



CLASS 14 | BRAIN HEALTHY SNACK ATTACK

TBH Brain Healthy Snack Attack Recipes

DIRECTIONS: *Here are some brain healthy “Mix n’ Dips” recipes you can take to try at home.*

TBH Baked Curried Chickpeas

Preparation Time: 45 minutes, including cooking time

This recipe offers a protein-packed snack with the brain-boosting spice, turmeric, shown in some studies to benefit brain health. Made in advance, these curried chickpeas travel easily and do not require refrigeration.

Ingredients

- 3 12 ounce cans of chickpeas (low sodium), drained and dried with paper towels
- 2 ounces olive oil
- 3 tablespoons curry powder
- 1 tablespoons garlic powder

Directions

1. Drain the chickpeas and blot them dry with paper towel.
2. Toss chickpeas with dry spices until they are fully coated.
3. Spread the chickpeas evenly across a large baking sheet lined with parchment paper or lightly oiled.
4. Drizzle the olive oil over the mixture.
5. Bake at 325° for 40 minutes or until crispy.
6. Let cool and serve. Stored in an airtight container, the curried chickpeas will keep for approximately 1-2 weeks.



TBH Brain Healthy Trail Mix

Preparation Time: 10 minutes

Here's an easy snack made from ingredients that have brain-boosting benefits. You can assemble in advance to "grab n' go" all week. Put this snack in small containers or plastic bags that you can easily carry in your bag, briefcase or keep in the car.

Ingredients

- Raw or dry roasted unsalted nuts, all types
- Raw or dry roasted unsalted pumpkin or sunflower seeds
- Dried or freeze dried fruits or fruit chips, including raisins, cranberries, acai, berries, coconut, apple, apricots, prunes, pears, figs, dates
- Dark chocolate chips or nibs (70% cacao or greater)

Directions

1. In a large bowl, mix your choice of the above ingredients in a balance to your own liking.
7. Stored in an airtight container, the TBH Brain Healthy Trail Mix will keep for approximately 2-3 weeks.

TBH Smart Smoothie

Preparation Time: 10 minutes

This smoothie is healthy, tasty and chock-full of brain-boosting berries.

Ingredients

- 1-1 ½ cups frozen or fresh berries (strawberries, pitted cherries, blueberries, or raspberries)
- 1-2 bananas, ripe or very ripe
- 4-6 ice cubes (Note: If frozen berries are used, you may not need to add ice cubes)
- ½ cup of orange juice
- ½ cup almond, coconut or soy milk (you can substitute low fat milk)
- Optional: Honey, fat-free greek yogurt, cocoa powder (unsweetened)

Directions

1. Add the ingredients to the container of a large blender.
2. Blend to the desired consistency and enjoy.