

Superfood Breakfast Bowl

Prep Time: 15 mins

INGREDIENTS:

- 1/2 Cup Quinoa (Cooked or Oats)
- 1/2 Cup Assorted Berries
- 1 tbsp Chia Seeds
- 1 tbsp Flaxseeds (Ground)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Walnuts (Chopped)
- 1 tbsp Almonds (Sliced)
- 1/2 Banana (Sliced)
- 1/2 Cup Greek Yogurt
- 1 tsp Maple Syrup (or Honey)
- Dash of Cinnamon (Optional)
- Milk (Optional)



DIRECTIONS:

1. Cook Quinoa or Oats. Allow to cool.
2. Assemble the bowl.
 - a. Quinoa or Oats
 - b. Berries
 - c. Chia seeds & Flax seeds
 - d. Almonds & Walnuts
 - e. Banana Slices
 - f. Yogurt
 - g. Maple Syrup or Honey drizzle on top
3. Optional Additions
 - a. Dash of Cinnamon
 - b. Your choice of milk for a creamier texture

What's Inside

INGREDIENTS THAT SUPPORT BRAIN HEALTH:



Both omega-3 fatty acids and polyphenols are considered critical brain foods that may counteract oxidative stress and inflammation, two drivers of cognitive decline. Hence, walnuts could beneficially influence cognition.



Omega 3 has an anti-inflammatory function, protecting brain cells from stress conditions due to excessive free radicals and cell damage, helping to improve cognitive function (memory, attention, and problem-solving), as well as a neurotransmitter regulator that plays a role in mood regulation (serotonin & dopamine). Flax seeds, chia seeds, pumpkin seeds among other ingredients in this recipe contain Omega 3 Fatty Acids.

Salmon Quinoa Salad w/ Avocado

Prep Time: 30-45 mins

INGREDIENTS:

- 2 **Salmon** fillets
- 1 cup **Quinoa**
- 2 cup **Vegetable Broth**
- 1 **Avocado**, sliced
- 1 cup **Cherry Tomato**, halved
- 1/2 **Cucumber**, diced
- 1 cup **Sweet Potato** diced, cooked
- 1/4 cup **Red Onion**, finely chopped
- 2 tbsp **Dill**, chopped fresh
- 2 tbsp **Parsley**, chopped fresh
- 1 **Lemon**, juiced
- 2 tbsp **Olive Oil**
- To Taste Salt And Pepper



INGREDIENTS THAT SUPPORT BRAIN HEALTH:

This recipe is packed with omega-3 fatty acids from the salmon, protein and fiber from the quinoa, and healthy fats from the avocado, making it a great choice for supporting brain health and overall well-being.



Directions:



1. Preheat your oven to 400°F (200°C). Place the salmon fillets on a baking sheet lined with parchment paper. Season with salt, pepper, and a squeeze of lemon juice. Bake for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.
2. While the salmon is baking, rinse the quinoa under cold water using a fine-mesh sieve. In a medium saucepan, bring 2 cups of water or vegetable broth to a boil. Add the quinoa, reduce heat to low, cover, and simmer for 15-20 minutes, or until the quinoa is tender and the liquid is absorbed. Remove from heat and let it cool slightly.
3. In a large mixing bowl, combine the cooked quinoa, cherry tomatoes, cucumber, red onion, fresh dill, cooked sweet potatoes and fresh parsley. Drizzle with olive oil and lemon juice, and season with salt and pepper to taste. Toss gently to combine.
4. Divide the quinoa salad among serving plates. Top each serving with a baked salmon fillet and sliced avocado.
5. Serve immediately, garnished with additional herbs or lemon wedges if desired.

Dark Chocolate Avocado Mousse



Prep Time: 10 mins

INGREDIENTS THAT SUPPORT BRAIN HEALTH:

INGREDIENTS:

- 2 **Avocados**
- 1/4 cup **Dark Cocoa Powder unsweetened**
- 1/4 cup **Maple Syrup** or **honey**
- 1 tsp **Vanilla Extract**
- **Salt**, to taste
- Assorted **Berries**
- Optional toppings: fresh **chopped nuts**, or shredded **coconut** for garnish



The antioxidants in **Cocoa** have been shown to reduce oxidative stress and neuroinflammation, therefore protecting critical neurons. Some of those antioxidants have even been found to pass the “blood-brain barrier” and enter the brain after eating cocoa.

A source of healthful unsaturated fat, **Avocados** may support the brain. Eating monounsaturated fats may reduce blood pressure, and high blood pressure is linked with cognitive decline. Thus, by reducing high blood pressure, the unsaturated fats in avocados may lower the risk of cognitive decline.

Directions:



-
- 1. Prepare the Avocado:** Cut the avocados in half, remove the pits, and scoop the flesh into a food processor or blender.
 - 2. Blend:** Add the cocoa powder, maple syrup or honey, vanilla extract, and a pinch of salt to the food processor or blender with the avocado.
 - 3. Blend until Smooth:** Process or blend the mixture until smooth and creamy, scraping down the sides of the bowl or blender as needed to ensure everything is well combined.
 - 4. Taste and Adjust:** Taste the mousse and adjust the sweetness or cocoa powder to your liking. Add more maple syrup or honey if you prefer it sweeter, or more cocoa powder for a richer chocolate flavor.
 - 5. Chill:** Transfer the mousse to individual serving dishes or a larger bowl, cover, and refrigerate for at least 30 minutes to allow it to firm up slightly.
 - 6. Serve:** Once chilled, remove the mousse from the refrigerator and serve topped with fresh berries, chopped nuts, or shredded coconut if desired.

Brain-Boosting Green Smoothie

Prep Time: 10 mins



INGREDIENTS:

- 1 cup **Spinach**, fresh or frozen
- 1/2 cup **Kale** fresh or frozen
- 1/2 **Avocado**
- 1/2 cup **Blueberries**, fresh or frozen
- 1/2 **Bananas**
- 1 tbsp **Chia Seeds**
- 1 tbsp **Flaxseed Meal**
- 1 tsp **Matcha Powder** optional
- 1 tsp **Maple Syrup** or **honey**, optional, for sweetness
- 1 cup **Almond Milk**, unsweetened or **coconut water**
- **Ice cubes**, optional

INGREDIENTS THAT SUPPORT BRAIN HEALTH:

Kale contains large amounts of vitamin C (one serving of kale has as much vitamin c as an orange), Omega-3's, vitamin A, vitamin K, and is high in brain-supporting antioxidants including beta-carotene, flavonoids, and polyphenols.

Spinach is especially good for the brain because it has a high concentration of an antioxidant called lutein, which helps in cleansing toxins from the brain and prevents age-related mental decline.

Directions:



-
- 1. PREPARE INGREDIENTS:** WASH THE SPINACH, KALE, AND BLUEBERRIES THOROUGHLY. PEEL AND PIT THE AVOCADO. PEEL THE BANANA.
 - 2. COMBINE INGREDIENTS:** IN A BLENDER, ADD THE SPINACH, KALE, AVOCADO, BLUEBERRIES, BANANA, CHIA SEEDS, GROUND FLAXSEEDS, MATCHA POWDER (IF USING), AND HONEY OR MAPLE SYRUP (IF DESIRED).
 - 3. POUR IN LIQUID:** POUR IN THE UNSWEETENED ALMOND MILK OR COCONUT WATER.
 - 4. BLEND:** BLEND ALL THE INGREDIENTS UNTIL SMOOTH AND CREAMY. IF THE SMOOTHIE IS TOO THICK, YOU CAN ADD MORE LIQUID TO REACH YOUR DESIRED CONSISTENCY.
 - 5. TASTE AND ADJUST:** TASTE THE SMOOTHIE AND ADJUST SWEETNESS OR THICKNESS AS NEEDED. YOU CAN ADD MORE HONEY OR MAPLE SYRUP FOR SWEETNESS OR MORE LIQUID FOR A THINNER CONSISTENCY.
 - 6. SERVE:** POUR THE SMOOTHIE INTO GLASSES. YOU CAN ADD ICE CUBES IF YOU PREFER A COLDER BEVERAGE.

Tangy Baked Beans w/ Coffee

Prep Time: 45 mins

INGREDIENTS:

- 2 pc **Bacon** strips, cut into 1-inch
- 2 tbsp Brewed **Coffee** strong
- 4 tsp **Brown Sugar**
- 1 tsp **Cider Vinegar**
- 1/4 tsp **Mustard Powder** ground
- 1/8 tsp **Salt**
- 1 can **Baked Beans** undrained, 8.3 ounces
- 1/2 cup **Diced Onions**



INGREDIENTS THAT SUPPORT BRAIN HEALTH:

Folate in **Beans** is a powerhouse of cognitive health. While folate technically falls under the larger umbrella of B vitamins, it deserves a mention of its own. Folate may lower inflammation and homocysteine levels, which are both linked to brain degeneration.

Caffeine, in fact, lowers the risk of neurodegeneration in humans. In the short term, coffee may improve mood, alertness, learning and reaction time, and in the long term, it may protect against brain conditions such as Alzheimer's and Parkinson's diseases.

Directions:



1. In a small skillet, cook bacon over medium heat until partially cooked but not crisp. Drain on paper towels.
2. Meanwhile, in a small saucepan, combine the coffee, brown sugar, vinegar, mustard and salt. Bring to a boil; cook and stir for 2-3 minutes or until sugar is dissolved.
3. Stir in beans and onion. Divide the bean mixture between two 6-oz. ramekins or custard cups coated with cooking spray. Top with bacon.
4. Bake at 350° for 25-30 minutes or until bubbly.

When camping, times may vary when cooking over a fire. Dutch ovens are best in this scenario.

Other Benefits

The great outdoors offers many benefits for brain health, here are some while your camping:

1. Light Therapy for Circadian Rhythm
2. Forest bathing for Stress Relief
3. Improved Sleep
4. Technology Detox
5. Physical activity such as hiking or swimming
6. Problem solving such as building a fire or making a shelter

