

Delicious and Healthy MIND Diet Recipes

Buckwheat Flap Jacks

It is a dish that requires minimal ingredients - buckwheat flour, almond milk, and sweetener and is especially delicious.

Serves 2 | Prep. time 20 minutes | Cooking time 15 minutes

Ingredients

- 1 cup buckwheat flour
- 1 teaspoon baking powder
- 1½ cup almond milk
- 1 small egg
- 6 drops liquid stevia
- Coconut oil

Directions

1. In a bowl, add the flour and baking powder.
2. Whisk the egg, stevia, and milk in a small bowl.
3. Add the egg to the flour mixture.
4. Mix until there are no lumps.
5. Add coconut oil to a frying pan.
6. Pour the pancake batter into the pan.
7. Cook the pancakes on each side for 2 minutes.
8. You can serve the pancakes with cashew nut cream or a berry-only sauce if desired.

Nutrition per serving

Calories 525, fat 35 g, carbs 50 g, sugar 6 g,
Protein 13 g, sodium 53 mg

Rice and Mushroom Soup

A delicious soup with rice, cauliflowers, and mushrooms to fill up your stomach.

Serves 2 | Prep. time 20 minutes | Cooking time 60 minutes

Ingredients

- 1 cup wild rice, cooked
- 5 cups cauliflower, cut into florets
- $\frac{2}{3}$ cup cashews
- 1 cup water
- 2 tablespoons lemon juice
- 3 tablespoons olive oil, divided
- 16 ounces sliced mushrooms
- 4 minced garlic cloves
- 1 cup celery
- 1 cup diced shallots
- 4 cups vegetable broth
- 2 tablespoons chopped thyme
- Salt and black pepper, to taste

Directions

1. Cook the rice as per instructions; drain and set it aside.
2. Take a pot with a steam basket to steam the cauliflower florets over medium heat for 10 minutes.
3. Once the florets are cooked, drain them.
4. Add the florets, cashews, lemon juice, and water to a blender.
5. Pulse it to a smooth consistency and set it aside.
6. Add 2 tablespoons olive oil to a skillet and warm over medium heat.
7. Add the mushrooms and garlic and sauté for 10 minutes. Set aside.
8. Add remaining olive oil to a stockpot and warm over medium heat.
9. Add the celery, shallots, and thyme to the pot.
10. Season with salt and pepper and cook for 5 minutes.
11. Pour the broth into the pot.
12. Add the mushrooms, and cauliflower cream to the pot.
13. Continue to cook the soup for 5 minutes over medium heat.
14. Serve the hot soup with salt and pepper.

Nutrition per serving

Calories 486, fat 22 g, carbs 58 g, sugar 9 g,
Protein 22 g, sodium 843 mg

Coconut Chicken

It is a simple one-pot chicken dish with an easy filling, giving a boost of heat and flavors.

Serves 4 | Prep. time 20 minutes | Cooking time 50 minutes

Ingredients

- 1 tablespoon oil
- 4 chicken thighs
- 1 onion
- 3 garlic cloves
- 1 3-inch ginger
- 1teaspoons turmeric
- 2 teaspoons cumin powder
- 2 chopped green chilies
- 2 tablespoons chopped coriander
- 1 cup sliced butternut squash
- ½ cup cauliflower florets
- 1 cup brown basmati rice
- 2 lime juice
- 2 lime leaves
- 1 cup coconut milk
- 2 cups chicken stock

Directions

1. Preheat the oven to 320°F (160°C).
2. Add oil to a frying pan and place it over medium heat.
3. Fry the chicken for a few minutes on each side and transfer it to a plate.
4. Sauté the onion in the same pan for 2-3 minutes.
5. Add the garlic, all the spices, and the green chilies to the pan and cook for 2 minutes.
6. Add the coriander, squash, cauliflower, rice, lime juice, and lime leaves to the seasoning in the pan.
7. Add the chicken to the pan and mix well.
8. Mix the coconut milk and chicken stock together in the small pot and add it to the chicken.
9. Transfer everything to an oven dish and bake for 40 minutes.
10. Serve when ready.

Nutrition per serving

Calories 968, fat 41 g, carbs 58 g, sugar 6 g,
Protein 92 g, sodium 657 mg

Spinach Lasagna

This will soothe everyone's craving for pasta. It's a deliciously creamy, dreamy, and tasty lasagna recipe with tomato sauce, ricotta cheese, and mozzarella cheese.

Serves 6 | Prep. time 20 minutes | Cooking time 55 minutes

Ingredients

- 2 (28 ounce) cans tomato sauce
- 1/8 teaspoon kosher salt
- 1 teaspoon oregano
- 2 garlic cloves, minced
- 1 package no-boil whole-grain lasagna noodles
- 1 ounce skimmed ricotta cheese
- 1 cup part skimmed mozzarella cheese, grated
- 3 cup baby spinach leaves, raw

Directions

1. Preheat the oven to 350°F (177°C).
2. Add the tomato sauce to a saucepan and heat over medium heat.
3. Mix in the salt, oregano, and garlic and bring it to a light boil, then lower the heat and let it simmer for a few minutes while stirring occasionally.
4. Layer this tomato sauce on the bottom of a 9x13 baking dish and make a layer of noodles on top so that the bottom is completely covered.
5. Make layers of tomato sauce, pasta, ricotta cheese, mozzarella cheese, and spinach leaves.
6. Repeat the layers until all the ingredients are used.
7. Make sure to leave some mozzarella to top the last layer.
8. Bake for about 45 minutes or until the cheese becomes golden brown and begins to bubble.
9. Remove the lasagna from the oven and let it rest for at least 10 minutes before serving.

Nutrition per serving

Calories 390, fat 16 g, carbs 33 g, sugar 4 g,
Protein 9 g, sodium 813 mg

Oatmeal Raisins Cookies

The soaked raisins give these cookies a great taste, sweetness, and amazing texture.

Serves 8-10 | Prep. time 20 minutes | Cooking time 15 minutes

Ingredients

- 3 ounces raisins
- 2 ounces water
- 5 ounces vegetable oil
- 7 ounces brown sugar
- 1 egg, beaten
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 5 ounces whole-wheat flour
- ¼ teaspoon baking soda
- Pinch of salt
- 10 ounces oats

Directions

1. Preheat the oven to 350°F (177°C).
2. Line a baking sheet with parchment paper.
3. Soak the raisins in 2 ounces of boiling water and leave it soaking until the raisins are plump. Drain and reserve the liquid for later use.
4. Mix the oil and sugar in a separate bowl and add the egg, raisin water, cinnamon, and vanilla extract into the mix gradually.
5. Once these ingredients are thoroughly mixed, add the flour, baking soda, a pinch of salt, oats, and plumped raisins.
6. Scoop tablespoons of the cookie mix on the prepared baking sheet, making sure to leave enough space between them.
7. Bake them for 12 to 15 minutes or until the crust is golden brown.
8. When the cookies reach the desired color, take them out of the oven and let them rest for at least 10 minutes.
9. Store the cookies in an airtight container and refrigerate them for up to 3 days.

Nutrition per serving

Calories 678, fat 6 g, carbs 145 g, sugar 65 g,
Protein 15 g, sodium 103 mg

***These recipes and more can be found in Madison Miller's *Mind Diet for Beginners: 125 Quick and Easy Recipes to Boost Brain Health and Prevent Alzheimer and Dementia*. To get your copy, click on the cover below or click [here](#).

