

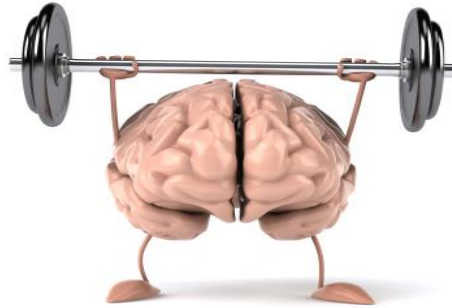


melmed center

Nutri-Tip from Jan

Volume 14, July 2018

Brain Boosting Granola Recipe



- 4 cups rolled oats – complex carbohydrate for sustained mental focus
- ½ cup pecans – loaded with choline for memory/optimal brain functioning
- ½ cup walnuts – contain omega-3s (ALA) to improve cognitive function
- ½ cup almonds – high in vitamin E & protein to protect and build neurons
- ½ cup cashews – contains magnesium to increase blood flow to the brain
- ½ cup (or more) pumpkin seeds – high in zinc, magnesium and protein (tryptophan) for neuronal health, function & increased sense of well-being
- ½ cup sunflower seeds – good source of vitamin E to protect fatty structures of the brain (myelin and synapses) for optimal communication
- ½ tsp salt
- ½ cup local raw honey
- ½ cup raisins, dried fruit, or dark chocolate chips (optional after cooling)

Preheat oven to 300°. Combine all ingredients in a large mixing bowl. Spread on greased baking sheet. Bake 30 - 45 minutes, stirring often until toasted and crisp. Cool completely. Store in an airtight container.

Want to Learn More?

Even the smallest nutritional change can improve physical and mental well-being.

Our metabolisms are as unique as our fingerprints. If you are concerned about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and a sustainable, delicious food plan.

Complimentary 10-minute introductory phone consults with Jan are available.

Please contact the front office for details