

Dr. Bone's Brain-Friendly Family Recipes



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Your child's brain is in a period of unparalleled "neural plasticity". That means it is growing and "wiring" at a rapid rate. Foods can contribute to the rate and quality of wiring. There are also "mood foods" that contribute to feelings of well-being. This is critical in maintaining a positive attitude toward school and life. Try some of these recipes together. For busy parents, stress damages the brain and food can be a natural, simple way to heal the damage done by inflammation.

Top 10 Brain Foods Shopping List

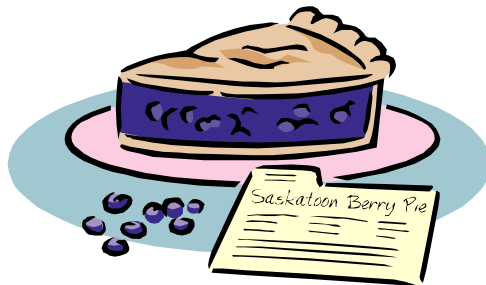
Almonds	Green Tea
Beans and Legumes	Eggs
Blueberries	Salmon
Dark Chocolate	Peanut Butter

Flax Seed Olive Oil

Brain-Berry Yogurt Pie

Blueberries increase mental capacity by 55% and have powerful anti-cancer agents!

1. Mix 2 cartons fat free yogurt (1 vanilla and 1 blueberry)
2. Add 1 container of Fat Free Whipped Topping
3. Fold in 2 cups of washed, fresh blueberries
4. Layer all of the above into a low-fat graham cracker crust
5. Freeze overnight and garnish with more fruit.
6. *Kids can actually make this!



Coffee for the Cerebrum Pie

Coffee is a powerful anti-oxidant and reduces inflammation

1. Mix 2 cartons of fat free yogurt (coffee flavored)
2. Add 1 container of Fat Free /Sugar Free Whipped Topping
3. Fold in 1 cup of dark chocolate chips and 1/2 cup dried almonds
4. Layer all of the above into a low fat graham cracker or chocolate cookie crust.
5. Freeze overnight and garnish with curls of dark chocolate or a few beautiful strawberries.
6. This is nice enough for a luncheon or fancy party!



Easy Spinach Pie

Spinach is a brain-friendly vegetable! Brains of senior adults who eat spinach 3 X per week look 10 years younger!

1. Thaw and drain 1 box of frozen, chopped spinach or 1 bag of steamed, fresh spinach
2. Slice 1 small package of mushrooms
3. Blend the following in a blender: 1 cup skim milk, 1 egg, 1 cup fat-free Bisquick Baking Mix, ½ tsp each parsley, black pepper, salt, oregano
4. Layer vegetables in a baking dish sprayed with PAM. Sprinkle with garlic.
5. Top with a mixture of 1 cup fat-free mozzarella and 1 cup Parmesan cheeses. Pour the milk mixture over the top and bake at 350 degrees for one hour.

Note: You can change out the vegetables and use 1 box broccoli with the mushrooms or 2 cups squash.



Anti-Oxidant Soup

Make this in a big pot on Sunday and eat it whenever you want during the week to cut back on calories and load up on nutrients!

1. Spray a Dutch oven pot with Olive Oil Pam and sauté 1 cup diced carrots, ½ chopped sweet onion, and 2 tbsp garlic.
2. Add 3 cans of low sodium chicken broth, ½ can of tomato paste, and 3 cans water. Mix in 1 tsp parsley, ½ tsp basil, ½ tsp rosemary.
3. Simmer on low.
4. Put in the following vegetables: 1 can Italian green beans, 1 small chopped cabbage, and 1 thinly sliced zucchini squash.
5. Cook 1 hour on low until vegetables are tender.



Heart and Brain Healthy Bread

This is the recipe that I use in my bread machine and give as a gift!

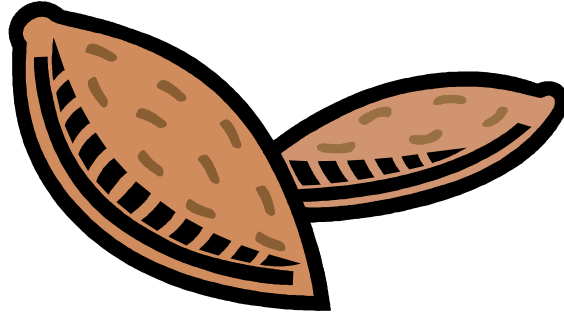
1. Spray bread machine with Olive Oil Pam.
2. Put in 1 cup warm, skim milk, 2 tbsp. Honey, and 2 tbsp olive oil.
3. Add 3 cups bread flour (King Arthur) and ½ cup flax seed.
4. Put in 1 tsp. Salt and 1 pkg. Active Dry Yeast
5. Complete the 3 hour bread machine cycle.

Fast Cycle Brain Bread

This recipe is designed for the "fast cycle" on the bread machine.
Place ingredients in the machine in this order.

- 1 cup plus 2tbsp. warm water
- ¼ cup honey plus 2 tbsp brown sugar "Splenda"
- ¼ cup omega 3 enriched cooking oil
- 3 cups bread flour
- 1 cup oatmeal
- ½ cup flax seed
- ½ cup chopped almonds, dried cranberries
- 1.5 tsp salt
- 2 tbsp. Yeast

About 30 minutes into the cycle, open the top and sprinkle with cinnamon and slivered almonds



Cerebral Cooler

Mix 1 cup sugar free or regular ginger ale
1/2 cup blueberry-pomegranate juice (not cocktail)
1/2 cup cranberry juice Toss
in frozen berries for fun!

Brainy Breakfast on the Go

Toast 1 Alternative Wheat Bagel
Spread tbsp omega-3 added peanut butter
Slice 1/2 banana and top
Sprinkle with flax seed and honey

Alternative: Top bagel with 2 slices of cooked soy bacon and mustard

Serve with "To Go" mug of hot green tea with honey Or
Dark chocolate cocoa made with fat free milk

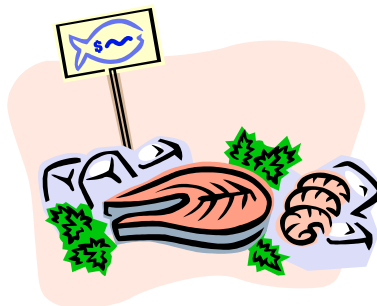


Quick Thinking Dinner Salad

1 bag of washed greens and fresh spinach
Add Grilled sliced of salmon or flaked canned salmon
(May Substitute Tuna)
Toss in ½ cup almonds or walnuts (or mix)
1 cup orange pieces or canned mandarin (no sugar)
Sugar Peas or Strips of colored pepper
Cherry Tomato
A few olives (green or black)

Toss with balsamic vinegar, olive oil, and garlic

Serve with chilled green tea and have 1 oz of good quality dark
chocolate
For a finish



Simple Supper Salmon Patties

In the South, folks like salmon patties or "croquettes" for a Saturday breakfast with grits. It is tasty for an inexpensive, brain-friendly supper too. Hint: a cold, left-over salmon pattie on a wheat bun with greens is a delicious adult lunch to take to work!

1. Drain and flake 2 small cans of pink salmon without bones
2. Add ½ cup low-fat mayo plus 1 tsp cold water
3. Mix in 1 cup of whole wheat bread or cracker crumbs OR use 1 pkg. Of Zatarain's Salmon Pattie mix (my favorite)
4. Chill in covered dish for 20 minutes.
5. Shape into patties or croquettes and brown in olive oil.

Brainy Bean Soup

In this tough economic environment, bean soup is delicious, prudent, and powerful. Plus...beans provide "choline" which is important in neuro-transmission.

1. In soup pot, brown ½ cup each of onion, celery, and carrot in olive oil and garlic.
2. Add 3 cans of low sodium chicken broth (or beef) and 3 cans of water
3. Add 1 can each of navy beans, pinto beans, and kidney beans
4. Mix in 1 can of diced, stewed tomatoes
(fresh in summer if you have them)
5. Toss in any left-over veggies from the week, that you have saved in covered containers: cabbage, corn, lima beans
6. Simmer 20 minutes then add 2 cups of quick cooking barley or alphabet pasta (for little ones)
7. Cook until tender then top with parmesan cheese when serving.



Super Spinach Side Dish

Cook 1 small box of orzo as directed. Cook only until al dente and drain. Put aside.

Sauté 3 cups of fresh spinach, sliced mushrooms, and 2 tbsp.

Chopped garlic in olive oil.

Toss the drained orzo with the vegetable mixture and sprinkle with parmesan cheese. Serve hot.



Easy Broccoli-Walnut Salad (Walnuts Even LOOK like little Brains!)

- 1 bunch broccoli (about 1 1/2 lb)
- 1 small red onion, thinly sliced
- 1/2 cup golden raisin and dried cherry mixture (such as Sun-Maid)
- Buttermilk Dressing
- 1/2 cup lowfat buttermilk
- 2 Tbsp light mayonnaise
- 1 Tbsp cider vinegar
- 1 tsp sugar
- 1/4 tsp salt
- 1/2 cup toasted walnut pieces

Recipe Preparation

1. Cut broccoli into florets. Peel tough skin of broccoli stalks and cut stalks crosswise into 1/4-in.-thick slices. 2. Bring 1 in. water to boil in large saucepan fitted with a steamer basket. Add broccoli; steam 3 minutes. Immediately rinse with cold water to chill; drain well. Toss broccoli with onion and dried fruit. 3. Dressing: Whisk all dressing ingredients except walnuts in small bowl. Toss with broccoli. Sprinkle with walnuts just before serving.

Ladle Up Lentils for the Brain Soup



Lentils are a preferred brain food for two reasons: 1) They supply a steady stream of **glucose**, which the brain uses as fuel and 2) They are rich in **folate**, which helps the brain avoid depression and which is associated with the neural tube.

Start with a large soup pot. Brown 1/2 cup diced onion and 1 tbsp. chopped garlic in olive oil.

Once browned, pour in 2 cans low sodium beef, chicken, or vegetable broth and 3 cans of water.

Simmer for 5 minutes, then add 1.5 cups washed, dried lentils of any color.

Mix in at least two of the following veggies, chopped or diced to make 2 cups total: carrot, celery, zucchini, potato.

Add 1 can diced tomatoes. I like the ones with oregano and basil.

Sprinkle in 1 tsp each black pepper, turmeric, and sea salt. Bring to a boil for 5 minutes then cover and simmer on low for about 40 minutes.

Option: ½ lb. crumbled turkey sausage or soy protein sausage Serve with brown rice or cooked barley or quinoa.

***** Quinoa=Super Food! Try it in place of pasta or rice.



Oats on the Brain



My personal favorite. Filling and brain-boosting. The pumpkin and flax are powerful antioxidants.

In a medium sized micro-wave safe bowl, mix 2/3 cup quick –cooking oatmeal and 1.5 cups water. Cook for approximately 2 minutes, watching for it to bubble over.

Take it out and cool for 1 minute, then add the following:

1 tbsp. pure-packed pumpkin ; 1 tsp. brown sugar Splenda; ½ tsp cinnamon; ½ tsp. flax seeds. *Sprinkle of raisins is optional.

***** Bone's

Brain-Berry Smoothie

This is the famous smoothie that I talk about at my workshops, designed to help slim the waistline by reducing cortisol and promoting quickness and creativity in thinking.

In a blender, mix, in this order:

1 small container (½ cup) low-fat Greek Yogurt. Use vanilla or plain.

1 cup coconut water, almond milk, or orange juice

1 cup frozen only blueberries

½ banana (optional) Blend and serve.



Simple Italian Wedding Soup

This Mediterranean combination of “beans and greens” are a great way to s sneak veggies into a main dish meal.

Pour 3 cans of low sodium chicken broth, plus 2 cans of water into a deep soup pot. 14.5 oz cans.

Stir in 1 tsp each of chopped garlic, parsley, oregano, basil, and black pepper

Add one can (drained) of Cannellini White Kidney Beans 14.5 oz.

Simmer until a gentle boil begins. Add 1 bag of frozen turkey or soy meatballs.* Optional

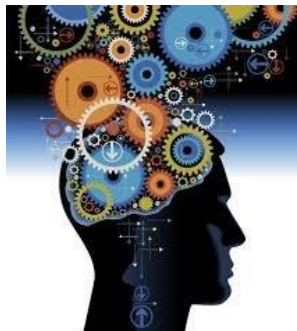
Toss in 1 cup of small, whole grain pasta such as Ditalini, Small Shells, or Orzo. Bring to a boil and simmer 5 minutes.

The last 2 minutes, add 1 bag of fresh spinach and wilt it.

Serve hot with grated parmesan cheese.



10 Quick Snack Choices for Brainy Kids



Lowfat Yogurt Cup

Carrots and Hummus Dip

Raisins and Sunflower Seeds in a ziplock bag

Banana and Peanut or Almond Butter

Sliced apples sprinkled with Cinnamon

A cup of roasted sweet potato "fries"

Plain or vanilla low sugar frozen yogurt topped with fruit

Homemade popcorn

Frozen grapes

Whole grain cereal and low fat milk