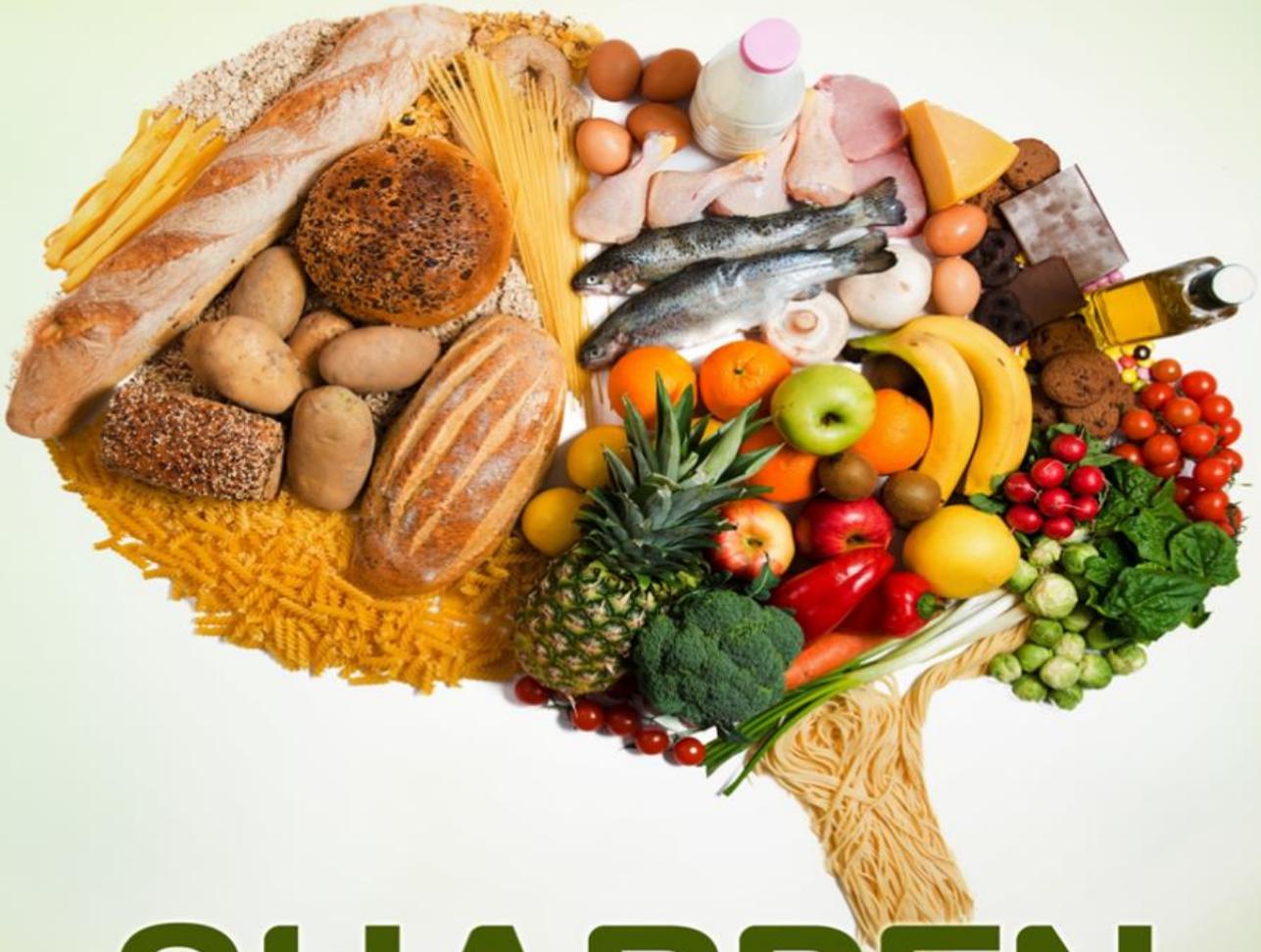


POWER FOODS^{TO}



SHARPEN YOUR BRAIN

Power Foods to Improve Your Brain Health

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Disclaimer:

Use caution when beginning a new nutrition program. Not all exercise programs are suitable for everyone. Check with your doctor before you begin. We will not be responsible or liable for any injury sustained as a result of using any program presented and/or discussed on our blog, via email communications or in video format.

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Introduction

Welcome to the Power Foods to Sharpen Your Brain Report. Nutrition is medicine. Indigenous populations have been using Mother Nature's gifts as medicine for thousands of years. Unfortunately, over recent decades, we have trashed our natural medicine, in exchange for modern synthetic medicine.

IN addition to the longevity and healing benefits of food, we can also use food and smart decisions to prevent health issues and maximize our cognitive and physical performance.

In this report I have highlighted 20 'Super Foods' which have been identified to do just that. So eat plentiful portions, regularly and encourage those around you to do the same.

People around the world are living longer than ever before, but it isn't just a case of length of life but quality of life as well. Along with an aging population has come an increasing number of people with cognitive impairment, dementia of various forms, and Alzheimer's disease (AD). This being the case, researchers are working around the clock to try to slow down dementing illnesses so people can maintain brain health throughout their senior years.

Dementia and AD have also been linked to a range of mood disorders. Up to 75% of seniors experience depression. Around 70% of depression cases are related to chemical imbalances in the brain. This being the case, anything that can be done to maintain a healthy brain and chemical balance is a step in the right direction to enable people to enjoy health in body, mind and spirit no matter what their age.

We've all heard of fish being brain food and probably wondered why this is the case. The good news is that there are many other power foods that can help boost or maintain brain health. Let's get started with a look at the basics of eating for brain health.

Chapter 1 - The Basics Of Eating For Brain Health

There are a number of different considerations when it comes to eating in relation to brain health. The first is to maintain the physical health of the brain, that is, the organ inside our skull. What we eat directly influences its health, circulation to it and so on.

The second consideration is in relation to its function. If you've ever heard of taking vitamins for brain health, especially before an exam in order to boost memory and quick recall of important information, then you will understand the principle behind eating nutrients that are abundant in what are often termed brain foods.

The third consideration is to maintain a chemical balance in the brain in order to avoid depression and other mood disorders. Studies have shown that 70% of all cases of depression are the result of a chemical imbalance. Other cases might be situational, that is, as a result of an event in a person's life which might cause them to become depressed. Aging, chronic illness, the loss of loved ones, and other similar negative unexpected events can trigger depression too.

Another key consideration is the health of the nervous system. The brain is command central, so its health has a direct bearing on how well the nervous system functions.

For all of these reasons, and more, a healthy brain equals a healthy body, so the food you use to fuel your brain can make a big difference to body, mind and spirit.

Eating for Brain Health

Here are a few essentials when it comes to eating for brain health.

Practice portion control

Use a small plate and don't pile on the food. As we get older, our metabolism slows down. However, our eating habits and appetite are formed when we are younger and don't have to worry so much about our weight. The only way to maintain a healthy weight is to not overeat.

Stay away from white foods and simple carbs

White foods like white flour, white sugar and white potatoes are full of fast carbs that can wreak havoc on your blood sugar. If you wish to avoid diabetes, steer clear of sugar in particular, which some doctors call “white death.”

Increase your intake of Omega 3 fatty acids

This includes fatty fish such as salmon, sardines, and herring. Several ounces of salmon weekly reduce the risk of dementia.

Try to eat 8 walnuts a day

They lower cholesterol naturally and taste great.

Start your day with oatmeal.

It also naturally reduces cholesterol and helps you feel full for hours.

Increase your intake of antioxidants.

This includes Vitamins C and E. Try to eat a rainbow every day. The different colors signal different phytochemicals, and phytonutrients that is, disease-fighting substances in the food. A range of colors will offer a full spectrum of phytonutrients for optimal health.

Decrease your intake of processed foods and red meats

Lean meat such as chicken breast without skin is relatively okay. Add more fish, tofu and beans to your diet.

Start every meal with a salad

Green leafy vegetables are packed with nutrients for brain health.

Stay hydrated

Try to drink water and green tea only. The water will flush out the toxins and the green key will give valuable antioxidants.

Aim for low fat, low carb

Studies have shown this can help reduce the risk of Alzheimer’s.

Follow the Mediterranean Diet or the MIND Diet

Both of these diets have been proven to help with both heart health and brain health. They are also a convenient way to remember what you need to eat for brain health without spending hours treading about nutrition and seeking out recipes.

Think whole foods

Avoid anything in a package and eat your food as freshly as possible. Frozen fruits and vegetables are handy if you live in a seasonal that gets cold in the winter.

Make smarter meal prep choices if you have physical challenges

As we age, a lot of us become subject to things like arthritis in our hands, making it tough to slice and dice and do other meal preparation-related activities. Take shortcuts like pre-cut vegetables if you need to, or wash well, cook whole and then cut up.

Make ahead and freeze

One of the main reasons why seniors start to suffer health-wise is that they tend to adopt what is referred to as a tea and toast diet, eating easy comfort foods rather than cooking proper meals. This is particularly true if a person lives on their own. If you are going to cook, double the recipe and divide it up into your own homemade TV dinners that you can just heat and eat.

Chapter 2 - 20 Power Foods To Boost Brain Power

In this chapter, we will discuss 20 power foods that will help you lose weight in a healthy way. The 20 we will be discussing are:

- i. asparagus
- ii. avocado
- iii. beets
- iv. blueberries
- v. broccoli
- vi. dark chocolate
- vii. eggs
- viii. flaxseed
- ix. garlic
- x. green tea
- xi. lentils
- xii. oats
- xiii. olive oil
- xiv. pomegranate
- xv. pumpkin seeds
- xvi. salmon
- xvii. spinach
- xviii. squash
- xix. tomatoes
- xx. walnuts

Let's get started with asparagus.

Asparagus



Asparagus can be expensive and not to everyone's taste, but it deserves the name power food due to its amazing nutrition profile, which protein, fiber, and also includes:

- Vitamins A, B1, B2, B3, B5, B6, B9, C, E, K
- Zinc
- Magnesium
- Copper
- Selenium
- Manganese
- Phosphorus
- Choline
- Iron
- Calcium

Zinc and magnesium are essential for rapid firing of electrical pulses between the synapses of the brain, to help with clarity of thought and memory.

All of the minerals are used for every system in the body, including the nervous system and heart health, so you get multiple health benefits from eating this power food. Steam lightly or blanch for about 2 to 3 minutes in boiling water to make them easier to eat. Avoid butter; instead, add flavored with seasoned salt substitute and a squirt of lemon.

Asparagus also has powerful disease-fighting antioxidants that reduce wear and tear on the body that leads to aging.

Avocado

The avocado is a fruit with a large central stone and smooth, creamy flesh that can be turned into a range of dishes. It is full of fiber and can be eaten right out of the skin, sliced up for sandwiches, and mashed to use in a range of recipes, from Mexican guacamole to chocolate cake.

Used as the base of desserts like puddings, it offers taste and texture but also healthy fats and they therefore help you feel fuller for longer and release their energy more slowly than sugar, so there are no blood sugar rollercoasters.

Avocados are a good source of:

Pantothenic Acid (B5) - an absolutely crucial vitamin in relation to the overall health of the body, and the way it processes fat, and the metabolism as a whole.

Vitamin K - Vitamin K plays a key role in helping the blood clot, preventing excessive bleeding. It is also essential for bone health in older adults.

Vitamin B6 (Pyridoxine) - needed for more than 100 functions in the body

Folate (Folic Acid [Vitamin B9]) - essential for healthy pregnancies and to avoid birth defects

Potassium - an electrolyte used to regulate heartbeat. It is also essential for the body overall and needs to be replaced in very warm weather, or after working out.

Vitamin C - essential for healthy skin and immune system.

Vitamin E - a powerful antioxidant that contributes to the health of our cells and the appearance of your skin

Copper

While it is true that the fat content in an avocado is about 71 to 88% of their total calories, about 20 times the average for other fruits, they are heart-healthy fats that can reduce LDL (bad) cholesterol and increase HDL (good) cholesterol. They are tasty, filling, and can hold up well without refrigeration, especially if you don't cut them open.

Beets



Beets are a nutritional powerhouse with amazing antioxidants and the power to reduce inflammation in the body. Inflammation has been linked with a range of diseases, including cardiovascular disease, arthritis, thyroid issues, and a range of autoimmune disorders in which the body starts to attack itself and cause serious damage. Inflammation has also been linked to heart attack and stroke. Inflammation has negative effects on the brain which can lead to cognitive impairment and eventual dementing illnesses.

Beets are high in minerals, including:

- Vitamin B, C
- Manganese
- Potassium
- Copper
- Magnesium
- Phosphorus
- Iron

Beets are full of fiber and flavor and can be cooked in about 15 minutes if you cut them into quarters, steam them, then peel them. A cousin of the beet you might also like to try due to its similar nutritional profile is the leafy green Swiss chard.

Blueberries



All berries are rich in disease-fighting antioxidants. Blueberries in particular seem to be a little powerhouse of nutrients. They are high in fiber and taste great. They can be incorporated into any meal, from breakfast to dinner and dessert. They are great for the nervous system, brain health and heart health. They also balance blood sugar levels to curb cravings.

They are a good source of:

- Vitamin C
- Vitamin K for healthy blood clotting
- Manganese

Broccoli

Broccoli has been shown to have a significant impact on blood sugar levels. It is packed with fiber and can help you feel full longer so you are less likely to reach for unhealthy foods. It even has protein and omega-3 fatty acids to help you feel full and improve your heart health.

Broccoli is a nutrition powerhouse:

Vitamin A, B1, B2, B5, B6, B9, C, E, K

Chromium - is an essential part of metabolic processes that regulate blood sugar, and helps insulin transport glucose into cells, where it can be used for energy. Chromium also appears to be involved in the metabolism of carbohydrate, fat, and protein.

Choline - supports energy levels and maintaining a healthy metabolism.

Phosphorus - key for bone health

Zinc - balances hormones, including insulin, and can therefore be protective against diabetes

Iron - essential for healthy blood

Calcium - important for bones and blood glucose regulation

Selenium - essential for heart health

Copper

Magnesium

Manganese

Potassium

Dark chocolate



Dark chocolate is actually considered a health food by many experts. The clue is DARK, that is, chocolate which is as close to raw as possible. Studies have shown it offers numerous health benefits as well as great taste. Make your own hot chocolate with cocoa powder such as Hershey's. Grab a bar of 85% from Lindt, that is, 85% pure chocolate. You can break it into small squares to eat whenever you fancy something sweet. For chocolate chips, look for Nestle's dark. They are larger than regular chips and so are terrific to eat one at a time and let them melt in your mouth.

The nutrition profile of raw chocolate is impressive in terms of mineral content:

- Vitamin B
- Calcium
- Iron
- Magnesium
- Phosphorus
- Potassium
- Zinc
- Copper
- Manganese
- Selenium

Egg

Gram for gram, the egg is one of the most densely-packed foods in terms of nutrients of any food you can eat. Concerns about cholesterol have led people to steer clear of them, but research has shown even eating 30 eggs in one sitting did little to a person's blood serum cholesterol.

Eggs, such as hard-boiled ones, are a mainstay of low carb eating because they are a portable and filling food that can be eating anywhere. Eggs contain:

Choline - regulates brain health, mood and reproduction and is said to have **Cancer** - fighting properties

Selenium - important for heart health

Vitamin A - essential for the immune system

Riboflavin (B2) - essential for a healthy metabolism

Pantothenic acid (B5)

Biotin (B7)

Vitamin B12 - it is needed to convert carbs into glucose in the body, thus leading to energy production and an increase in energy. It helps foster healthy nerves and brain function, and is good for diabetes, high blood pressure and cholesterol issues.

Vitamin D - essential for calcium absorption and strong teeth and bones. Also key in relation to blood sugar.

Phosphorus

Molybdenum

Iodine - required for healthy thyroid function and metabolism

When eaten in combination with grapefruit (see below) and a slice of whole wheat toast, they've been shown to melt fat and aid in weight loss.

Flax seeds

Flax seeds are a nutty and crunch little seed. They are an excellent source of omega-3 essential fatty acids, which are needed for heart health. They are a very good source of dietary fiber.

In addition, they offer:

Vitamin B1 - (Thiamine), a vital nutrient that plays an important role in maintaining a healthy nervous system and improving cardiovascular health.

Selenium - Selenium can help prevent coronary heart disease and reduces inflammation in the body that can trigger autoimmune diseases such as thyroid-related issues. Thyroid issues can contribute to metabolism problems.

- Copper
- Magnesium
- Phosphorus
- and a range of phytochemicals.

Add them to baked goods and use them to top salads.

Garlic



Garlic has been used as a disease-fighting food for years in relation to cardiovascular health, but it has also been shown to help with brain health. It has anti-inflammatory, antibacterial and anti-viral properties. It helps clear the blood, get rid of toxins and aids in the formation of healthy red blood cells. Good blood flow to the brain means good brain health. The nutritional profile of garlic includes:

- Vitamin B, C,
- Manganese
- Copper
- Selenium
- Phosphorus 4%
- Calcium 3%

Garlic is part of the class of vegetables known as allium vegetables. This class contains several power foods, including broccoli and cauliflower, so learning more about allium vegetables and strategically adding those to your diet can do a lot for your brain health.

Green Tea



Green tea is high in antioxidants and a range of phytochemicals. It is a common ingredient in dietary supplements, no doubt due to the caffeine, which can speed the metabolism. It is possible to get decaffeinated green tea to drink and to use in recipes.

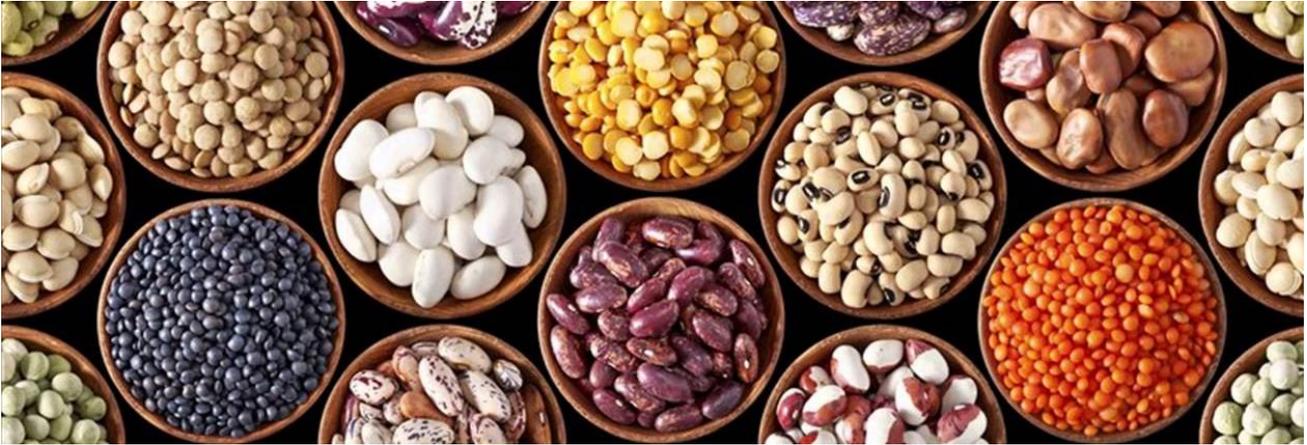
Studies have shown that if you were to swap green tea for soda and fruit juices, you would save more than 50,000 calories per year. It also helps relax you, meaning less stress hormones such as cortisol, which tends to trigger belly fat.

A cup of green tea whenever you feel the need to snack can help curb cravings, especially if you add twist of lemon. Plus, the liquid will make you feel full and drinking tea gives you something to do with your mouth besides eat.

The nutrition profile includes:

- Vitamins A, D, E, C, B1, B5, and K. B1 (thiamine) is a vital nutrient that plays an important role in maintaining a healthy nervous system and improving cardiovascular health.
- Manganese
- Zinc
- Chromium
- Selenium
- and substances called Catechins. Enjoy a couple of cups a day with a twist of lemon and watch the fat melt off.

Lentils



Lentils, red, green and brown, are an excellent source of fiber and of non-animal based protein, so they have no cholesterol. They are very versatile and can be used in a range of cuisines from around the world. They are rich in:

- Vitamin B1, B2, B6, B9
- Calcium
- Iron
- Magnesium
- Phosphorus
- Potassium
- Zinc

Oats

Oats are full of fiber and are naturally gluten-free. They have no strong impact on blood sugar levels compared with other grains, so they makes a good filling breakfast in the morning and an excellent base for baked goods. Oatmeal also offers protein and a range of other nutrients, including:

- Vitamin B1, B7
- Molybdenum - a trace element which is a powerful antioxidant and essential for a healthy nervous system.
- Phosphorus
- Copper
- Magnesium
- Zinc
- Chromium - essential for regulating blood sugar and avoiding diabetes

Olive oil

Olive oil is rich in vitamin E and has amazing antioxidative properties. It has been linked with the health of every bodily system, from heart to digestion. It is known for being heart-healthy in particular. While it is true that it is slightly higher in calories than butter, extra virgin olive oil has no cholesterol because it is derived from a plant, not an animal. It also increases healthy HDL cholesterol and lowers bad LDL cholesterol.

When buying olive oil, aim for extra virgin olive oil (EVOO) and steer clear of 'light' or lite forms of the oil. This usually just means it has been watered down with other oils, some of which might not be healthy. You can dilute the EVOO with canola or peanut oil yourself to use it for a range of recipes and for mock fried foods like faux fried chicken with a walnut and oat coating baked in the oven.

Pomegranate



Pomegranates are one of the healthiest foods you can eat. This exotic fruit provides a range of benefits, including huge amounts of fiber from the edible seeds and:

- Vitamins B1, B5, B6, B9, C And K
- Copper
- Potassium
- Manganese

Be carefully of pomegranate products that are heavily sweetened. A low carb diet is best for brain health.

Pumpkin Seeds

The entire pumpkin is a super food, with the seeds in particular loaded with zinc and other nutrients. Richer in zinc than many other seeds, pumpkin seeds supply a large amount of this mineral, which is vital for enhancing memory and thinking skills. These little seeds are also full of stress-busting magnesium, B vitamins and tryptophan, the precursor to the good mood chemical serotonin. This means they can also enhance mental as well as physical health. They have a good amount of fiber and protein, so they make a healthy and filling snack any time.

Other nutrients include:

- Manganese
- Phosphorus
- Magnesium
- Copper
- Zinc
- Protein
- Iron

Add to salads, muffins and breads, or eat as is.

Salmon



Salmon is the king of fish these days, low in calories and high in protein. It is an excellent protein alternative to red meat and poultry. Look for wild salmon. Salmon is rich in:

- Vitamin B, D
- Omega-3 Fatty Acids
- Selenium
- Phosphorus and Potassium

Spinach

Spinach is a super food that is low in calories and high in iron. It is a crispy topping for salads and sandwiches when raw and goes well with many foods as a side dish, or in omelets, quiches and so on. It also helps regulate blood sugar, so you can curb cravings. A delicious spinach salad with goat cheese and cranberries will leave you feeling satisfied for hours.

Spinach is another super food packed with fiber, protein and other nutrients:

- Vitamin A, B, C, E, K
- Manganese
- Magnesium
- Iron
- Copper
- Calcium
- Potassium
- Phosphorus
- Zinc
- Choline
- Omega-3 Fats
- Selenium

Squash

Squash, such as acorn squash and butternut squash, is another excellent super food for your brain. Acorn squash is a rich source of folic acid, which improves cognitive functioning and boosts memory. It also has B12, which studies have shown prevents nerve damage and brain shrinkage. Eat your squash baked or roasted or try in soups, stews and pasta sauces.

- Vitamin A, B1, B2, B3, B5, B6, B9, C, K
- Manganese
- Copper
- Potassium
- Omega-3 Fatty Acids
- Magnesium

Tomatoes



Tomatoes are a fruit that are eaten as a vegetable, just like avocado. They go great together, and indeed, tomatoes lend themselves to a range of combinations and cuisines. They are great raw or cooked. They are a cornerstone of the Mediterranean diet, such as in Italian cuisine, and with this nutrition profile, it's easy to see why:

- Vitamin A, B1, B3, B5, B6, B7, B9, C, E, K
- Molybdenum
- Potassium
- Copper
- Manganese
- Phosphorus
- Magnesium
- Chromium
- Iron
- Zinc and Choline

Walnuts



Walnuts are a super food because of their incredible healing properties. They have been shown to help with:

- Heart Disease Prevention
- Cancer Prevention
- Metabolism Issues
- Type 2 Diabetes
- Arthritis
- Inflammation

Nutrients in walnuts include:

- Omega-3 Fats
- Copper
- Manganese
- Molybdenum
- Vitamin B7-Crucial For All Bodily Systems

Summary

In this chapter, we have discussed 20 foods that can enhance your brain health:

- i. asparagus
- ii. avocado
- iii. beets
- iv. blueberries
- v. broccoli
- vi. dark chocolate
- vii. eggs
- viii. flaxseed
- ix. garlic
- x. green tea
- xi. lentils
- xii. oats
- xiii. olive oil
- xiv. pomegranate
- xv. pumpkin seeds
- xvi. salmon
- xvii. spinach
- xviii. squash
- xix. tomatoes
- xx. walnuts

In the next chapter you will find some recipes to try so you can add these foods easily to your diet.

Chapter 3 - Power Foods Recipes To Try

Power foods for boosting your brain health and maintaining it are easy to prepare and don't cost a lot if you shop carefully. The recipes in this chapter include:

- Asparagus Quinoa Salad
- Mediterranean Broccoli Salad
- Warm Lentil and Chickpea Salad
- Scottish Salmon Cakes
- Easy Walnut Chocolate Chip Squares

Asparagus Quinoa Salad

4 tablespoons olive oil
1 onion, finely sliced
2 cups low sodium vegetable broth
2 cups water
2 cups uncooked quinoa
2 medium carrots, peeled and diced into small cubes
1 cup frozen green peas
12 asparagus spears, cut into 1-inch pieces
2 ounces snow peas, trimmed and cut diagonally in half
1 pound grape tomatoes
Dash salt
Dash black pepper

- 1-In a large saucepan, over a medium flame, heat the oil.
- 2-Add the onion and cook for 5 minutes.
- 3-Add the broth, water and quinoa.
- 4-Increase the flame and bring the mixture to a full rolling boil.
- 5-Reduce the heat to low medium and simmer the mixture for 5 minutes.
- 6-Stir in the carrots.
- 7-Continue to cook for 10 minutes.
- 8-Stir in the frozen peas and asparagus. Cook for 3 minutes.
- 9-Stir in the snow peas and tomatoes.
- 10-Cook 2 to 3 minutes, stirring occasionally, until heated through.
- 11-Quinoa should have absorbed most of the liquid. If not, cook another minute or two.
- 12-Cover the pot and let stand for 5 minutes.
- 13-Add salt and pepper.
- 14-Stir and serve.

Mediterranean Broccoli Salad

1 pound small pasta shapes, such as mini elbows or mini penne
2 cups broccoli florets, frozen and thawed and cut into bite-sized pieces
1/2 cup Greek olives, such as Kalamata, pitted and cut in half or into thirds
1/4 cup olive oil
3/4 cup lemon juice
1 garlic clove, minced
1 teaspoon dried oregano

Dash black pepper
Dash sugar, to taste

1 /4 cup low fat feta cheese, crumbled

- 1-Fill a large soup pot with cold water and bring to a boil.
- 2-When the water is boiling, add the pasta and cook for 6 minutes.
- 3-At the end of 6 minutes, add the broccoli and continue cooking until just heated through, about 4 minutes.
- 4-Drain the pasta and broccoli well in a colander.
- 5-Place in a large serving bowl.
- 6-Add the olives and toss to combine.
- 7-In a small glass bowl or measuring cup, whisk together the oil, lemon juice, garlic and oregano, continuing to whisk it until it is well combined and starts to thicken.
- 8-Taste the dressing and adjust as needed with black pepper and sugar, keeping in mind that the olives will make the salad a little salty.
- 9-Pour the dressing over the salad and toss well to combine.
- 10-Serve warm or at room temperature with some crumbled feta cheese on top.

Some crusty bread, beets, and fresh spinach will round out the meal and add even more servings of power foods than the broccoli, olives and garlic.

Warm Lentil and Chickpea Salad

1/2 cup dried red lentils
1 1/2 cups cold water
1 can (15 oz) chickpeas, drained
2 Roma tomatoes, diced
4 green onions, chopped, including green tops
1 green bell pepper, diced
1 red bell pepper, diced
2 celery ribs, chopped small

1/4 cup fresh cilantro, chopped
1 lime, juiced
2 Tbsp good olive oil
sea or kosher salt to taste
dash black pepper
a few sprinkles of red pepper flakes

- 1-In a soup pot, over medium high heat, bring the water to a boil.
- 2-Add the lentils and stir.
- 3-Lower the flame and simmer them for 15 minutes.
- 4-While the lentils are cooking, in a large salad bowl, place the chickpeas and all of the vegetables. Place in the refrigerator to cool.
- 5-In a small bowl, whisk together the lime juice and olive oil, with salt, pepper, and red pepper flakes.
- 6-When lentils are cooked, drain, cool slightly, then toss into the chilled vegetables.
- 7-Pour lime juice and olive oil dressing over the mixture. Toss together lightly until combined.
- 8-Taste, adjust the seasonings as needed, and toss again.
- 9-Serve warm, or chill for 30 minutes to serve cold.
- 10-To stretch the salad further and add more power foods, serve over a bed of fresh spinach.

Scottish Salmon Cakes

Amongst the best aspects of cuisine in Scotland are their salmon and their oats and oatcakes. This recipe gives you the best of both in one delicious fish cake.

Sauce

1/2 cup 0% plain Greek style yogurt
1 large ripe tomato, cored and finely chopped
1 small cucumber, finely chopped
1 tablespoon green onion, green only, finely chopped
1 teaspoon fresh dill, finely chopped, or 1/4 to 1/2 teaspoon dried

Salmon cakes

1 large can of salmon, (about 14 ounces), drained
3/4 cup old fashioned oats, uncooked
2 tablespoons finely chopped green onion, green and white parts
1 teaspoon fresh dill, finely chopped, or 1/4 to 1/2 teaspoon dried, or to taste
1 egg, lightly beaten
1/3 cup skim milk or unsweetened soy milk
1/8 teaspoon celery salt
Dash black pepper
1 tablespoon olive oil
2 tablespoons canola oil for frying

Sauce

1-In a small bowl, whisk together the yogurt, tomato, cucumber, green onion, and dill.
2-Cover with plastic wrap and refrigerate.

Salmon Cakes

1-In a large bowl, place the salmon, oats, green onion, and dill. Mix together well.
2-Beat the egg and milk together until frothy and add to the bowl.
3-Add the celery salt and black pepper.
4-Stir well or mix in with clean fingers until all the ingredients are incorporated.
5-Shape the salmon mixture into patties, enough to serve your family or guests as needed.
6-In a large skillet over a medium flame, heat the two oils. The olive gives flavor, while the canola will give lightness and make the cakes less stodgy.
7-Place the salmon patties in the pan until it is reasonably full but not too crowded.
8-Cook the patties on one side for 4 minutes, until a look underneath with a spatula shows they are starting to turn golden brown.
9-Turn the patties and cook for an additional 4 minutes.
10-Drain on paper towels on a baking sheet. If you wish to keep them warm while you fry up the rest, place them in the oven with the dial set to 300F.
11-Repeat Steps 7 through 10 until all of the patties are cooked and drained.
12-Place on a serving platter with the bowl of sauce in the center. Or, plate the patties and spoon some sauce over them, or on the side. Serve with quinoa or brown rice, and greens such as broccoli and spinach,

Easy Walnut Chocolate Chip Squares

Walnuts are full of helpful fatty acids in the Omega family. Just 8 walnuts a day with some oatmeal has been shown to help lower cholesterol naturally. This recipe gives you the best of both items in a handy take along treat you can enjoy anywhere, at any time. Use dark chocolate chips for yet another serving of power foods for brain health

1/2 cup whole wheat flour
1/2cup oat flour (run some oats through your food processor or blender until they are ground finely)
1/4 teaspoon salt
1/4 teaspoon baking soda
1 cup brown sugar, packed
2 cups walnuts, chopped finely
1 cup dark chocolate chips, such as Nestle
2 large eggs
1 teaspoon pure vanilla extract

1-Preheat the oven to 325F.
2-Line a baking sheet with parchment paper. Set aside.
3-In a large glass mixing bowl, sift together both flours, and the salt, and baking soda.
4-Add the brown sugar, chopped walnuts and chocolate chips. Mix together until blended well.
5-In a separate small bowl, whisk the eggs together with the pure vanilla extract.
6-Add the wet ingredients to the dry and stir until just combined.
7-Place the dough on the baking sheet and press out to fill it, starting at one corner and working your way over to the other side, keeping the dough about 1/4 inch thick. If you do not get to the other side because the baking sheet is too long, even off the end of the dough into roughly a straight line.
8-Bake the cookie squares for about 12 to 15 minutes, or until lightly browned. Do not overbake.
9-Remove from the oven and allow them to cool in the pan for 10 minutes.
10-Cut into squares with a sharp knife and serve warm as is, or with a spoonful of 0% Greek-style yogurt on top.

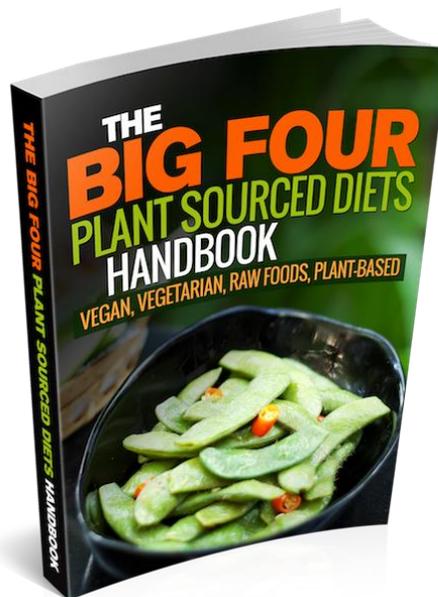
Conclusion

As most people now know, we are what we eat. Power foods are not only packed with nutrition, but certain foods have certain effects on the body that go beyond mere nutrition to powerful disease-fighting effects. Now that you've discovered 20 super foods that can help boost your brain health and maintain it until well into your senior years, try adding these foods, and recipes containing them, to your diet each week. See what a difference these delicious foods can make to your body, mind and spirit.

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