

# Recipes (ingredients and method) & Brain benefits

St. Teresa's SftB  
Carers Supplementary Session



# Smoked Mackerel salad



## **Ingredients:**

2 mackerel fillets.

250g new potatoes.

2 boiled eggs.

1 tsp honey.

3 tbsp Greek yoghurt

Garnish (chopped dill or similar)

2 tbsp white wine vinegar

½ sliced red onion

½ sliced cucumber

Green salad leaves (watercress, spinach or similar)

## **Method:**

Toss the sliced onion and cucumber in the vinegar and honey, salt for seasoning. Set aside.

Halve the potatoes and eggs cold, arrange on a plate and flake over the mackerel and green leaves, adding the onion and cucumber separately from the vinegar/honey pickle dressing.

Stir in the Greek yoghurt and sprinkle over the pickle juice. Scatter the garnish to finish.

# Blueberry pear oat crumble



## ***Ingredients:***

360g blueberries

3 pears

75g each of spelt flour, jumbo oats, unsalted butter, soft brown sugar, 50g pecan nuts

½ tsp ground ginger

Greek yoghurt to serve

## ***Method:***

Preheat the oven to 200°C Peel and dice the pears. Put the pears in a 1.5 litre dish, and top with the blueberries.

Using a large mixing bowl, mix the butter into the dry ingredients until a clumpy crumble. Mix in the pecan nuts.

Pile the crumble in the centre of the baking dish, leaving some fruit bordered at the edge.

Bake for 25-30 minutes, and serve with Greek yoghurt

# Ginger shots



## ***Ingredients:***

100g root ginger

1 large apple

1 lemon

## ***Method:***

Grate or blitz (food processor) the ginger and apple.

Add the juice and zest of the lemon.

Strain off the juice using muslin or strainer (if you like a bit of texture).

Fridge and enjoy a daily shot on it's own, or add it to your favourite fruit juice.

# Guacamole



## ***Ingredients:***

½ red onion

1-2 red chillies

3 ripe avocados

Bunch of fresh coriander or parsley

6 ripe cherry tomatoes

2 limes

Extra-virgin olive oil

## ***Method:***

Roughly dice the onion with the chilli (seeds removed).

Slice the avocados in half, remove the stone and scoop out the flesh, chop it finely and add the diced chilli and onion.

Add the tomatoes, chopped, and juice from the lime, with one table-spoon of oil.

Season if needed, finish with a garnish of plucked coriander/parsley leaves.

# Salmon bites



## *Ingredients:*

Smoked salmon (approx 10oz per 30 crackers)

Crackers (use your favourite, or alternatively sliced baguette, plain or rye bread)

Cream cheese (with basil/pesto nuts/seeds as you like)

Garnish (capers, dill, cucumber, avocado ... or similar)

## *Method:*

Mix the cream cheese and any additional spread (basil/pesto, nuts/seeds) into a paste.

Spread evenly over each cracker, and place your preferred slice (cucumber/avocado) and top it with smoked salmon.

Garnish with dill, capers or just a sprinkle of seasoning or lemon juice

# Fruit Salad



## *Ingredients:*

**Blueberries** - Rich in antioxidants, like flavonoids, that reduce oxidative stress. Enhancing memory and brain function.

**Persimmons** - Rich in vitamins and minerals, and packed with antioxidants like polyphenols, carotenoids and flavonoids. Protection against brain cell damage and neurodegenerative disorders. No surprise there – they are Japanese fruit!

**Citrus** - Rich in Vitamin C, which helps fight free radicals and protect brain cells. Enhancing memory and cognitive function.

**Apples** - Rich in Quercetin, an antioxidant that fortifies brain function. Enhances mental clarity and protects against neurodegenerative disorders.

**Bananas** - Contain Vitamin B6 and serotonin. Good for mental health and mental clarity.

**Black grapes** - Contain Resveratrol, known for its brain protecting properties.

**Kiwi** - Rich in Vitamin C and antioxidants, supporting neural health and cognitive function.

**Pears** - Contain Vitamin C, Potassium, Copper and Antioxidants, which help protect brain cells from oxidative stress and damage.

**Plums** - Contain anthocyanins which are known to protect brain cells and improve cognitive function; also phytonutrients which enhance blood flow to the brain.

# Waldorf Salad



## *Ingredients:*

2/3 oz toasted walnuts (chopped)                      3 celery sticks (thinly sliced)  
2 crisp apples (cut into batons/chopped)  
5 oz black/red seedless grapes (halved)  
2 Little Gem lettuces (leaves separated)  
Optional: 2/3 oz stilton/blue cheese, (crumbled)

## *Dressing:*

1 tsp French mustard.                                      Juice of half a lemon.  
6 tbsp mayonnaise (or 3 tbsp mayonnaise and 3 tbsp Greek yoghurt)

## *Method:*

Mix ingredients for dressing  
Add walnuts, apples, celery, grapes (and stilton, if using)  
Place on bed of lettuce leaves

# Blueberry, banana and oat muffins



## *Ingredients:*

100g plain flour

2 tsp ground cinnamon.

90g porridge oats.

150ml milk

100g butter or margarine, melted

200g Blueberries

90g spelt flour

2 tsp baking powder

2 eggs

4 tbsp maple syrup

2 ripe bananas, mashed

## *Method:*

Mix together the flours, cinnamon, baking powder and most of the oats in a large bowl.

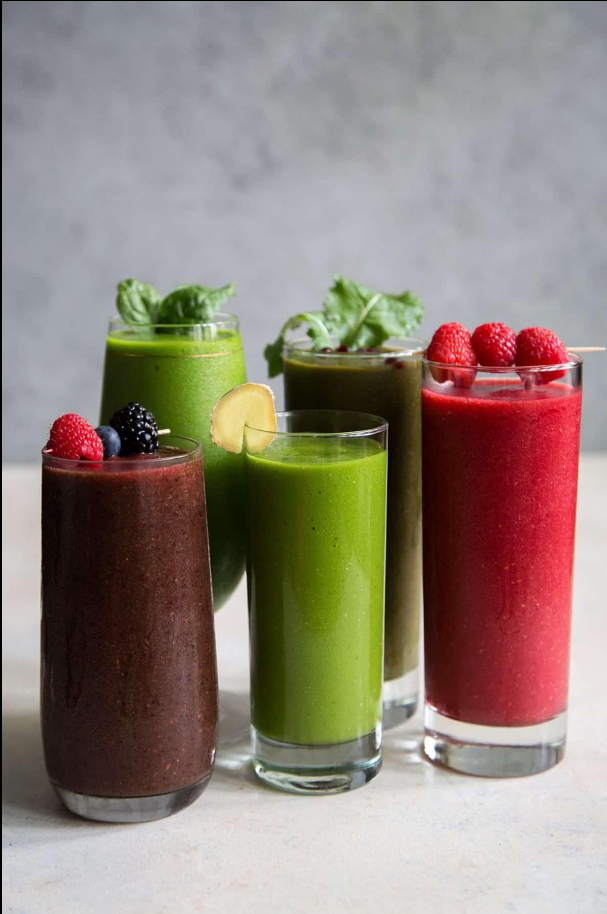
Separately whisk the eggs, mix in the milk, maple syrup, butter and bananas. Mix the wet and dry ingredients together.

Fold in the blueberries.

Line a muffin tin with cases and divide the mixture between them. Sprinkle the remaining oats on top.

Bake at 200°C or gas mark 6 for approximately 20 mins.

# Fruit Smoothie



## *Ingredients:*

Two very simple recipes.

1. Raw cacao, medjool date, banana, yoghurt.
2. Spinach, matcha green tea, banana, yoghurt.

For a more hearty smoothie, add 2 tsp each of oats and ground almonds soaked overnight.

## *Method:*

Nutribullet Blender

Add water/ice, or overnight soaked  
oats/ground almonds

# Savory Muffins



## ***Ingredients:***

Sweet potato (1), avocado (1), ground almonds (100g), eggs (3), polenta (100g), mixed seeds (2 tbsp), maple syrup (80g) and feta cheese (50g).

## ***Method:***

Chop avocado and sweet potato into fine chunks and drizzle a little oil. Microwave the sweet potato until soft (8 mins).

Allow to cool, then separate a quarter of the sweet potato and feta cheese and chop more finely. Blend the rest of the ingredients with a little milk, salt and 1 tsp of baking powder until completely smooth.

Divide the mixture into 9 muffin cups and top with the chopped feta cheese, sweet potato and mixed nuts.

Bake for 22 mins on Gas 4 / 180°C / 160°C (fan)

# Gluten Free Chocolate Financiers



## *Ingredients:*

120g egg whites (4-5 eggs)

90g brown sugar

100g ground almonds

15g cocoa/cacao powder

125g butter (beurre noisette)

## *Method:*

Heat butter until it begins to smell nutty and turns brown. Cool. Whisk the egg whites and sugar until well combined. Add ground almonds and cocoa. Whisk to combine. Finally add the butter.

Let the batter rest overnight in the fridge. [At this stage it can also be frozen]. Spoon or pipe batter into individual moulds or cupcake cases (22/23g approx)

Bake for 11 - 13 mins at 350 F / 160°C or Gas Mark 4. They should feel springy to touch.

# Ingredients Brain benefits

St. Teresa's SftB

Carers Supplementary Session



# Smoked Mackerel



## *Brain power:*

Smoked mackerel is a nutritional powerhouse "brain food" due to its high concentration of essential fatty acids and nutrients that directly support cognitive function, memory, and structural brain health.

It is considered one of the best dietary sources of long-chain Omega-3 fatty acids (DHA and EPA), which are crucial for maintaining brain cell membranes and optimizing cognitive performance.

# Ginger



## *Brain power:*

Ginger is a potent antioxidant and anti-inflammatory properties, which may help improve cognitive functions like memory and attention, and offer protection against age-related neurodegenerative diseases.

The brain is highly susceptible to oxidative stress, which generates cell-damaging free radicals and leads to chronic inflammation. Ginger, rich in bioactive compounds like gingerols and shogaols, helps to neutralize these drivers of cognitive decline and diseases like Alzheimer's and Parkinson's.

Studies suggest that a daily intake of ginger extract leads to significant improvements in working memory, attention, and cognitive processing speed, promoting the production of nerve growth factors (NGF), which are vital for neuronal survival and synaptic health.

Some evidence suggests that the compounds in ginger interact with serotonin receptors, a neurotransmitter that plays a crucial role in mood regulation, which may help alleviate symptoms of anxiety and depression. function, mood and neurological health.

# Smoked Salmon



## *Brain power:*

Smoked salmon offers significant benefits for the brain, primarily due to its rich content of omega-3 fatty acids, especially DHA and EPA.

These essential fats, along with other key nutrients found in the fish, support cognitive function, mood, and long-term neurological health.

# Lettuce



## *Brain power:*

Lettuce, especially Cos/Romaine (and other green leafy veg) contain beta-carotene, folate, lutein, and magnesium for nerve function.

These support cognitive health.

# Grapes



## *Brain power:*

Black/red grapes are rich in Resveratrol, an Antioxidant which improves blood flow to the brain, protects brain cells and neurons from damage.

# Apple



## *Brain power:*

Apples are rich in polyphenols, an antioxidant, (especially flavonoids like quercetin); and Vitamins C and K.

Antioxidants help protect brain cells and neurons against damage.

# Celery



## *Brain power:*

Celery is packed with antioxidants like vitamin C, beta-carotene, and flavonoids, which protect cells from damage.

It contains Lutein (carotenoid) and Vitamin K, both of which may support cognitive function and protect brain cells

# Walnuts



## *Brain power:*

Walnuts, especially their content of Omega-3 alpha linolenic fatty acids, and plant compounds (polyphenols), may enhance cognitive function when consumed regularly, and can help reduce inflammation in the brain.

They contain melatonin, which can help improve sleep quality.

# Almonds



## *Brain power:*

In this regard, multiple studies have shown that consuming almonds can improve memory disorders, such as scopolamine-induced memory impairment.

Scopolamine is a substance that blocks muscarinic receptors in the brain, reducing the activity of acetylcholine.

# Eggs (including egg whites)



## *Brain power:*

Protein which is necessary for the repair and growth of brain cells.

Eggs are excellent for brain power because their high choline content helps create acetylcholine, a vital neurotransmitter for memory, learning, and mood. They also contain B vitamins that support brain function, protein for stable energy and focus, and lutein which supports memory. Regular egg consumption is linked to better cognitive function, including memory and executive function, and may help slow cognitive decline.

# Cocoa/cacao



## *Brain power:*

Research suggest that flavonoids are neuroprotective and support enhanced cognition.

Chocolate, particularly dark chocolate, has positive effects on the brain, including improved cognitive function, better mood, and stress reduction, due to compounds like flavonoids and the action of neurotransmitters. These compounds increase blood flow and oxygenation to the brain, enhance memory and reaction times, and may promote neurogenesis and neuroprotection. Chocolate also triggers the release of mood-boosting endorphins and can increase levels of dopamine and serotonin, contributing to feelings of pleasure and relaxation.

# Butter



## *Brain power:*

Rich in vitamins A, D, E and K, important for cognitive function, esp Vit A.

In moderation, butter contains saturated fats that support brain health. Butyrate is anti-inflammatory may protect against neurodegeneration.

# Banana



## *Brain power:*

Bananas have antioxidant properties, contains fructose, a type of sugar that can improve memory and cognitive function, contain tryptophan, which is converted to serotonin in the body, a neurotransmitter that plays a key role in mood regulation and can help you feel happier.

The nutrients in bananas, including potassium, magnesium, vitamin B6, and vitamin C, are all important for brain function and can help improve memory and cognitive function

# Yogurt



## *Brain power:*

Yogurt can contribute to a healthy gut.

The gut and brain are connected through the gut-brain axis, a bidirectional communication pathway.

Probiotics found in yogurt can influence this communication, potentially impacting brain function, mood, and even stress levels.

# Spinach



## *Brain power:*

Spinach is beneficial for brain health due to its high concentration of antioxidants, folate, and vitamin K.

These nutrients can help protect brain cells, improve cognitive function, and potentially slow age-related cognitive decline.

# Matcha green tea



## *Brain power:*

Matcha green tea is known for its potential brain-boosting benefits, primarily due to its high concentration of antioxidants, caffeine, and L-theanine.

These compounds can enhance cognitive function, improve focus and alertness, and potentially reduce stress and anxiety.

Studies suggest that matcha may also have neuroprotective effects, helping to protect against age-related cognitive decline

# Raw cocoa



## *Brain power:*

Raw cocoa, rich in flavanols, can boost brain power by improving blood flow to the brain, enhancing cognitive function, and promoting a positive mood.

The flavanols in cacao have been linked to improved memory, attention, and processing speed.

Additionally, cacao can stimulate the release of mood-enhancing neurochemicals, contributing to a sense of well-being

# Medjool dates



## *Brain power:*

Medjool dates are rich in antioxidants, such as flavonoids, carotenoids, and phenolic acids, which can protect brain cells from oxidative damage.

Laboratory studies show that dates can lower inflammatory markers in the brain, which may help lower the risk of neurodegenerative diseases, and may improve memory and learning abilities

# Raspberries



## *Brain power:*

Raspberries are considered "brain-boosting" due to their high content of antioxidants, particularly anthocyanins, which can improve blood circulation to the brain and protect against cognitive decline.

These antioxidants, along with vitamins C and E, may help preserve cognitive abilities like thinking and memory as we age.

# Blueberries



## *Brain power:*

Blueberries are often lauded for their brain-boosting benefits, primarily due to their high concentration of antioxidants, especially flavonoids, which can enhance memory, improve cognitive function, and protect brain cells from damage.

They may also improve blood flow to the brain, further supporting cognitive performance

# Oats



## *Brain power:*

Oats are beneficial for brain power due to their complex carbohydrates, fiber, and potential neuroprotective properties.

They provide sustained energy, help regulate blood sugar levels, and may reduce inflammation and oxidative stress in the brain.

# Sweet potato



## *Brain power:*

Sweet potatoes are considered "brain food" due to their rich nutrient profile, which includes complex carbohydrates, antioxidants, and vitamins that support brain function and overall mental well-being.

Sweet potatoes contain vitamin B6, which plays a role in the production of serotonin, a neurotransmitter that helps regulate mood and stress.

# Avocado



## *Brain power:*

Avocado has rich content of healthy fats, vitamins, and other nutrients that support cognitive function and overall brain health.

They contribute to healthy blood flow, which is essential for optimal brain function. Additionally, avocados contain vitamins E, K, and folate, which are linked to improved memory, concentration, and cognitive performance

# Eggs



## *Brain power:*

Eggs are a good source of several nutrients that are important for brain health, including choline, vitamin B6, vitamin B12, and folate. These nutrients play a role in brain development, memory, and cognitive function

# Polenta



## *Brain power:*

Polenta is naturally gluten-free and rich in B vitamins, which are crucial for nerve function and neurotransmitter synthesis, and vitamin E, an antioxidant that protects brain cells from damage.

Tryptophan, found in polenta, is converted into serotonin in the brain, which is linked to mood stability, improved sleep, and reduced anxiety.

# Feta cheese



## *Brain power:*

Feta cheese is a good source of vitamin B12, which plays a crucial role in nerve function and cognitive health.

Feta, like other dairy products, contains choline, a nutrient that is important for brain development and function.

While feta can be part of a brain-healthy diet, it's crucial to consume it in moderation due to its sodium and saturated fat content.