

Brainfood Kitchen Does Lunch: Simple Recipes for Smart Families (Paperback)



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Reviews

Good e-book and useful one. It typically does not expense an excessive amount of. I am just delighted to tell you that this is basically the finest book we have read during my very own existence and could be he best ebook for actually.
(Audra Hodkiewicz)

BRAINFOOD KITCHEN DOES LUNCH: SIMPLE RECIPES FOR SMART FAMILIES (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There are thousands of cookbooks dedicated to foods that are healthy for your body, but not a single one filled with recipes designed to be healthy for your brain. Brainfood Kitchen is here to change that! The dishes in this book are not only mouth-wateringly delicious, they are all created based on the latest neuroscience to increase your IQ, memory, and learning ability. As a consequence, all of the recipes in Brainfood Kitchen Does Lunch are vegan, gluten free, and jam-packed with flavonoids and omega-3 s. A section of the book explains the science of brainfood and each recipe is complete with a Brainfood Score. This is a number between 0 and 100 that tells you exactly how good each dish is for your brain. In this book, all of the meals are designed to be easily packed and transported to work, school, or wherever your busy life takes you. This way you and your family can eat brain-healthy food all day long! But, of course, these dishes don t HAVE to be taken for lunch. Enjoy them for dinner or snacks. Bring them to a potluck and impress your friends by telling them they are eating brainfood. Or hog them all to yourself and let everyone wonder how you got so smart all of a sudden. Highlights include: -Upgrade your pesto game with the delicious and brain-healthy Pumpkin Seed Pesto -The easiest salad and dressing you ll ever make -A thick, creamy garlic Alfredo sauce -Portable berry pies with no sugar or flour that are sweet, tangy, gooey, and gorgeous These and more recipes await you in this compact cookbook. Rather than including dozens of filler recipes that aren t...



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