

Recipes for Optimal Brain Performance

A PEAK MENTAL PERFORMANCE SERIES

By Neil Nedley, MD

Focusing on Omega-3, Tryptophan, and Whole-Food Ingredients

Breakfast

Bev's Chia Pudding

2 Tbsp	chia seeds
½ cup	milk (almond or cashew works well)
½ tsp	vanilla
1 tsp	sweetener (maple syrup, honey, etc.) or 1 mashed ripe banana
smidgen	Himalayan salt

Method:

1. Add basic ingredients to a jar or tall bowl.
2. Mix well. Sit for 2 minutes, mix again to break clumps.
3. Sit for 10 minutes, mix again.
4. Add optional extras (hemp seeds, walnuts, raisins, coconut, pear). Add more milk if using extras.
5. Cover and refrigerate overnight or for at least 2 hours. Serve with fresh fruit.

Walnut Granola

½ cup	water
1 cup	dates, sliced and pitted
½ cup	white grape juice concentrate
¼ cup	canola oil
1 Tbsp	vanilla extract
1½ tsp	salt
6 cups	old-fashioned rolled oats
1 cup	unsweetened coconut flakes
1 cup	walnuts, coarsely chopped
1 cup	almonds, coarsely chopped
1 cup	raw wheat bran
½ cup	flaxseed meal

Method:

1. Microwave heat water and dates. Blend with juice, oil, vanilla, and salt until smooth.
2. Combine dry ingredients in a large bowl. Mix in blender mixture by hand.
3. Spread ½ inch thick on cookie sheets.
4. Bake at 225°F for about 1 hour, stirring every 15 mins, until golden. (Or bake overnight at 150°F then 10-15 mins at 200°F).

Walnut Jam Muffins

1½ cup	flour (1 cup whole wheat pastry + ½ cup white)
⅓ cup	Sucanat or brown sugar
2 tsp	baking powder
¼ tsp	salt
1 cup	Tofutti sour cream
2 Tbsp	flaxseed meal mixed with ¼ cup hot water
1 tsp	vanilla
¼ cup	walnuts, chopped
½ cup	100% fruit jam (apricot or strawberry)

Method:

1. Preheat oven to 375°F. Spray muffin pans.
2. Mix dry ingredients in a bowl.
3. Mix flax meal and water; let sit 2-3 mins. Stir into sour cream and vanilla.
4. Combine wet and dry ingredients with nuts. Mix with a fork.
5. Fill molds ⅔ full. Make a well and add ½ tsp jam to each.
6. Bake 12-15 mins until golden.

Scrambled Tofu

1 lb	very firm tofu (pressed and crumbled)
¼ cup	cashews
½ cup	water
1½ Tbsp	McKay's chicken seasoning
½ Tbsp	nutritional yeast
½ tsp	onion powder
¼ tsp	garlic powder
½ tsp	lemon juice
⅛ tsp	turmeric
¼ tsp	salt (optional)

Method:

1. Cook crumbled tofu in a skillet uncovered to evaporate moisture. Stir for even browning.
2. Blend remaining ingredients until smooth.
3. Add blender contents to skillet and cook 5 mins until thickened.

Cornmeal Mush

2 cups	cold water
½ cup	heaping cornmeal (approx 3 extra Tbsp)
¼ tsp	salt

Method:

1. Mix ingredients in a microwave-safe dish.
2. Microwave 3-4 mins, stirring every minute.

Mains & Savory Dishes

Easy Stir-Fry

Pick 1 carb, 1 protein, 5-6 veggies, 1-2 greens, and 2-4 fats.

Method:

1. Cook carb base (brown rice, quinoa, soba).
2. Mix 1 tsp cornstarch into 1 cup cold water/juice plus flavors (ginger, soy sauce).
3. Sauté longer-cooking veggies first over medium-high heat.
4. Add protein (tofu, chickpeas) and greens (spinach, kale); cook 2-3 mins.
5. Stir in sauce until thickened (about 1 min). Top with nuts/seeds.

Bowtie Pasta with Avocado

12 oz	bowtie pasta
½ Tbsp	olive oil
2	avocados, diced and sprinkled with lemon juice
2½ Tbsp	lemon juice
½ tsp	garlic powder
1½ tsp	salt
2	Roma tomatoes, diced
2	green onions, chopped

Method:

1. Boil pasta until done. Drain and toss with olive oil.
2. Slice avocado and toss with lemon juice, garlic, and salt.
3. Pour avocado mixture and vegetables over pasta; toss gently.

Oat Burger

4 cups	water
½ cup	soy sauce
¼ cup	nutritional yeast
2 Tbsp	canola oil
1 Tbsp	flaxseed meal
1 cup	walnuts, chopped
4 cups	rolled oats
Spices	basil, garlic/onion powder, coriander, sage

Method:

1. Boil water with all ingredients except oats.
2. Stir in oats and remove from heat immediately. Cover and cool.
3. Form into 3-inch patties. Bake at 350°F for 20 mins per side.

Corn Flake Nut Dressing (Loaf)

2 cups	onion, chopped
2 cloves	garlic, minced
2 stalks	celery, diced
1½ cup	soy milk or water
1 cup	walnuts, chopped
3 cups	corn flakes, crushed
Seasoning	McKay's chicken, sage, parsley, salt, flax meal

Method:

1. Sauté onion, garlic, and celery in oil. Stir in flour, then liquid. Boil to thicken.
2. Mix in remaining ingredients. Pour into a sprayed loaf pan.
3. Bake at 375°F for 45 mins.

Baked Tofu Strips

Method:

1. Cut 1 lb firm tofu into ¼ inch strips.
2. Toss with 1 Tbsp soy sauce and 1 Tbsp chicken seasoning.
3. Bake at 350°F for 30 mins until golden.

Quinoa and Kale Salad

Method:

1. Toast 1½ cups quinoa in a pan for 5 mins. Add to 2 cups boiling water; cook until soft.
2. Whisk ¼ cup olive oil, 3 Tbsp vinegar, and salt.
3. Toss quinoa with 5 cups kale, onion, pepper, almonds, cranberries, and optional feta/olives.

Appetizers, Spreads & Cheeses

Best Vegan Feta Cheese

1 block	tofu (14 oz), pressed
1 Tbsp	nutritional yeast
1 Tbsp	miso paste
5 oz	coconut oil, melted
2 Tbsp	lemon juice
1 Tbsp	apple cider vinegar
1 tsp	salt
1½ tsp	onion powder

Method:

1. Puree all ingredients in a blender until silky smooth.
2. Place in a container and refrigerate overnight to firm up.

Vegan Cheese (Potato-Carrot)

2 cups	potatoes, diced
1 cup	carrots, diced
½ cup	water
⅓ cup	olive oil
½ cup	nutritional yeast

Method:

1. Boil potatoes and carrots until soft.
2. Blend with other ingredients until extremely smooth. Refrigerate up to a week.

Desserts & Snacks

Walnut Maple Cookies

2½ cups	walnuts, ground
⅔ cup	whole wheat pastry flour
⅓ cup	flaxseed meal
½ cup + 2 Tbsp	maple syrup
⅓ cup	carob chips
2 tsp	vanilla

Method:

1. Mix all ingredients. Drop by spoonfuls onto a sheet; flatten with a fork.
2. Bake at 350°F for 10-15 mins until golden. Cool on sheet.

No-Bake Brownies

1 pkg	graham cracker crumbs (approx 1½-1¾ cups)
½ cup	walnuts, chopped
⅓ cup	water
3 Tbsp	non-dairy milk powder
¾ cup	carob chips

Method:

1. Warm water and milk powder in a pan. Stir in chips until melted.
2. Mix in crumbs and walnuts. Press into an 8-inch square pan.
3. Let sit 30 mins before serving.

Tofu Cheesecake

Method:

1. **Crust:** Mix 1 cup pastry flour, 1 cup ground walnuts, ¼ cup coconut, 2 Tbsp flax oil, 3 Tbsp juice concentrate, and 1½ Tbsp maple syrup. Press into pan and bake at 375°F for 8-10 mins.
2. **Filling:** Blend 12.3 oz tofu, 8 oz vegan cream cheese, 1½ cup honey, ⅓ cup juice concentrate, 2 Tbsp gelatin (boiled in juice), lemon juice, vanilla, and salt.
3. Pour filling over crust and chill 4 hours or overnight.

Bal's Lentil Cookies

1 cup	mixed lentils, cooked 35 mins and crushed
1 cup	butter (vegan substitute)
1 cup	brown sugar
1	egg (flax egg substitute)
1 cup	oats
1 cup	chocolate chips

Method:

1. Cream crushed lentils, butter, and sugar. Add egg.
2. Stir in flour, soda, vanilla, oats, nuts, seeds, and chips.
3. Drop onto sheet; bake at 375°F for 13-18 mins.

Wholesome Oatmeal / Chocolate Chip Cookies

2 cups	oats (blended)
6 Tbsp	hemp seed
1 cup	oats (whole)
½ cup	melted coconut oil
1 cup	sugar
¾ cup	carob/chocolate chips

Method:

1. Cream wet ingredients. Mix with gelled flax meal (4 Tbsp in 10 Tbsp water).
2. Mix in all other ingredients. Bake at 350°F for exactly 10 mins.

Fruit Smoothie

Method:

1. Blend ½ cup orange juice concentrate, ½ cup water, ½ cup non-dairy milk, ½ pkg silken tofu, 2 Tbsp flax meal, 2 frozen bananas, and 1 cup berries until smooth.