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The MIND Diet Cookbook: Quick and Delicious Recipes for Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia (Paperback)

By Kristin Diversi

Ulysses Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. THE MIND DIET MADE DELICIOUS Packed with dishes that are not only tasty but also help improve memory, concentration and mental acuity, this handy cookbook makes following the MIND Diet a snap. The 135 easy-to-make recipes provide a mouth-watering way to keep one's mind sharp by eating the right foods while avoiding brain-harming ones. The wide range of recipes include quick-and-hearty breakfasts, lunches, snacks, dinners and even sweet desserts made from foods that promote brain health, including: * Pumpkin Muffins * Blueberry Smoothie * Mango Guacamole * Walnut Kale Salad * Salmon Tacos * Creole Shrimp * Rosemary Chicken * Sole Amandine * Beet Hummus * Chocolate Pecan Pie.



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