

Brain Foods:

Healthy Recipes

for

Brain Power Boosters

**A variety of sources hail the following foods as promoters of a Healthy Brain:
Wild Salmon, Blueberries, Broccoli, Dark Chocolate, Nuts & Seeds, Oranges, Avocados,
Eggs, and Whole Grains.**

Here are a few recipes to include as part of your family's Healthy Brain Food diet. They're titled as "Berry", even though ~ I did NOT know this~ the only TRUE berries, botanically speaking, are blueberries, gooseberries & cranberries...oh, and bananas, grapes, peppers, & tomatoes. So, yes, strawberries, raspberries, blackberries, etc. are NOT true berries!

But, what I want to know is...is a cherry a berry?!?!?

Engage your family in the preparations. As learning opportunities, Family Fun will be had by all! Add more favorite brain healthy recipes to this collection.

Download, print, laminate & cut them apart. You can hole-punch to thread them on a large O-ring , insert them into a cookbook binder or recipe box.

I've included front & back covers with additional blank recipe cards.

To save text space, I've colored the ingredients in red instead of listing them so you can see what needs to be gathered for the recipe.

Our Family Brain Food Recipes



Nutty Oatmeal Berry Bars

Preheat oven to 350. Grease a square baking pan.
In a medium bowl, mix together: **1/2 c soft butter / 1/3 c br. sugar / 1 c flour / 1 c rolled oats / 1/4 t baking powder / dash of salt.**
Press 2 c of mix into baking pan. Cover the top with **1-2 c chopped berries** ~ mixed combo or solo berries you prefer.
Add **1/2 c chopped nuts** to remaining oatmeal mix & sprinkle evenly over the top of the berries.. Lightly press down.
Bake 25 minutes until golden.
Cool on a rack before cutting into bars.
Makes 16+ bars.
Serve for breakfast with eggs or as a snack with ice cold milk, juice , or tea/coffee.

Quick ~ Mix Berry Pancakes *

In a liquid measuring cup, stir together **3/4 c milk & 3/4 t vinegar.**
Rest for 5 minutes (buttermilk?).
Combine & pulse several times in a blender: **1/2 c flour / 1 T sugar / 1/2 c quick cooking oats / 1 t baking powder / 1/2 t salt / 1/2 t baking soda / 1 t cinnamon**
Then, add to this blender mix: **milk mixture / 2 T veggie oil / 1 large egg / 1 t vanilla.** Blend to smooth.
Heat a greased griddle to medium. Pour batter into round cakes. Dot tops of cooking pancake batter with **chopped berries** and / or **whole blueberries.**
Carefully flip when tops have bursted bubbles & edges are dry. Cook an additional 45-60 seconds & slide onto plates.
Serve with additional fresh fruit and / or syrup.

* adapted from Tiffany's recipe on Crème de la Crumb

Berry Citrus Muffins

Preheat oven to 375. Grease or paper 12-cup muffin tin.

In a small glass bowl, zap to melt: **1/2 c honey & 4 T butter.**

Set aside to cool.

In a medium bowl, whisk together **1 large egg & 1 c container of lemon or orange yogurt.** Whisk in cooled honey-butter mixture.

In another bowl or onto wax paper, sift together: **2 c flour / 1/4 t salt / 1&1/2 t baking soda / dash of cinnamon.**

Add this mixture to wet ingredients. Stir to just blended & fold in quickly **1+ c blueberries or chopped raspberries.**

Fill baking cups 2/3s full. Bake 20-25 minutes until tops are golden.

Serve as a snack with milk or juice, or for breakfast with eggs & fresh fruit. Include one for dessert in a lunchbox.

Baked Honey Berry Nut Oatmeal *

Preheat oven to 375. Pull out a 13x9 or 2 qt. baking dish.

In a medium bowl, mix together **2 c quick cooking oats / 1 t baking powder / 1 t cinnamon / 1/4 t salt / 1/3 c packed brown sugar.** Set aside.

In another bowl whisk together: **2 c milk / 2 large eggs / 2 t vanilla / 3 T honey / 2 T melted butter.**

Layer **1 of 2 c frozen or fresh mixed berries** in the baking dish. Top evenly with the dry oat mixture.

Pour on the wet mixture. Layer the other cup of berries on top. Sprinkle on **1/3 c chopped nuts.**

Bake 35-45 minutes til golden & liquid is absorbed.

Cut into servings ~ hot or cold!

Try substituting thick, dark maple syrup for the honey.

* adapted from Christin Skari's recipe on Apple of My Eye

A Berry Parfait

Choose a tall, clear glass for your parfait unless, of course, you have parfait glasses on hand

Layer ~ in order ~ 2 heaping tablespoons from **a cup of flavored yogurt**, like vanilla, lemon, orange or piña colada into the bottom of the glass. Next, layer a handful of **some finely chopped, fresh berries**. Add another 2 dollops of yogurt on top of the berries. Then, add more berries and another dollop of yogurt until you've reached the tippy-top of the glass. A short glass won't take as many layers.

Place in the fridge to chill ~ unless you can't wait to dig in.

Before serving, sprinkle with **granola, raisins, nuts** and a spoon.

Great as a dessert for breakfast, lunch or dinner, or as a snack.

Maybe serve with a cookie or two.

Simply Berry Syrup *

Place in a saucepan: **2 c fresh berries, chopped / 1 c sugar / 1/2 c water**.

Mash berries with the back of a wooden spoon or potato masher. Then, whisk together while bringing to a boil over medium-low heat until sugar melts. Increase heat to medium, stirring constantly. Gently boil 10+ minutes until berries break down ~blueberries will burst~ & sauce starts to thicken.

Remove from heat & whisk in **1 t fresh lemon, orange or lime juice**.

Serve immediately or store in the fridge for 5-7 days.

There are numerous ways to use a **Simply Berry Syrup**:

Mix into lemonade, sparkling soda, fruit punches, smoothies, milk shakes, handmade popsicles & ices/sno-cones.

Drizzle on top of cakes, waffles, yogurt, ice cream, salads.

* adapted from Rachel's recipe on kitchencents.com