

## 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!*

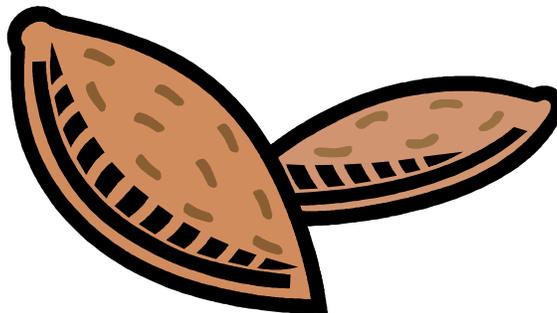
1. Spray bread machine with Olive Oil Pam.
2. Put in 1 cup warm, skim milk, 2 tbsp. Honey, and 2 tbsp olive oil.
3. Add 3 cups bread flour ( King Arthur) and ½ cup flax seed.
4. Put in 1 tsp. Salt and 1 pkg. Active Dry Yeast
5. Complete the 3 hour bread machine cycle.

## **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

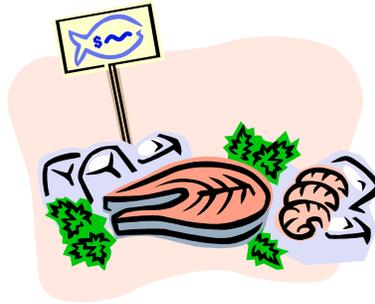


## **Quick Thinking Dinner Salad**

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.

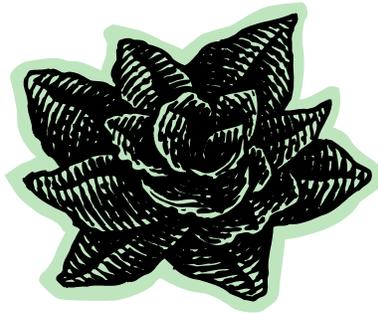


### **Super Spinach Side Dish**

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  $\frac{1}{2}$  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:  $\frac{1}{2}$  lb. crumbled turkey sausage or soy protein sausage  
Serve with brown rice or cooked barley or quinoa.

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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.

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## 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 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

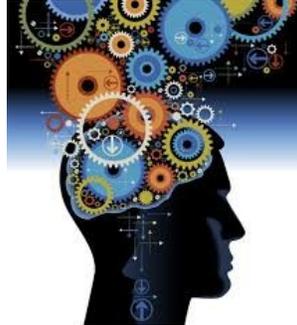
Toss in 1 cup of small, whole grain pasta such as Ditalini, Small Shells, or Orzo. Bring to a boil and simmer 5 minutes.

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***