



COOKING FOR

BRAIN HEALTH

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Cooking for Brain Health

Prevagen® is proud to present its first brain healthy cookbook!

In 'Cooking for Brain Health', you'll find recipes that are delicious and provide [healthier options for your brain and body](#).

Choose from several [breakfast](#), lunch, dinner, dessert, and snack recipes to make and enjoy by yourself or with a loved one!

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BREAKFAST Serving Size 2

Sweet Potato Black Bean Skillet

Sweet potatoes contain

BETA-CAROTENE.

This is great for cognition.

DIRECTIONS

1. In a skillet, sauté the onion in olive oil until translucent. Mix in the beans, broth, sweet potatoes and pepper.
2. Bring the mixture to a boil. Lower the heat and let simmer, covered for 25 minutes. Uncover and let simmer for another 10 minutes, or until potatoes are tender.
3. Meanwhile, cook your egg over easy and add in once potato mixture is finished cooking.
4. Top with sliced avocado.
5. Enjoy!

INGREDIENTS

- 1 small onion
- 1 tbsp olive oil
- 1 (15 oz) can drained black beans
- 2 medium sweet potatoes, peeled and can chopped
- 1 (14.5 oz) chicken broth
- 1 pinch of salt
- 2 eggs, cooked over easy
- 1 avocado - optional





BREAKFAST Serving Size 1-2

Flourless Banana Pancakes

Bananas are a good source of

**POTASSIUM &
MAGNESIUM.**

Therefore, they can help with focus and overall cognitive health.

DIRECTIONS

1. Mash the bananas with a fork in a bowl until smooth. In a separate bowl, whisk your egg. Add baking powder, vanilla, and cinnamon to the egg. Pour your egg mixture into the bowl containing the mashed banana and mix together.
2. Heat a skillet over medium heat. Pour the batter and make 4 pancakes. Sprinkle the chopped walnuts onto each pancake. Cook for about 3 minutes. Turn and cook another 3 minutes, or until golden.
3. Eat with fresh fruit, pure maple syrup, or enjoy on their own!

INGREDIENTS

- 1 1/2 ripe banana
- 1 large egg, beaten
- 2 tbsp chopped walnuts
- 1/8 tsp baking powder
- 1 tsp chili powder
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 cup of fruit of choice





BREAKFAST Serving Size 1-2

Brain Healthy Smoothie Bowl

Blueberries contain

ANTIOXIDANTS.

Antioxidants may affect areas of your brain essential for intelligence.

DIRECTIONS

1. Except for the toppings, put all of your ingredients in a blender and blend until smooth.
2. Pour the smoothie into a bowl.
3. Arrange your toppings on top of your smoothie and enjoy!

INGREDIENTS

- 1 banana, frozen
- 1 cup blueberries
- 1/2 avocado
- 1 cup spinach
- 2 cups almond milk
- 1/2 cup coconut water
- Toppings:* fresh blueberries, sliced banana, coconut shavings, walnuts





LUNCH Serving Size 2-3

Avocado Shrimp Quinoa Bowls

Avocados contain

**MONO-
UNSATURATED FATS,**

supporting the memory and
learning centers of the brain.

DIRECTIONS

1. In a bowl, mix together the shrimp, chili powder, cumin, salt, and pepper. In a skillet, add the [olive oil](#) and shrimp. Cook the shrimp until it is cooked through and pink.
2. While the shrimp is cooking, bring the broth to a boil. Stir in the quinoa and reduce the heat. Cover and simmer until the broth is absorbed, roughly 15 minutes.
3. Combine all ingredients in a bowl and enjoy!

INGREDIENTS

- 1 cup quinoa
- 2 cups vegetable broth
- 1/2 avocado, chopped
- 1/4 lb shrimp
- 1 tsp chili powder
- Salt and pepper - *to taste*
- 1/2 tsp olive oil
- 1/2 cup red onion, diced
- 1 tomato, cut into chunks





LUNCH Serving Size 1

Caprese Sandwich

DIRECTIONS

1. Lightly toast your bread slices.
2. Layer cheese, tomato, and torn basil leaves, and drizzle of olive oil, balsamic, salt and pepper between bread slices.
3. *Enjoy!*

Tomatoes contain a nutrient called

CAROTENOIDS.

Carotenoids are important for mental sharpness and healthy aging.

INGREDIENTS

- 2 slices of bread
- 2 thin slices of fresh mozzarella
- 3 slices of fresh tomato
- Basil leaves, torn - *to taste*
- Drizzle olive oil
- Drizzle balsamic vinegar
- Salt and pepper - *to taste*





LUNCH Serving Size 2

Lentil Pork Bowl

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Season pork chops with ginger, garlic, salt, and pepper. Place in oven for 15-20 minutes, or until pork reaches an internal temperature of 145 degrees.
3. While pork chops are cooking, prepare your lentils. Bring your chicken broth and water to a boil over medium heat. Once boiling, add in your lentils. Cover the pot, reduce heat, and simmer for 20 minutes, or until lentils are tender.
4. Cook 4 eggs, over-easy style.
5. Place your pork chop over a couple scoops of lentils and place your egg on top. Drizzle with sriracha, if desired!

Lentils are a good source of

FOLATE

which can help overall brain health.

INGREDIENTS

- 1 cup lentils
- 2 cups chicken broth
- 1 cup water
- 4 pork chops
- 4 eggs
- 1 tsp garlic powder
- 1 tsp ground ginger
- Salt and pepper - *to taste*
- Optional: sriracha sauce - to taste*





DINNER Serving Size 4

Turkey Zoodles

DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a skillet, heat 1 teaspoon of olive oil over medium heat. Add your frozen zucchini zoodles and cook according to package instructions. Set aside after cooking.
3. Meanwhile, heat 1 teaspoon of olive oil on a skillet over medium heat.
4. Add the ground turkey and cook until brown. Next, add the garlic, Italian seasoning, salt, and pepper. Cook an additional 5 minutes.
5. Add in the marinara sauce. Cook until it is warm, about 5 minutes. Add in the zoodles and reheat.
6. Enjoy as is, or grate some Parmesan cheese over the top.

Turkey is rich in
SELENIUM,
a mineral essential for
cognitive function.

INGREDIENTS

- 12 oz bag frozen zucchini noodles
- 1 lb lean ground turkey
- 2 tbsp minced garlic
- 1 1/4 tsp Italian seasoning
- Salt and pepper - to taste
- 3 cups marinara sauce - *pay attention to sugar content*
- 2 tsp olive oil





DINNER Serving Size 4

Pear & Arugula Pizza

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place the chopped [walnuts](#) on a baking sheet. Place in the oven for 10 minutes.
3. Once the walnuts are done toasting, increase the oven temperature to 475 degrees.
4. Brush the pizza dough with olive oil. Sprinkle the mozzarella down on the crust first. Next layer on the pear slices, sprinkle the toasted walnuts over, and finally the blue cheese.
5. Once the oven is heated, place pizza in the oven for 12-15 minutes, or until the crust is golden brown
6. Let the pizza cool for 10 minutes, and then sprinkle the arugula on top.
7. Slice up and enjoy!

Pears are a good source of

ANTIOXIDANTS,

helping to maintain brain health.

INGREDIENTS

- 1 pre-made pizza dough
- 2 pears, sliced
- 1/2 cup blue cheese
- 1 oz chopped walnuts
- 1 tbsp olive oil
- 2 cups arugula
- 6 oz fresh mozzarella





DINNER Serving Size 4

Spaghetti Squash Shrimp Alfredo

Spaghetti squash is a good source of **VITAMIN B6 & C** which are necessary for brain health support.

DIRECTIONS

1. Preheat your oven to 400 degrees. Cut the spaghetti squash in half, scoop out the seeds, and place on a baking sheet. Place in oven for 35 minutes.
2. In the meantime: Heat one tablespoon olive oil. Once the pan is hot, add one clove of garlic. Next, add your shrimp. Cook until the shrimp is a vibrant pink.
3. Next, the sauce. In a sauce pan, heat one tbsp. olive oil. Add in the remaining garlic and cook for 1 minute. Next, add in the vegetable broth and bring it to a simmer.
4. Remove the pan from heat. Add the yogurt, salt, pepper, and Parmesan to the pan.
5. Put the pan on low heat and gently stir constantly for 4 minutes, or until the Parmesan is melted.
6. Once the spaghetti squash is finished cooking, shred it with a fork to make pasta-like strands.

INGREDIENTS

- 1 large spaghetti squash
- 1 lb shrimp, cleaned
- 3 garlic cloves, minced
- 1 tbsp olive oil
- 1/2 cup vegetable broth
- 1 cup nonfat plain Greek yogurt
- 1 cup Parmesan
- 1 pinch salt and pepper





SNACK Serving Size 1

Avocado Hummus Toast

Avocados contain

VITAMINS B, C, E & K

which your brain needs replenished for healthy brain function.

DIRECTIONS

1. Toast the slice of bread.
2. Spread the hummus on the bread and top with avocado.
3. *Optional:* Sprinkle with flax seeds.

INGREDIENTS

- 1 slice whole grain bread
- 1/2 avocado
- 2 tbsp hummus
- 1 pinch flax seed - *optional*





SNACK Serving Size 1

Yogurt Parfait

Greek Yogurt is a good source of **VITAMIN B12**.

Your brain needs B12 to function at its peak!

DIRECTIONS

1. Whisk together yogurt and chia seeds.
2. Layer the ingredients in a parfait cup or bowl.
3. *Eat up!*

INGREDIENTS

- 1 cup plain nonfat Greek yogurt
- 2 tsp chia seeds
- 1/2 cup [raspberries](#)
- 1 tbsp chopped walnuts





SNACK Serving Size 1

Almond Butter & Banana Smoothie

Almonds contain

**FIBER, VITAMIN E,
RIBOFLAVIN &
L-CARNITINE**

- all key nutrients to brain health.

DIRECTIONS

1. Add all of the ingredients to your blender.
2. Blend until smooth.
3. *Enjoy!*

INGREDIENTS

- 1 cup unsweetened almond milk
- 2 tbsp natural almond butter
- 1 frozen banana
- 1/8 tsp cinnamon
- 1 cup spinach





DESSERT Serving Size 6-8

Strawberry Cream Pie

Strawberries are a good source of
VITAMIN C
– a helpful aid in memory and focus.

DIRECTIONS

1. (In a bowl) Combine the whipped topping, sliced berries, and Greek yogurt.
2. Pour this into the pie crust.
3. Chill in the refrigerator for 2 hours. Keep refrigerated until ready to serve.
4. Optional: Top with fresh strawberries!
5. Cut into 8 slices, serve, and enjoy!

INGREDIENTS

- 2 cups fresh, sliced strawberries
- 8 oz whipped topping
- 2 - 5.3 oz contains strawberry flavored Greek yogurt
- 9 in ready-made graham cracker crust





DESSERT Serving Size 1

Chocolate Banana Milkshake

Dark chocolate contains
FLAVONOIDS,
which have been shown to
improve blood flow to the brain.

DIRECTIONS

1. Add all of the ingredients to your blender.
2. Blend until smooth.
3. Optional - add more dark [chocolate](#), or a scoop of peanut butter.
4. Enjoy!

INGREDIENTS

- 1 frozen ripe banana
- 1 square (1 oz) dark chocolate
- 1/2 cup milk
- 1 splash vanilla extract





DESSERT Serving Size 16

Black Bean Brownies

Black beans are packed with

B VITAMINS.

Your brain needs B vitamins for good brain health.

DIRECTIONS

1. Preheat your oven to 350 degrees.
2. Spray a 9×9 inch square pan with baking spray.
3. Blend together your eggs, beans, cocoa powder, sugar, milk, vinegar, baking soda, baking powder and blend until smooth.
4. Pour into a bowl and mix in your chopped walnuts.
5. Bake for about 30 minutes, or until a toothpick comes out clean.
6. Cool and cut into squares. *Enjoy!*

INGREDIENTS

- 1 - 12 oz can black beans – *rinse and drain*
- 2 eggs
- 3/4 sugar
- 1 tbsp skim milk
- 1/2 cup cocoa powder
- 1/2 tsp vegetable oil
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp balsamic vinegar
- 1/2 cup chopped walnuts

