



MY 10 FAVOURITE
**BRAIN BOOSTING
RECIPES**

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Hello & Welcome!

I became a Registered Holistic Nutritionist, as the result of my own lived experience...

About fifteen years ago, I was seeing 7 different doctors, (ND's and MD's), having countless tests, multiple medications and 'buckets' of supplements – but no one had an answer for why I felt so unwell all.of.the.time.

I was desperate, ***I had diagnoses of chronic fatigue, a heart condition, hypothyroidism, IBS – I felt as though I'd tried everything...***

Then, on intuition, I decided to experiment with food – I made some pretty major changes in how and what I was eating – (Lucky for me it worked, because I didn't have any particular guidance to follow). The shift towards health didn't take long... BUT, how could food help me when all the doctors could not? I had to know why...

I went on to study at the Canadian School of Natural Nutrition. Upon graduating I had the immediate opportunity to work with family members who had been struggling with mental health issues for years, in some cases decades. It was because of the powerful impact holistic nutrition had on these individuals and how it changed their lives for the better, that I decided to continue my studies and become a specialist in the field of mental health.

I am also the nutritionist at the START Clinic for Mood & Anxiety Disorders in downtown Toronto.

My mission is to gently guide and educate individuals in making strategic nutrition changes to help improve brain function.



Bon Appetit!
Glenda

According to the WHO, (World Health Organization) “Mental health disorders is one of the leading causes of disabilities world-wide.¹

Harvard Medical School states that, “The burgeoning field of nutritional psychiatry is finding there are many consequences and correlations between not only what you eat, how you feel and how you ultimately behave...”².

All of **My 10 Favourite Brain Boosting Recipes** are formulated to contain brain supportive nutrients, that over time can positively impact mood, memory and cognition.

Please feel free to share this booklet with your friends and family.

*If you find this kind of information helpful....
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¹ <https://www.who.int/news-room/fact-sheets/detail/mental-disorders>

² <https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

TURMERIC TEA

This recipe is a compelling example of how food can be medicine. Double or triple the recipe. Store in a glass container in the fridge for up to 3 days. Re-heat gently on the stove (do NOT use a microwave)

Ingredients:

- ¾ cup filtered water
- 1 inch chopped fresh turmeric or 1 teaspoon turmeric powder
- 1 inch chopped fresh ginger, (or more if you really like it)
- ¼ teaspoon cinnamon powder or ½ cinnamon stick
- 1 clove
- Freshly ground pepper
- 1 teaspoon raw honey

Directions:

1. Put all ingredients, **except honey**, in a saucepan
2. Bring to a boil, reduce heat and simmer for 10 – 15 minutes
3. Strain tea, stir in honey and serve.

A compound in the spice turmeric called curcumin has been found to improve memory, mood and reduce inflammation which we now know also impacts mental health.



MATCHA LATTE

(1 serving)

Enjoy the calming power of green tea with antioxidant rich Matcha, mix in the good fats of coconut milk and you will be satiated and have extra energy.

Ingredients:

- 1 teaspoon Matcha powder
- $\frac{3}{4}$ cup of filtered water
- $\frac{1}{4}$ cup full fat, organic coconut milk from a BPA-free can (sugar free)
- $\frac{1}{2}$ teaspoon raw honey (optional)

Directions:

1. In a small bowl, or saucepan, whisk matcha powder in small amount of water to make a paste
2. Add the rest of the water and the coconut milk
3. Heat until hot, not boiling
4. Pour into cup

Matcha is loaded with antioxidants to help support brain function. There is some caffeine, but also theanine, which is very calming.



CHOCOLATE WATER

(Serves 1)

Adapted from: Leanne Vogel

Ingredients:

- 2 cups good quality sugar free coconut water
- 1 tablespoon cacao powder
- 2 teaspoons chia seeds

Directions:

1. Add coconut water and cacao powder to the jug of your blender.
2. Blend on high for 20 seconds.
3. Transfer mixture to a glass container and drop in chia seeds.
4. Cover and give a good shake
5. Place container in the fridge for a minimum of 2 hours (up to 24 hours) and drink chilled

Power up your afternoon with this hydrating delicious drink. Contains omega 3's, from chia seeds, an essential fatty acid that is so very important for brain function.

Raw cacao is loaded with antioxidants and chemical compounds that help enhance mood.



BRAIN BOOSTING SMOOTHIE

(Makes 1 large or 2 small)

Ingredients:

- 3/4 cup frozen blueberries
- 1 tablespoon hemp hearts
- 1/3 ripe banana
- 1 tablespoon ripe avocado
- 2 handfuls baby spinach
- 2 tablespoons plain kefir
- 3/4 cup filtered water

Directions:

Put all ingredients in blender and blend until smooth.
Add more or less water depending on how thick you would like the smoothie.

Start your day with all the energy you need thanks to Antioxidants from the berries and spinach combined with good fats from the hemp hearts and avocado plus a boost of tummy loving probiotics from the kefir.

A Health Starts In The Gut!



KALE PESTO

Keep this dish lighter by serving a small amount of pasta (1 cup) alongside roasted vegetables, steamed vegetables or a salad.

Make sure that whatever pasta you use is organic.

Ingredients:

- ½ head of Kale, cleaned with stems removed
- 1 cup of fresh basil
- ¼ cup pine nuts, walnuts or cashews
- 2 cloves garlic, peeled (more if you like)
- 2 tablespoons nutritional yeast (or good quality parmesan cheese)
- 1/3 cup extra virgin olive oil

Directions:

Place all ingredients in food processor and blend until you reach the consistency you enjoy – I live mine a little chunky – some like it very smooth.

Store extra in a mason jar – make sure to top the pesto with extra olive oil to seal in the pesto, so it won't brown.

Oh MY!!! Whoever thought you could eat so much kale in just one bite?!

Nutritional yeast adds a nice 'cheezy' flavour plus it's a great source of B Vitamins which help your body and brain manage stress, balance hormones and boost energy.

Good quality parmesan has good bacteria to help feed the gut microbiota.



SPEEDY SHRIMP COCONUT CURRY (Makes 2 large servings or 4 small)

Ingredients:

- 4 tablespoons coconut oil
- 1 onion finely chopped
- 2 cloves garlic, minced
- 1 teaspoon turmeric powder or 2 teaspoons of freshly grated turmeric
- ½ teaspoon cumin
- ¼ teaspoon garam masala
- 4 cups chopped vegetables, whatever you like:
(broccoli/cauliflower/onion/peppers/sweet potato/zucchini, peas)
- 1 cup sliced mushrooms
- 1 can full fat coconut milk
- 1 pound of ethically sourced shrimp, peeled and de-veined (leave tail on if you like)
- 1 bay leaf
- 1 tablespoon chia seeds (optional)
- 4 tablespoons fresh cilantro, chopped (optional)
- 2 cups of cooked rice or quinoa

Directions:

1. Heat oil in medium sized saucepan over medium heat, add onion and garlic, cook until starting to brown.
2. Add turmeric, cumin, garam masala, stir and cook for 1 minute or until fragrant
3. Add chopped veggies and mushrooms stir until coated in spices and oil
4. Stir in coconut milk and bay leaf bring to a boil. Add shrimp reduce heat and cook for 2-3 minutes
5. Remove from heat, add chia (if using) and let sit for 5 minutes to let flavours develop
6. **You may need to cook it a little more if you used sweet potato...
7. Serve with cooked rice or quinoa

This super simple and delicious dish contains turmeric, with its bioactive compounds and powerful medicinal properties that help support brain function.



SIMPLE MISO SOUP (2 bowls or 4 cups)

Ingredients:

- 4 cups water
- 2 tablespoon white miso
- 1 sheet nori (optional)
- 1 tablespoon chopped green onion
- ¼ cup firm organic tofu, cubed
- Cilantro for garnish

Directions:

1. Boil 4 cups water
2. Add nori and simmer for 5 – 7 minutes
3. Meanwhile, mix miso in about 2 tablespoons of hot water and add to pot
4. Add tofu and onion (reserve a little onion for garnish)
5. Let sit for 5 minutes to let flavours develop – DO NOT BOIL
6. Serve, garnish with onion and cilantro
7. Season to taste

Miso, a fermented food that contains energy boosting Vitamin B12 and loads of good bacteria for the tummy to help support immune function and mental health.



Super Salad (Serves 1)

'Base' Ingredients:

- 2- 3 handfuls of greens like spinach or arugula (I like to buy them prepared in a plastic container)
- ½ chopped English cucumber (peeled if not organic)
- ½ chopped tomato
- 2 – 3 tablespoons chopped parsley or cilantro (more if you like it)
- ½ cup chopped celery
- 1 tablespoon sauerkraut
- 1 tablespoon raw/unsalted pumpkin seeds (pepitas)
- Fresh sprouts (broccoli, sunflower, arugula – whatever you can find)

Optional Ingredients:

- Avocado
- Olives
- Chopped sweet peppers
- Sheep or goat feta (but only a little, if dairy is tolerated)
- Red onion or green onion finely sliced or chopped

Salad Dressing Ingredients:

- 1 garlic clove, minced.
- 1 tablespoon Dijon mustard.
- 1/4 cup raw **apple cider vinegar**.
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons raw honey, or maple syrup as needed for sweetness.
- 1 – 2 tablespoon sauerkraut brine
- 1/3 cup extra-virgin olive oil.
- salt and pepper , to taste.



Directions:

1. Make dressing ahead and store in a glass container in the fridge – keeps for a week.
2. Prepare salad makings, dress salad 10 minutes ahead of time, sprinkle pumpkin seeds and sprouts on top

DETOX / ANTI-INFLAMMATORY SALAD

Inspired by Whole Foods

Yield: 8 cups – enough for a few days!

Ingredients:

- 1 head broccoli
- 1 cup chopped carrots
- 2 cups chopped red cabbage
- ¼ cup to ½ cup of sauerkraut (naturally fermented / no vinegar)
- (depends on how much you like sauerkraut/if this is a new food to you, start with a tablespoon and gradually add more each time you make the salad)
- ½ cup sunflower seeds
- ½ cup currants
- ½ cup finely chopped fresh parsley
- ¼ cup chopped red onion
- 2 – 3 tablespoons fresh lemon juice, to taste
- kosher salt, pepper to taste (1/4-1/2 tsp salt and lots of pepper)
- kelp granules or Herbamare (optional), to taste
- Extra virgin olive oil, to drizzle on before serving

Directions:

1. In a food processor (or chop by hand) process the broccoli (no stems) until chopped. Add into large bowl.
2. Chop carrots and cabbage, add to bowl.
3. Stir in the sunflower seeds, currants, raisins, and parsley. Add lemon juice and seasonings to taste.
4. Before serving, drizzle with olive oil to taste.

This is an amazing salad!
Loads of healing cruciferous veggies (broccoli), microbiome-loving fermented foods (sauerkraut), and protein (nuts).

Delicious - keeps for up to 3 days in the fridge.



CHEEZIE POPCORN

For movie night, or in case you just really need/want a snack...

Try and ensure your popcorn is organic. Most corn grown in North America is genetically modified

Ingredients:

- Organic Popcorn
- 1 - 2 tablespoons flax oil, or organic butter
- 2 tablespoons Organic nutritional yeast
- Sea salt / kelp flakes

Directions:

- a) Pop popcorn in hot air popper, or in a pot over the stove with a couple tablespoons of coconut oil.
- b) When still hot pour a little oil or butter over top
- c) Blend nutritional yeast in coffee grinder and pour over popcorn.
- d) Toss to coat



This healthy take on 'Smart Food' is full of brain nutrients.

Flax oil is a good source of Omega 3 fatty acids, which studies have shown can help improve mood and cognitive function.

Nutritional yeast is an excellent source of B Vitamins, that help improve brain methylation (function).

Butter contains butyrate that helps to lower inflammation in the gut.

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