

High-Fiber Smoothie Recipe



Fuel your brainpower with this delicious and refreshing smoothie packed with antioxidants and omega-3s

Ingredients:

- 1 cup mixed berries (fresh or frozen)
- 1 handful spinach leaves
- 1/4 cup plain Greek yogurt
- 1/2 cup unsweetened almond milk (or your preferred milk)
- 1 tablespoon ground flaxseed or chia seeds
- 1/4 cup chopped walnuts
- Optional: a drizzle of honey or a few drops of stevia for sweetness

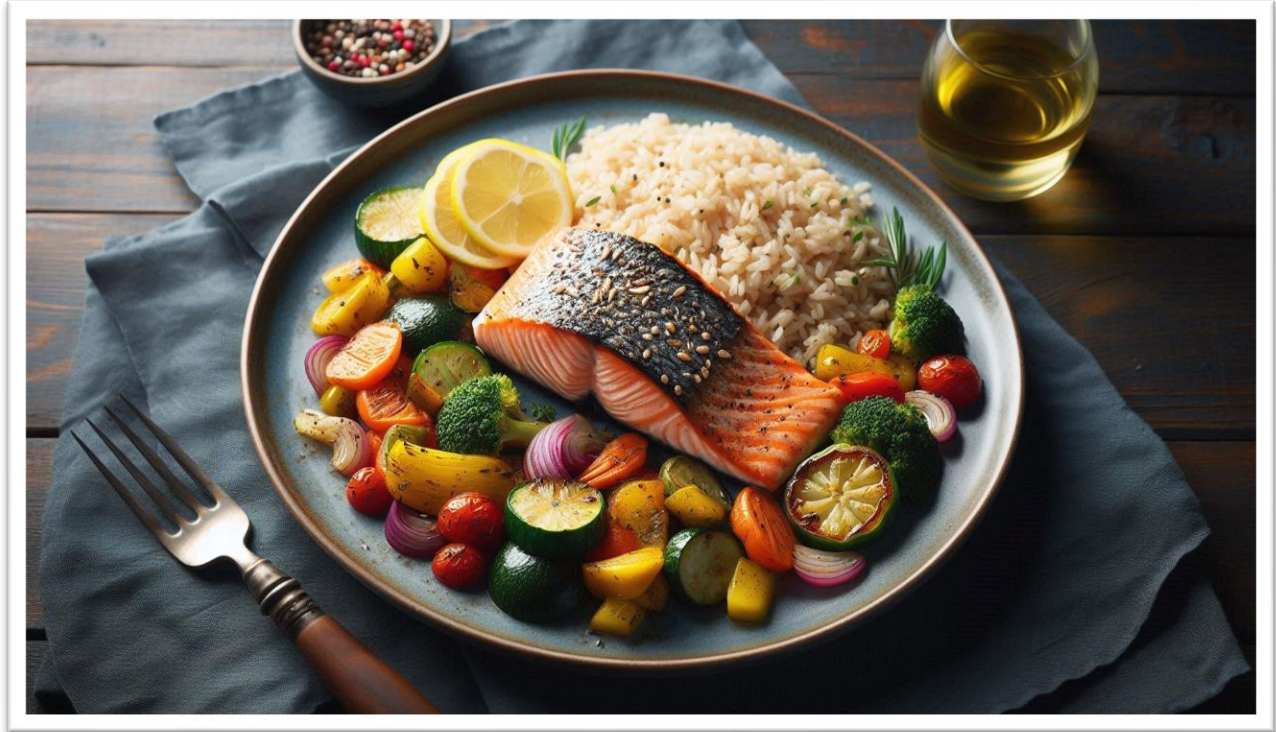
Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy!

Tip: Add a scoop of protein powder for an extra boost.

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Baked Salmon with Roasted Vegetables and Brown Rice



This balanced meal provides a powerful combination of omega-3 fatty acids, antioxidants, and fiber to nourish your brain and body.

Ingredients:

- 4 salmon fillets
- 1 cup broccoli florets
- 1 cup Brussels sprouts, halved
- 1/2 cup chopped red onion
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups cooked brown rice

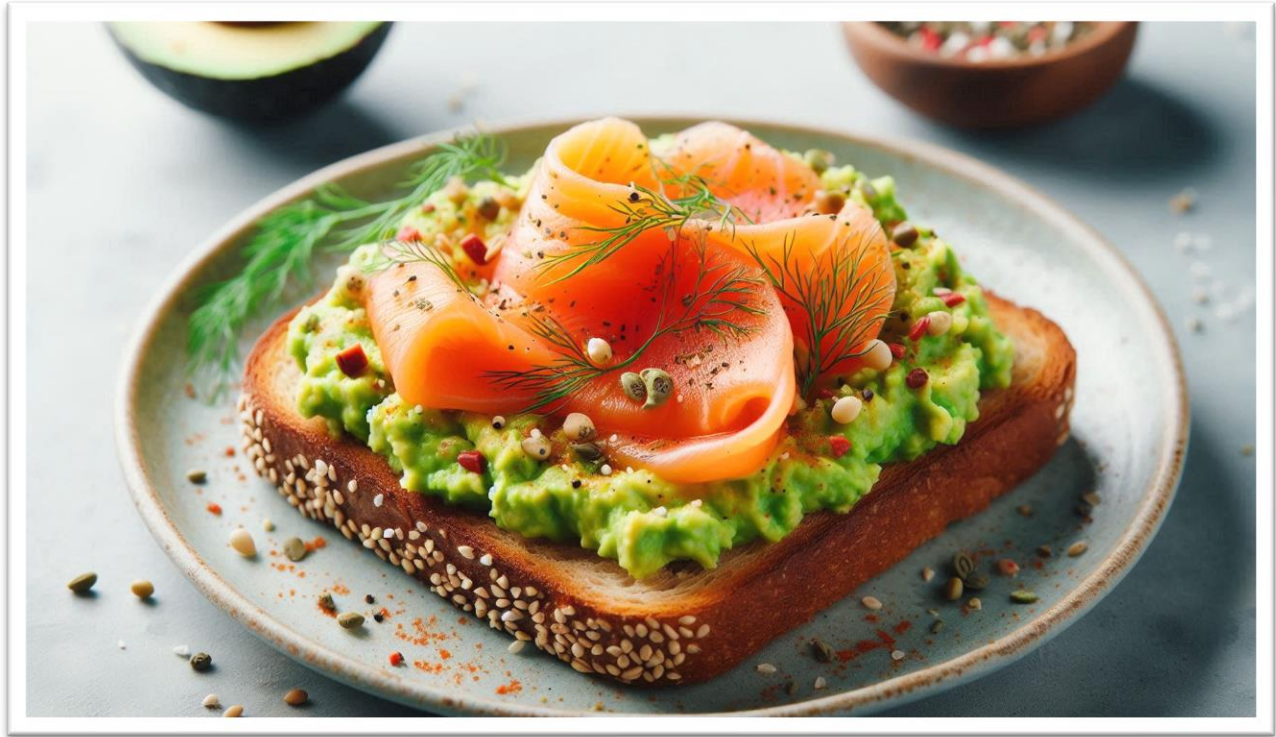
Instructions:

1. Preheat the oven to 400°F (200°C).
2. Toss broccoli, Brussels sprouts, and red onion with olive oil, salt, and pepper. Spread on a baking sheet.

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3. Place salmon fillets on a separate baking sheet lined with parchment paper. Season with salt and pepper.
4. Bake vegetables for 20-25 minutes, or until tender-crisp. Bake salmon for 12-15 minutes, or until cooked through.
5. Serve salmon with roasted vegetables and brown rice.

Avocado Toast with Smoked Salmon & Everything Bagel Seasoning



A quick and satisfying breakfast or snack packed with healthy fats and brain-boosting nutrients.

Ingredients:

- 1 slice whole-grain toast
- 1/2 avocado, mashed
- 2 ounces smoked salmon
- Everything bagel seasoning, to taste
- Fresh dill sprigs, for garnish

Instructions:

1. Toast the bread.
2. Spread mashed avocado on the toast.

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3. Top with smoked salmon and sprinkle with everything bagel seasoning.
4. Garnish with fresh dill sprigs.
5. Enjoy!

Lentil and Vegetable Curry



This hearty and flavorful curry is packed with plant-based protein, fiber, and antioxidants to nourish your brain and body.

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 inch ginger, grated
- 1 teaspoon curry powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon cumin
- 1/4 teaspoon coriander
- 1/4 teaspoon salt

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- 1/4 teaspoon black pepper
- 1 cup red lentils, rinsed
- 2 cups vegetable broth
- 1 cup chopped mixed vegetables (carrots, bell peppers, zucchini, etc.)
- 1/2 cup coconut milk
- Fresh cilantro, for garnish

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion and cook until softened.
2. Add garlic and ginger, cook for 1 minute more.
3. Stir in curry powder, turmeric, cumin, coriander, salt, and pepper. Cook for 1 minute, stirring constantly.
4. Add lentils, vegetable broth, and mixed vegetables. Bring to a boil, then reduce heat and simmer for 20-25 minutes, or until lentils are tender.
5. Stir in coconut milk and simmer for 5 minutes more.
6. Garnish with fresh cilantro and serve with brown rice or naan bread.

Remember: These are just a few ideas to get you started. Be creative and experiment with different ingredients and flavors to find what you enjoy most. The key is to focus on incorporating a variety of brain-boosting foods into your diet regularly.

Happy cooking and happy eating!