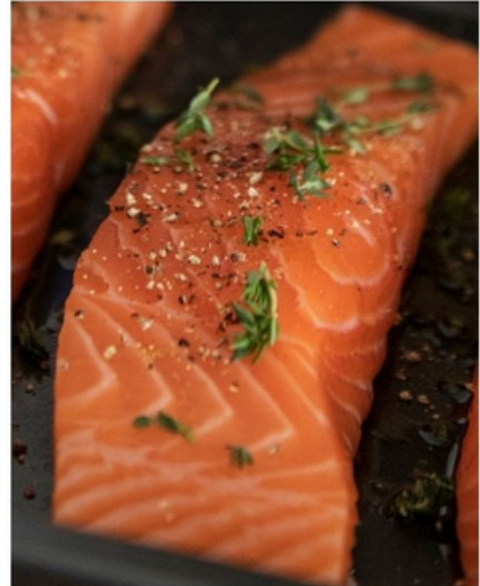
Salmon provides essential fatty acids to help improve the health of cell membranes. This ensures good connections are being made between brain cells.

Serves 2

4 Brazil nuts, ground
1.5 tbsp gluten free oats, coarsely ground
½ tsp dried basil
½ tsp dried oregano
½ tsp dried rosemary
½ garlic clove, crushed
1 lemon, zested and then cut into wedges
1 tbsp olive oil
Sea salt and black pepper
2 large salmon fillets

Preheat the oven to 190C and line a baking tray with parchment paper. Combine the ground Brazil nuts, oats, herbs, garlic, lemon zest and olive oil in a bowl to make the crust topping. Season with seaweed seasoning and black pepper.

Place the salmon on the prepared baking tray, flesh side up and spread the topping mixture over the fillets. Roast in the oven for 10-12 mins or until the crust is golden brown and the salmon is cooking through to your liking. Serve with a wedge of lemon and half a plate of your favourite steamed greens e.g. broccoli and green beans.



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