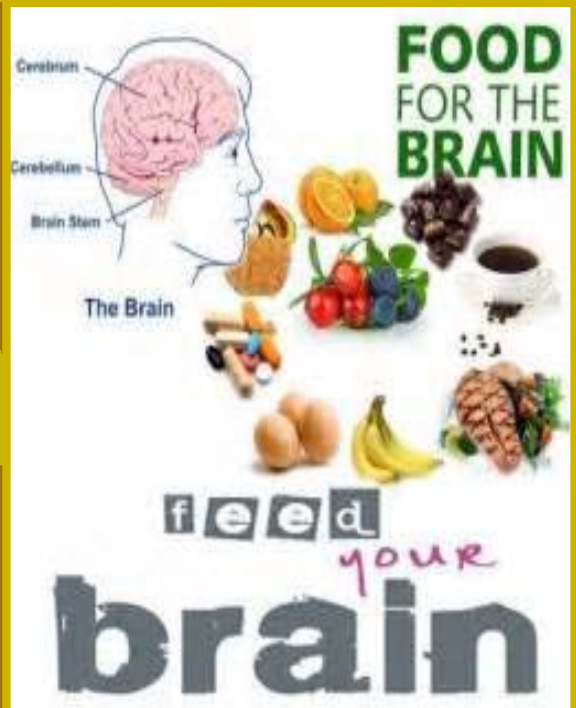


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September 25, 2015

## It's A No-Brainer: Eating to Boost Brainpower



Can certain nutrients help your noggin? Certain oils and nuts provide heaping helpings of compounds called polyphenols. These powerful anti-inflammatories can fight cell damage in the brain. They may also boost brain blood flow and even spur the growth of new neurons.

### Cook Your Way Clever

To work more of these foods into your diet, make olive oil your go-to for all your cooking needs. Use it instead of butter or other saturated fats while sautéing, stir-frying and even baking.

### Or try these unique techniques:

- 🌿 Toss pine nuts or slivered almonds into your green beans.
- 🌿 Dip whole-grain bread in flavorful extra-virgin olive oil.
- 🌿 Coat lean meat with bright-green crushed pistachios.
- 🌿 Choose cashew-based vegan cheese.
- 🌿 Want an easy recipe that combines nuts and oil olive? Try the summer-perfect pesto recipe below.

### Basil and Sun-dried Tomato Pesto

Fresh basil is one of summer's joys. Load up the blender for a flavorful sauce in no-time.

- 🌿 2 tablespoons sun-dried tomatoes in oil (drained)
- 🌿 2 cups gently packed fresh basil leaves
- 🌿 2 cloves garlic, peeled and crushed
- 🌿 ¼ cup olive oil
- 🌿 ¼ cup pine nuts or walnuts
- 🌿 ¼ cup grated parmesan cheese

Add everything to blender. Run on chop until all ingredients are blended. Cover and refrigerate extra sauce.