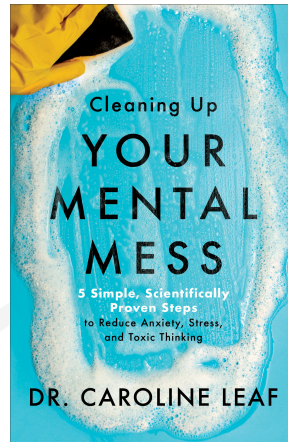


Cleaning Up Your Mental Mess Brain-Building Recipes



Turmeric Pho:

1. Sauté 1 diced medium yellow onion and 1 ½ inches of minced ginger in avocado oil over medium heat in a large pot until the onion is soft and translucent. Add 3 tsps of turmeric, ½ tsp cayenne (optional) and 1 clove of garlic minced.
2. Add 2 cups of chopped vegetables of choice, salt and white pepper to taste, and sauté for 3 minutes. I recommend using what you have or what is local and seasonal in your area. Some of my favorite veggies are kale, spinach, bell peppers, carrots, broccoli, sweet potatoes and sprouts.
3. Add 6 cups of broth and 1 cup of roasted and shredded chicken or turkey and simmer on low heat for 25 minutes (we love using the bone broth from [Kettle & Fire](#)). To make this vegan, use extra veggies, organic firm tofu (cut in small cubes) or quinoa.
4. Cook noodles to add, if desired. We usually add 4 servings of noodles, cooked according the packet instructions in a separate pot. To keep this keto, we use [shirataki keto noodles](#) (angel hair shape).
5. To serve, add broth and noodles (if using) to a bowl, and top with your favorite condiments. Some of our favorites are: fresh cilantro, fresh jalapeño slices, a lime wedge, toasted garlic, a boiled egg, sprouts, soy sauce and pickled ginger. Serves 4 people.

Brain Benefits:

- *Turmeric has antioxidant and anti-inflammatory properties, which may help increase [mental clarity and focus](#) and [regulate mood](#), and may reduce inflammation in the brain from toxic stress.*
- *Bone broth is a great way to improve your digestive health and can strengthen [the gut-brain connection](#), thereby potentially improving your overall mental and physical wellbeing.*

Spiced Baked Apples:

This easy dessert is delicious topped with whipped cream, granola, spiced nuts and seeds or ice cream!

1. Preheat oven to 350 F or 180 C.
2. Mix 4 apples (cored and sliced) with 2 tablespoons of melted butter or unrefined coconut oil (to make it vegan), ¼ tsp vanilla extract, 1/3 cup of sweetener (we used the golden monkfruit sweetener from [Lakanto](#)) and 3 ½ teaspoons of cinnamon.
3. Lay out the apples evenly on parchment paper and bake for 20 minutes, or until tender. Serve hot or cold. Serves 4-6 people.

Brain Benefits:

- *[Studies](#) have indicated that cinnamon may help prevent and heal cognitive decline and boost memory!*

Sparkling Blackberry Limeade:

1. Dissolve 1 cup of sugar with 1 cup of filtered water over low heat. We use sugar-free monkfruit sweetener to make it keto (our favorite is the monkfruit sweetener from [Lakanto](#)).
2. Blend the simple syrup from step #1 with the juice of 8-10 limes (depending on how tart you like your limeade), a pinch of pink Himalayan salt, the juice of 2 ripe oranges and ¾ cup frozen blackberries.
3. Add sparkling water. This mix makes around 8-10 drinks.

Brain Benefits:

- *Berries like blackberries have been shown in [studies](#) to potentially help reduce age-related memory loss and cognitive impairment, and may boost memory formation and focus.*

Avocado & White Bean Salad

1. In a large mixing bowl add 3 cups chopped kale or arugula & 1 cup of rinsed white beans (you can double the kale/arugula mix if you would prefer not to eat beans, and toasted nuts for a bit more texture and crunch).
2. In a separate bowl, mix 1 tablespoon whole grain mustard with juice of half a lemon, salt and pepper to taste, 1 teaspoon cumin and 2 tablespoons extra virgin olive oil, and add to kale & beans. Toss well.
3. Chop 1 ripe avocado and add to the salad and mix well. Top with hemp seeds (optional).
4. Leave the salad to set 5 minutes before serving. Serves around 4.

Brain Benefits:

- *Avocado is a brain superfood! [Research](#) has shown that the good fats in avocados may help prevent and heal cognitive decline and can [improve blood flow](#) to the brain. They also have [neuroprotective abilities](#) that may help protect the brain and improve overall function, especially for people with conditions like epilepsy.*
- *Kale is a great source of [lutein](#), which can help increase mental clarity and performance, and has neuroprotective properties that may help combat cognitive decline.*

Spiced Hot Cocoa

1. Over low heat, whisk 250 ml or 1 cup of milk of choice (we love using a mix of unsweetened almond and coconut milk), 1 ½ tps cacao powder, ¼ tsp of cinnamon and 1-2 teaspoons of natural sweetener of choice (we used the monkfruit sweetener from [Lakanto](#), but you can also use coconut sugar, honey, maple syrup, maple sugar, stevia or coconut nectar—whatever your prefer). You can also add a dash of cayenne or turmeric for a spicier hot chocolate drink!
2. Keep mixing until smooth and creamy. Serve plain or with a dash of cinnamon, shaved chocolate, whipped cream or even marshmallows (we love the keto marshmallows from [Know Brainer Max Mallow](#)).

Brain Benefits:

- *Cacao is rich in flavonols, which is a phytonutrient that [has been shown](#) to potentially improve blood flow to the brain, improving overall brain and mental health, and help the brain respond to stress. It also has a brain stimulant called theobromine, which can increase focus and mental clarity, as well as many chemicals that studies have shown can improve mood, such as serotonin.*