BARBIE'S RECIPE GUIDE

ALZHEIMER'S ASSOCIATION

BOWL - ONE SERVING

- Baby spinach - 2 ounces (2 large handfuls)
- Canned chickpeas - ½ cup. drained
- Cooked quinoa, brown rice, or whole grain pasta - ½ cup
- Cooked grilled chicken chunks - 3 ounces cooked
- Persian (mini) cucumbers - 2, seeded & ½-inch dice
- Cherry tomatoes - ½ cup, halved
- Red onion - ¼ cup, ½ inch dice
- Italian parsley - 1 tablespoon, chopped

PRESENTING SPONSOR:

Oak Park place

TRAILMIX - EQUAL PARTS OF:

- Raw unsalted sliced almonds
- Raw unsalted pumpkin seeds (pepitas)
- Unsweetened dried cherries, cranberries, or golden raisins
- 70% cacao dark chocolate bars, broken

DRESSING - ONE SERVING

- Olive oil - ¼ cup
- Apple cider vinegar - ¼ cup
- Garlic - 1 clove minced or microplaned
- Salt - ¼ teaspoon
- Dijon mustard - ½ teaspoon
- Honey - ½ teaspoon

Download this e-book, "A Kick in the Plants," free, just for Alzheimer's Association conference attendees. You'll find science-backed information on brain-healthy foods, the MIND diet, and foundational recipes that are simple to prepare and truly enjoyable to eat.

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Oak Park place

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