BRAIN BOOSTING SUMMER SALAD

INGREDIENTS

- One sweet potato
- Olive oil
- Spinach, Kale, Arugula (use one or a combination of all)
- 1 Cup fresh blueberries
- 1 Cup fresh strawberries
- One avocado
- ½ Cup of pumpkin seeds, sliced almonds or walnuts

PREPARATION

1. Wash and peel sweet potato then cut into bite sized pieces. Toss in olive oil and roast in oven on cookie sheet at 410 degrees for 20 minutes. Stir halfway through. Put aside to cool when done.
2. Wash greens and cut into small pieces.
3. Wash strawberries, cut in half and set on dish towel to dry
4. Wash blueberries and set on dish towel to dry
5. Wash and peel avocado. Slice into bite sized pieces.
6. Combine all ingredients in large bowl and sprinkle seeds or nuts on top.
7. Serve with your favorite vinaigrette dressing.
8. Enjoy!

MASSACHUSETTS Alzheimer's Disease Research Center

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BRAIN BOOSTING BROCCOLI & KALE SOUP

INGREDIENTS

- 1 Tablespoon olive oil
- ½ Cup of chopped onion
- 1 carrot, peeled and grated
- 2 cloves garlic, chopped
- 5 Cups chicken or vegetable stock
- 2 Cups broccoli florets
- 1 small bunch kale (strip leaves off stalk)
- 1 cup nonfat or lowfat plain yogurt
- Pepitas or sliced almonds (optional topping)

PREPARATION

- Heat olive oil in large soup pot over medium heat. Add the onions and carrots and cook 4-5 minutes, until fragrant and just starting to brown.
- Add garlic and cook 30 seconds.
- Add broccoli and chicken or vegetable stock to pot and cook 7 minutes. Add the kale and cook for 3 more minutes.
- Remove from heat and puree with a hand blender or in batches in a regular blender.
- Stir in milk or yogurt and reheat to a simmer (do not boil).
- Add optional toppings of pepitas or sliced almonds.
- Enjoy!

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ENSALADA DE VERANO PARA POTENCIAR EL CEREBRO

INGREDIENTES

- Una batata
- Aceite de oliva
- Espinacas, col rizada, rúcula (usar una o una combinación)
- 1 taza de arándanos frescos
- 1 taza de fresas frescas
- 1 aguacate
- ½ taza de semillas de calabaza, almendras cortadas o nueces

PREPARACIÓN

1. Lavar y pelar la batata y cortarla en trozos pequeños. Alíñala con aceite de oliva y cuécela en el horno encima de una lámina de hornear galletas a 410 grados Fahrenheit durante 20 minutos. Remueve a media cocción. Al terminar, déjala enfriar.
2. Lavar los vegetales verdes y cortarlos en piezas pequeñas.
3. Lavar las fresas, partirlas por la mitad y envolverlas con un paño de cocina para secarlas
4. Lavar los arándanos y envolverlos con un paño de cocina para secarlos
5. Lavar y pelar el aguacate. Cortarlo en trozos pequeños.
6. Combinar todos los ingredientes en un bol grande y rociarlo con las semillas o los frutos secos por encima.
7. Servir con tu aliño preferido.
8. ¡Buen provecho!

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BRAIN-HEALTHY SUPER BOWL

INGREDIENTS

-1 cup of preferred whole grain: Quinoia or Farrow
-1 large carrot, cut into bite-sized pieces
-1 large, sweet potato, peeled and cut into bite-sized pieces
-Several pieces of fresh broccoli
-1 can of chickpeas, drained, rinsed, and patted dry
-2 handfuls of raw spinach or kale, rinsed and patted dry
-Any of the following brain-boosting spices: turmeric, cumin, cinnamon, or ginger
-¼ cup of sliced almonds, or pumpkin seeds
-Olive oil
-Sea Salt

PREPARATION

1. Prepare 1 cup of quinoa or farrow according to directions, then set aside.
2. Preheat oven to 410˚F and line two baking sheets with parchment paper.
3. In a large bowl mix carrots, sweet potato, and broccoli with ¼ cup of olive oil until coated. Then spread out the vegetables on one of the baking sheets.
4. Mix the chickpeas with about two tablespoons of olive oil and a pinch of salt. Then spread out the chickpeas on the other baking sheet.
5. Put both sheets in the oven for 20 minutes. Flip vegetables and chickpeas with a spatula after 10 minutes, then return to oven. Remove from oven when done.
6. Place cooked farrow or quinoa in the bottom of a large shallow bowl or container. Mix in your preferred spice/s. Add kale or spinach on top. Add roasted vegetables and chickpeas on top of greens. Top it off with sliced almonds or pumpkin seeds.
7. Enjoy your Super Bowl!

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BRAIN HEALTHY SHAMROCK SHAKE

INGREDIENTS

- 2 cups of plant-based milk (unsweetened)
- 2 frozen medium size bananas
- ¼ tsp peppermint extract or fresh mint leaves (add more to taste)
- 1 cup fresh spinach
- 2 tbsp flax seeds
- ½ Avocado
- 2 tbsp shaved or crushed dark chocolate

PREPARATION

1. In a high-speed blender, combine the plant-based milk, banana, peppermint extract or mint leaves, spinach, avocado and flax seeds.
2. Blend until smooth and creamy.
3. Taste the mixture and add more peppermint flavor or leaves if desired.
4. Pour into a glass and add shaved or crushed dark chocolate on top.
5. Enjoy!

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