

EAT WELL, AGE WELL. BRAIN FOOD SERIES

Make Your Meals Memorable, Spice it Up!

Some studies have shown the powerful benefits of various spices on the memory of aging adults. Not only will adding spices to your favorite dishes immensely enhance the flavor profile, but it will aid your ability to remember and recall.

Spices like rosemary, thyme, oregano, garlic, basil, and cinnamon have been shown to improve memory, and help prevent diseases like Alzheimer's, and Dementia.

Try this amazing Salmon Salad packed with nutrients great for your memory and even better for your taste buds!



Photo by Lindsay VanKampen

Cherry, Rosemary Salmon Salad

Ingredients:

- 2-3 oz. Salmon Filet
- Rosemary (fresh or dried)
- Black pepper (to taste)
- ½ cup fresh, dried or frozen cherries
- 1 cup of baby spinach
- 2 Tbsp. chopped walnuts
- Olive Oil

Directions

1. Preheat oven to 425.
2. Sprinkle Rosemary and Black Pepper to taste on salmon, place on parchment paper lined baking sheet.
3. Bake salmon until flakey, about 10-12 minutes.
4. Wash and pit cherries, if using fresh.
5. Place spinach in bowl, sprinkle walnuts and cherries, lightly tossing.
6. Opt. Drizzle olive oil based vinaigrette on salad if you wish.
7. Place baked salmon on top of the salad.
8. Garnish with rosemary.

Recipe Developed by Lauren Mickley
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GWAAR Nutrition Team in Collaboration with UW Stout
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All Kale Caesar!

Brain health is essential to one's overall health. The brain stores, processes, and remembers information all day long. To keep this muscle flexing, we must fuel it with as many nutrients as possible!

A super easy way to increase brain function, is to increase your whole foods. Overly processed foods like packaged snacks, and bread are stripped of the core nutrients the brain craves. By replacing these with whole foods like leafy greens, nuts, berries, and fatty-acids, your brain will thank you!

The following brain enhancing salad is caesar-ously great!



Photo by Lindsay VanKampen

Walnut Caesar Salad

Ingredients:

- 1 cup chopped kale
- 1 cup chopped romaine lettuce
- 2 Tbsp. chopped walnuts
- ½ cup fresh or ¼ cup dried cranberries
- Caesar dressing or your choice (optional) or Olive Oil
- ¼ cup Feta Cheese (optional)

Directions

1. Wash and chop kale and romaine lettuce, dry and toss kale in a bowl.
2. Top with chopped walnuts and washed cranberries and feta.
3. Serve with Caesar dressing on the side if you wish, or accompany with a light amount of olive oil. Yogurt-based Caesar dressing is a great option.

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Cinnamon-tal Value

The adverse effects of brain diseases like Alzheimer's and Dementia can be detrimental to one's life. Unfortunately, medicine has not advanced to cure these diseases, but our planet has blessed us with many preventatives.

Cinnamon has characteristics shown to prevent blood sugar spikes, and to help keep one's attention focused. Its ability to reduce cravings will help keep your brain sharp and active, allowing you to enjoy more of life and retain lasting memories.

Not only will your brain enjoy the following recipe, but so will your taste buds and nose.



Photo by Lindsay VanKampen

Sweet Cinnamon Oatmeal

Ingredients:

- ¼ cup steel cut oats
- 1 cup water
- 1 ½ tsp cinnamon
- ¼ tsp ground ginger
- ½ tsp vanilla
- 1 cup fresh blackberries
- Raw honey (optional)

Directions

1. Mix steel cut oats and water in pot on the stove.
2. Cover and bring to a boil, reduce heat to simmer and allow oats to cook according to package directions.
3. With about 5-10 minutes remaining during the cooking process, add the cinnamon, ginger, and vanilla.
4. Stir, re-cover, and allow the oats to finish cooking.
5. When oatmeal has finished, transfer to bowl, and mix in fresh, washed blackberries.
6. Drizzle with honey if desired for added flavor.

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Desert Any Negative Connotations about Healthy Eating

It is so easy to mix healthy and delicious. For an added bonus, we have been using ingredients focused on nutrients for the brain.

Spices, nuts, dark berries, and fatty acids are excellent sources of nutrients dedicated to making one's memory last longer. These nutrients have made impacts on slowing down the acquisition of brain diseases like Alzheimer's and Dementia in a series of trials.

Nothing is sweeter than food that tastes great and works in your favor!



Photo by Lindsay VanKampen

Blueberry Walnut Bread

Ingredients:

- 2 Tbsp. ground Flaxseed + 4 Tbsp. water
- 2 tsp. unsweetened applesauce
- 1 cup milk (almond milk works great)
- 2 Tbsp. raw honey
- 2 tsp. baking powder
- 1 tsp. baking soda
- 2 Tbsp. peanut butter
- 1 tsp. vanilla
- 1 cup oat flour
- ½ cup walnuts
- ½ cup blueberries

Directions

1. Preheat oven to 350° F
2. In a large mixing bowl, add flaxseed and water, allow to sit for about a minute
3. Add the applesauce, honey, peanut butter, baking soda, baking powder, and vanilla, whisk to combine, whisk in the milk until completely mixed
4. Add the oat flour and mix until combined, allow to sit for about 5 minutes.
5. Lightly mix in the blueberries and walnuts
6. In a small bread pan lightly greased with olive oil, pour in the batter
7. Bake in the oven for 30-40 minutes, or until toothpick comes out without stuck-on batter
8. Cool, serve, and enjoy this brain empowering desert

Adapted from Recipe Developed by Lauren Mickley
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