

Brain Bowl Recipe

Serves: 2

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes



Ingredients:

Brain Bowl

- 1 cup quinoa (uncooked)
- 2 cups fresh spinach (or kale), steamed
- 1 medium sweet potato, cubed
- 1 tsp turmeric powder
- 1 tbsp olive oil
- Salt & pepper, to taste
- 1 avocado, sliced
- 2 salmon fillets (OR 1 block tempeh for plant-based option)

Optional: sesame seeds or hemp hearts for garnish

Lemon-Tahini Dressing

- 3 tbsp tahini
- 2 tbsp lemon juice (freshly squeezed)
- 1 tbsp olive oil
- 1 small garlic clove, minced (or 1/4 tsp garlic powder)
- 2-4 tbsp warm water (to thin to the desired consistency)
- Salt, to taste

Instructions:

Cook the Quinoa

- Rinse 1 cup of quinoa under cold water.
- In a saucepan, combine 2 cups of water, bring to a boil, then reduce to a simmer. Cover and cook for 15 minutes or until water is absorbed. Fluff with a fork and set aside.

Roast the Sweet Potatoes

- Preheat oven to 400°F (200°C).
- Toss cubed sweet potatoes with olive oil, turmeric, salt, and pepper.
- Spread on a baking sheet and roast for 20-25 minutes, flipping halfway, until golden and tender.

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Prepare the Protein For Salmon:

- Season with salt, pepper, and a squeeze of lemon.
- Roast at 400°F for 12-15 minutes or pan-sear for 4-5 minutes per side.

For Tempeh:

- Slice into thin strips, steam for 5 minutes (optional for better texture), then sauté in olive oil until golden.
- Season with tamari, smoked paprika, and a dash of maple syrup.

Steam the Spinach

- Quickly steam the spinach until wilted (about 1-2 minutes). Set aside.

Make the Lemon-Tahini Dressing

- Whisk together tahini, lemon juice, olive oil, garlic, and salt.
- Add warm water a little at a time until smooth and pourable.

Assemble the Bowl

In each bowl, layer:

- A base of fluffy quinoa
- A handful of steamed spinach
- Roasted sweet potatoes
- Salmon or tempeh
- Sliced avocado
- Drizzle generously with lemon-tahini dressing.

Optional: sprinkle with sesame seeds, hemp hearts, or fresh herbs like parsley or cilantro.

Why It's Brain Food?

- **Salmon/Tempeh** = Omega-3s or plant-based protein
- **Sweet Potato + Turmeric** = Anti-inflammatory & antioxidant power
- **Avocado** = Healthy fats for brain cell membrane support
- **Spinach** = Folate and vitamin K for cognitive function
- **Quinoa** = Steady energy from complete protein and complex carbs
- **Tahini & Lemon** = Mineral-rich and detoxifying