



# Brain-Boosting Recipes

Eat smart for better brain health!

## 1. Blueberry Walnut Brain Bowl *Breakfast*

Antioxidants & Omega-3s for brain power.

### Ingredients:

- 1 cup Greek yogurt
- ½ cup blueberries
- 2 tbsp chopped walnuts
- 1 tbsp chia seeds
- Drizzle of honey
- Cinnamon

Mix and enjoy!



## 2. Mediterranean Brain Salad *Lunch or Dinner*

Nutrients for brain health.

### Ingredients:

- Spinach or arugula
- Cherry tomatoes
- Cucumber
- Chickpeas & Feta
- Olives & Pumpkin seeds
- Olive oil & Balsamic vinegar

Toss together  
& add dressing.



## 3. Dark Chocolate Almond Bites *Snack*

Boosts blood flow & memory.

### Ingredients:

- 70%+ dark chocolate
- Almonds

Dip almonds in melted  
chocolate & chill.



LONGEVITY  
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