

BH&RI
Healing
Brain Diet
Webinar
Recipes:

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Menu

Breakfast

"Thinking Cap" Mornin' Joe
Berry Blast Granola Parfait



Lunch

Blueberry-Lime-Rosemary
Infused Water
Mason Jar Curry Chicken Salad
Guilt Free Chocolate Covered
Strawberries



Dinner

Strawberry Margarita
Mocktail
LuLu Frittata
Dark Chocolate Truffle



Breakfast

"Thinking Cap" Mornin' Joe

Ingredients:

- 6 ounces of coffee* (note: try to choose organic, ethically sourced coffee beans low in acrylamide)
- 1 tablespoon Collagen Powder
- 1 tablespoon MCT oil
- 1 tablespoon dairy free creamer (I typically use nut pods brand, original)
- ¼ teaspoon pure, organic vanilla extract (optional)

Instructions: Brew coffee. Pour into your favorite mug or stainless steel to-go thermos. Add the remaining ingredients and mix well with a spoon. Oh – it's the weekend? A fun alternative is to use full fat coconut milk as the creamer, put all the ingredients in a NutriBullet, blender, or Vitamix for a frothy treat.

*Okay, who am I kidding? My thinking cap feels just-right with about 12 ounces of coffee in the morning! If you are like me, just double the creamer and optional vanilla extract – but do not double the Collagen Powder or MCT oil!

Berry Blast Granola Parfait

Ingredients:

- CocoYo "Pure" Living Coconut Yogurt or other nondairy yogurt
- Organic, mixed berries (I like raspberries, blackberries, and blueberries)
- Crunchy-Spicy Grain Free Granola (recipe below)

The base recipe for this grain-free granola has become *legendary* among our BH&RI patients. I think it tastes yummy even without any sweetener! I always like to add in more healing spices to my foods, so I have added a few and left out the monk fruit. We all have a kitchen cabinet filled with herbs and spices. If you are like most people, it may be time to look at expiration dates and swap out for new, organic spices to make sure they have the most nutritional value! This recipe will have the healing elements of Himalayan sea salt (rich mineral content), Ceylon cinnamon (clinically proven to lower blood sugar levels), cardamom (digestive aid), and cloves (antifungal and antibacterial). It also has just the right amount of salty-crunchy to satisfy cravings. Here is my spin:

Instructions: Use a fancy glass! It always makes things taste better 😊

Layer: CocoYo "Pure" Living Coconut Yogurt, followed by the mixed berries, and topped off with the unsweetened granola (see recipe below) in a small wine glass or champagne flute and enjoy!

Crunchy-Spicy Grain-Free Granola

Ingredients:

- 1 cup raw almonds, chopped
- 1 cup raw pecans, chopped
- 1 cup raw walnuts
- 1 cup raw pumpkin seeds
- 1/2 cup roasted sunflower seeds
- 1 cup unsweetened coconut
- 2-3 teaspoons organic Ceylon cinnamon
- 1-2 teaspoons organic Cardamom
- 1-2 teaspoons organic Cloves
- Big pinch of pink Himalayan sea salt
- 1/2 cup coconut oil (can substitute MCT oil)
- 2 egg whites
- 2 teaspoons organic pure vanilla extract (optional)

Note: If you like spicy – add in 1/4 - 1/2 teaspoon of Cayenne Pepper. It not only gives it an added punch that compliments the yogurt, but Cayenne Pepper has been shown to promote circulation and increase metabolism.

Instructions: This delicious granola disappears very quickly, so I have already doubled the batch above from the original recipe. Double it again and you might have it around for a week 😊

1. Preheat the oven to 300 degrees F. Line 2 large baking sheets with parchment paper. Set aside.
2. In a large bowl, combine all of the dry ingredients (nuts, seeds, coconut, spices, & salt).
3. If using coconut oil, slowly melt in a small pot on the stove and let slightly cool as to not cook the egg white when you add it together. You can skip this step if you are using MCT oil.

4. In a separate bowl, whisk together the melted coconut oil or MCT oil, egg whites, and optional vanilla extract.
5. Pour the mixture over nut/seed/coconut mixture and stir until combined.
6. Spread mixture in an even layer onto the each of the prepared baking sheets and pat down flat with a spatula or your clean hands.
7. Bake for 25 - 30 minutes or until golden brown, rotating the pan halfway through. (DO not stir granola while baking).
8. Remove pan from oven and allow granola to cool completely.
9. Once cool, break granola into clusters, & store in an airtight container

* adapted from <https://lifemadesweeter.com/keto-granola>

Lunch

Blueberry-Lime-Rosemary Infused Water

Ingredients:

- 68 ounces of filtered water
- 1 cup organic blueberries
- ½ organic lime, cut into thin slices
- 3 large sprigs of fresh Rosemary

Instructions:

NOTE: See our BH&RI bonus “Adding Decadence” video for details. Make ahead in a glass pitcher and store in the refrigerator for 12+ hours for more flavor. This Hiware brand pitcher from Amazon ([Glass Pitcher – Amazon](#) link) has a special top that will keep the ingredients in check while pouring. Add all ingredients to the pitcher and let sit overnight or up to 3-4 days. After about 48 hours the water gets a gorgeous pink hue to it from the blueberries. When you are ready – pour yourself a refreshing glass and hydrate liberally. On the go? Pour into your favorite stainless steel or glass water bottle.

Mason Jar Curry Chicken Salad

My infamous “3-Minute To Go Salads” are my Monday through Thursday lunch staple. After making dinner, cleaning up the kitchen, packing lunches for the kids, and making sure homework is done and checked – I have little bandwidth left to plan out my next day’s lunch! I developed the habit of assembling a to-go salad Sunday through Wednesday night and have pretty much stuck to that habit for the past decade...up until COVID-19 hit. After sheltering in place, I started to do my lunches catch as catch can and this just didn’t work for me. I tended to put lunch off until 2 or graze and eat something unhealthy at 4. I’m now back to doing this habit of building a lunch salad in the evenings and I find it helps me keep on track when I am famished and pressed for time at lunchtime and sets the stage for healthy eating for the rest of the day.

I either use stainless steel bento-type box or a Mason Jar to layer the ingredients (so pretty!). This recipe is one of my favorites and the curry chicken recipe can also double as a dinner-time staple, along with stir fry vegetables and a bed of arugula. I usually just use a protein source leftover from that night’s meal and throw in a bunch of cut vegetables, nuts & seeds, and berries.

Ingredients: Layer in Mason Jar in order of ingredients (sauce or dressing is always at the bottom followed by vegetables that can absorb and block with liquid.

- 6 ounces cooked chicken soaked in Coconut Curry Sauce (see recipe below):
- ¼ cup chopped asparagus spears
- ¼ cup chopped zucchini
- ¼ cup yellow squash
- ¼ cup chopped purple cabbage
- 1-2 cups arugula

Assemble and Viola! The 3-minute lunch!

Coconut Curry Chicken

Ingredients:

- 3 tablespoons Ghee
- ¼ white onion – minced
- 1 tablespoon minced garlic
- 1 ½ tablespoon organic Curry
- ½ cup full-fat coconut cream (canned coconut milk is best – look for organic coconut milk in a non BPA liner can, such as Simple Truth Organic). Shake well before opening.
- 1 teaspoon organic Cardamom
- 1 teaspoon organic Cumin
- 1 teaspoon Himalayan Pink Sea Salt
- ½ teaspoon fresh ground pepper
- 2 organic, free range chicken breasts (grilled or baked)

Instructions: Melt ghee over medium heat in a small pot. Add the onion and cook for 2-3 minutes. Add in garlic and stir for about 30 seconds. Add in the rest of the spices and continue to stir often. Do a taste test and add more spice if needed.

Short on time?

Use 1-2 leftover baked or grilled chicken breasts. Slice into cross-wise pieces and add to the sauce. Cover chicken with the sauce and cook until warmed.

To use as an evening meal, transfer the coated chicken to a bed of arugula and any other vegetables you have on hand (steamed asparagus or a vegetable stir fry would be a nice addition). If you are so inclined, pour a little of the extra sauce over the top of the chicken and arugula. Garnish with cilantro (optional), red pepper flakes (optional – but does give a nice little kick!), and ground ginger. Slivered almonds will also add more texture. Add a squeeze of lime and enjoy! \

Use the leftovers to build your lunch salad.

*adapted from The Whole30 Grilled Coconut-Curry Chicken recipe, page 230

Guilt Free Chocolate Covered Strawberries

Ingredients:

- 8-12 large organic strawberries
- 4-8 ounces 100% dark chocolate (or >70% or higher)

Instructions: NOTE: See our BH&RI bonus “Adding Decadence” video for details. Using a double boiler, break the chocolate bar into pieces and melt over medium heat, stirring often. Once the chocolate is melted, dip the strawberries in and set to dry on parchment paper. Super yum.

Dinner

Strawberry Margarita Mocktail

People are often surprised at how little I drink, as my husband is in the wine business. If I was having this dish on a Saturday night with a gathering of friends or family, I'd likely have a nice glass of Rosè – but, on a weeknight or with just my husband and the kids I prefer a mocktail. Most mocktail (a cocktail without the alcohol) recipes are high in sugar and low in nutrition. Not this one! Using coconut water and Himalayan sea salt, it puts all the electrolytes in that the alcohol would pilfer out. It is fun, flirty, super-easy, and feels like a little treat.

Ingredients:

- a handful of organic strawberries, chopped or whole if you plan to blend
- 4 ounces 100% coconut water
- 4 ounces filtered water
- the juice of a fresh squeezed organic lemon
- 5-15 drops of liquid stevia (optional)
- a few pinches of Himalayan sea salt

Instructions: NOTE: See our BH&RI bonus “Adding Decadence” video for details. For a “strawberry lemonade”, add chopped strawberries, coconut water, water, lemon juice, and optional stevia to a pretty glass over ice. My kids LOVE this. In the mood for a margarita? Place the strawberries, coconut water, water, lemon juice, and optional stevia in a blender with about 4 ounces of ice and blend until smooth. Pour in a fancy glass. Wet the rim of the glass with the remaining half of the lemon and dip in the Himalayan sea salt. Refreshing!!

LuLu Frittata

My daughter, Lucy - now 9 and in the 4th grade (!), came home from her Kindergarten field trip to McDowell Farm School in Nauvoo, AL and excitedly told me how the class had used fresh ingredients to make a frittata. She wrote down the list of ingredients for a shopping list in her 5-year-old hand from memory. That Friday night, she walked me through the process of making it and treated the family to a wonderful frittata!! It was delicious and has now become a staple for our family if we are in a rush or at the tail end of our weekly groceries. This is a great recipe during COVID-19. As long as you have about a dozen eggs, some greens, and some vegetables in the fridge – you can prolong that next trip to the grocery!

Ingredients:

- 10 large eggs
- Salt and pepper to taste
- 3 tablespoons of filtered water or nutmilk of choice (almond, hemp, coconut)
- 1 tablespoon olive oil
- 1-2 cloves of garlic (minced) – or just buy the pre-minced in the jar to save on time and use about ½ tablespoon
- vegetables, etc. of choice (optional)
- Large bunch of beet greens (or any green of choice, including fresh herbs like basil or parsley). You will need about twice as much as you think, as the greens wilt way, way down. Note: I narrowly escaped an epic Mom fail. Lucy had written “beets” on the shopping list. After purchasing the ingredients and before Lucy made the frittata for the first time, I snipped off the beet greens to make them easier to store in the fridge. I was opening the garbage lid (eh hem, I now compost after living in WA!) to throw the greens in when Lucy shouted, “No Mommy! That’s the part you use!!”. Woah.

Instructions: Preheat the broiler at 500 degrees F for later. Heat the olive oil in a LARGE skillet over medium heat on the stove top. Add the garlic and cook until fragrant. Gradually add in the greens and cook them down, stirring often. While

the greens are cooking, beat the eggs, salt, pepper, and water or nutmilk in a mixing bowl.

Once the greens are wilted down, drop a bit of egg into the skillet and make sure it sizzles. The skillet **MUST** be hot, as you want the eggs to form a cooked surface at the bottom of the skillet immediately.

Slowly pour in the egg mixture. Swirl the skillet to distribute the eggs and filling evenly over the surface. We've gotten brave over the years and often add whatever is handy to the bowl – bits of asparagus, zucchini, sundried tomato, zucchini, yellow squash seasonings, herbs, etc. just to add some flavor and nutrients, but you can just use the greens and it is still delicious.

Shake, tilt, and lift up the edges of the frittata with a spatula while it cooks. Turn the heat down to low for about 10 minutes and keep fiddling it around, to make sure the bottom does not burn. It should start to turn a golden brown. Once the eggs are set, finish the frittata under the broiler for 2-3 minutes. Allow to cool and serve with salsa, hot sauce, or just by itself!

Dark Chocolate Truffle

Ingredients:

- 8 ounces dark chocolate (at least 70 percent cacao), chopped
- 1/4 cup coconut oil
- 3 tablespoons water
- 1 teaspoon organic pure vanilla extract
- Pinch of Himalayan sea salt
- 1/4 cup unsweetened cocoa powder, for rolling
- Optional: finely chopped nuts (almonds, hazelnuts, etc.), and/or toasted unsweetened shredded coconut, for rolling

Instructions: NOTE: See our BH&RI bonus “Adding Decadence” video for details. In a double boiler, melt chocolate with oil and water. Stir in vanilla and sea salt. Transfer to a glass bowl or baking dish, and refrigerate until mixture is set but still pliable, about 2 hours. With a 1-inch scoop, make several balls and transfer each to a parchment-lined baking sheet. Place cocoa in a plate or bowl and roll the balls to coat. Refrigerate on the baking sheet, uncovered, for about 10 minutes. Roll again in cocoa and/or pat with nuts or coconut. Store in the fridge in an airtight container for up to two weeks (if they last that long!)