

BRAIN BOOSTING FRUIT SALAD

brainhq.com | serves 4

Filled with foods that are a great source of antioxidants, this fruit salad comes packed with brain-boosting vitamins including vitamin C, omega-3 fatty acids found in the berries, kiwi, spinach and walnuts.

INGREDIENTS

- 1 cup blueberries
- 1/2 cup dried cranberries
- 3/4 cup strawberries, sliced
- 2 kiwifruits, peeled and thinly sliced
- 5 oz fresh spinach leaves
- Leaves from 3/4 head of romaine lettuce
- 3/4 cup walnuts, chopped
- 3 oz feta or blue cheese, crumbled (optional)

INSTRUCTIONS

1. Rinse all of the fruit and place in a colander lined with paper towels to dry.
2. Place the spinach and romaine in a bowl and toss together to mix.
3. Arrange berries and kiwi on top of the spinach and lettuce.
4. Top with walnuts and feta or blue cheese (if using) and serve immediately.



NOTE: Make sure that your fruit is fresh, and that you rinse and dry it completely before getting started.

CARROT GINGER SOUP

brainhq.com | SERVES 2-4

This Carrot Ginger Soup is a great source of beta-carotene and turmeric. The delicious mix of turmeric, winter squashes and carrots makes it ideal for lunch and goes great with the fruit salad above.



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, chopped coarsely
- 1 tablespoon curry powder
- 1 tablespoon fresh ginger, chopped
- 1 1/2 pounds carrots, peeled and chopped into 2 inch sections
- 1 teaspoon salt
- 6 cups chicken or vegetable broth
- 1/4 cup milk or cream

INSTRUCTIONS

1. Heat oil in soup pot over medium high heat. Add onion and sauté until soft, about 4-5 minutes.
2. Add curry powder & ginger and sauté about one minute.
3. Add carrots and salt and cook, stirring, about 5 minutes.
4. Add broth and bring to a boil. Cover and simmer on low until carrots are very soft, approximately 15 minutes.
5. Remove from heat and puree using an immersion blender, or in batches in a regular blender.
6. Put pureed soup into a bowl and stir in milk or cream. Serve immediately.

NOTE: Before serving, top with chopped fresh herbs or a few grinds of black pepper.