

# FOOD FOR THE BRAIN

F O U N D A T I O N

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## Food for the Brain Tea Party



## Who We Are



At Food for the Brain, we believe that nutrition and lifestyle can play a fundamental role in symptoms related to poor mental health.



Our mission is to inform, educate and enable individuals to use the power of diet and nutrition to support brain health, and both prevent and address mental health conditions and neurological diseases.



We are committed to supporting individuals at each stage of life in receiving education specific to their age regarding nutrition and lifestyle interventions for optimising brain health and mental wellbeing.

## Our History



Food for the Brain (FFB) was established in 2006 to bridge the gap between science and action by driving awareness of the link between nutrition and optimal neurological and mental health. We act to:

- communicate science and nutritional research in a way that is engaging for the general public
- be a voice for personalised nutrition and lifestyle changes with regards to neurological and mental health
- collaborate with and amplify the voices of scientific researchers and organisations similarly aligned with our mission and vision
- contextualise scientific findings into practical and empowering everyday strategies and interventions that support neurological and mental health

We are overseen by a Board of Trustees and supported by a panel of experts forming our Scientific Advisory Board (SAB). The role of the SAB is to advise, support and collaborate with the charity to underpin the scientific approach of the FFB and its mission.

## Why Fundraise for Us?



We are a charity providing free educational resources about nutrition and brain health across the lifespan



Our validated Cognitive Function Test has been taken by almost 400,000 people, and is a free educational resource available anywhere in the world to support individuals in preventing cognitive decline

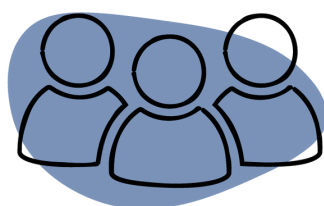


We are currently developing a personalised tool building upon the Cognitive Function Test, which will identify key risk areas for developing dementia and offer evidence-based nutritional and lifestyle interventions which may help to reduce risk

## Key Steps for Organising a Tea Party

Our easy step by step checklist, is below:

1. **Invite:** use our branded invitations to get the word out about your tea party
2. **Delegate:** ask your guests to choose at least one recipe from this book to bring
3. **Bake:** our simple step by step instructions and ingredient lists make baking nutritious treats super easy. *Don't forget to pick up some herbal teas / kombucha or other healthy beverages to serve with your creations!*
4. **Celebrate:** enjoy your tea party and your friends/family!
5. **Donate:** You can donate via and share this link with your friends: <https://foodforthebrain.org/your-generous-donations/>
6. **Share:** why not share some snaps from your tea party on social media to inspire others? #ffbtteaparty



## Gluten Free & Dairy Free Chocolate Muffins

by Amy Jade Surman of @nutritionallyfreefrom

### *Ingredients*

- 250g Coconut sugar
- 250g Gluten free self-raising flour
- One whole avocado
- Two bananas
- 2 eggs
- 50g cocoa powder
- 50g dark chocolate

### *Method*

1. Preheat the oven to 180 degrees
2. Cream together the coconut sugar and the avocado and bananas until creamy
3. Whisk the eggs in a separate bowl before adding to the mixture
4. Gradually add the gluten free flour and the cocoa powder
5. Place into muffin cases
6. Bake between 10-15 minutes, then place onto a cooling rack
7. When cooled, melt the dark chocolate, and pour on top of the muffins



## Gluten Free Oat Clusters

By Amy Jade Surman of @nutritionallyfreefrom

### *Ingredients*

- 300g gluten free oats
- 1tsp baking powder
- 75g gluten free flour
- 50g coconut sugar
- 2 small bananas
- 1tsp liquid stevia
- 2tsp coconut milk

### *Method*

1. Heat the oven to 180C/160C fan/gas 4. Line a baking tray with baking parchment.
2. Sift the flour into a bowl. Mix in the baking powder, porridge oats and coconut sugar.
3. Mash up bananas, add together liquid stevia and milk in a small saucepan or in the microwave and stir.
4. Add to the dry ingredients. Mix until the liquid covers all the oat mixture and until well combined.
5. Spoon onto a baking tray
6. Bake for 10-15 mins, or until golden brown. Leave to cool for 5 mins before removing from the tray.



## Gluten Free Dark Chocolate Tiffin

### *Ingredients*

#### *Base*

- 1/2 cup of cashew nuts
- 1 heaped tbsp of coconut oil
- 1 cup of dates

#### *Middle layer*

- 1/2 cup of dates
- 1/2 cup of canned coconut milk



#### *Top layer*

- 100 g of dark chocolate
- 1 heaped tbsp of coconut oil
- 1/2 cup of desiccated coconut
- 1/2 cup of canned coconut milk

### *Method*

1. Blitz the ingredients for the bottom layer, and then place the mixture in a container or baking tray.
2. Blitz the ingredients for the middle layer, and gently spread over the bottom layer.
3. Melt the dark chocolate and coconut oil together.
4. Add the desiccated coconut and coconut milk.
5. Blitz ingredients together until smooth and spread on top.
6. Cover with cling film and place in the fridge until mixture solidifies.

## Paleo Chocolate Cake

### *Ingredients*

- 100g of dark chocolate (70% +)
- 1 cup of milled linseeds
- 1 cup of ground almonds
- 1 banana
- ¼ cup cashews
- ¼ cup walnuts
- ¼ cup dates
- 1 cup of coconut milk (canned)
- Sprinkling of desiccated coconut for dusting on top



### *Method*

1. Add cashews, walnuts and dates to a food processor and blitz.
2. Mash banana and melt dark chocolate.
3. Add to bowl and mix with the ground flaxseeds and almond. Add coconut milk and stir together until mixed together.
4. Place in cake tin and then sprinkle the desiccated coconut on top. Bake for 20 mins at 200°C /395°F.

## Lemon Blueberry Cake

### *Ingredients*

- 5 large over ripe bananas
- 1/4 cup unsweetened apple sauce
- 1 teaspoon pure vanilla extract
- 1/4 cup unsweetened almond milk (or other non-dairy milk)
- zest of one lemon (2 1/2 tbsps lemon zest)
- juice of one lemon (2 tbsps lemon juice)
- 1 1/2 cups wholewheat flour
- 1/3 cup quick oats
- 3 teaspoons baking powder
- 1/4 teaspoon fine sea salt
- 2 1/2 cups blueberries (or raspberries)

### *Method*

1. Preheat the oven to 180°C /350°F.
2. Mash the five large bananas in a medium mixing bowl until free of any lumps.
3. Add the applesauce, almond milk, vanilla, lemon zest and juice, and whisk to combine.
4. In a separate, small mixing bowl combine the flour, oats, baking powder, and sea salt.
5. Add the dry ingredients along to the wet ingredients in the medium mixing bowl and as you are mixing, gently fold in the blueberries (or raspberries), taking care not to over mix the batter.
6. Pour into a non-stick, (or lightly greased) 8 x 8 cake pan. Bake for 40-45 minutes, until lightly golden. Cake is ready when a knife or toothpick inserted comes out clean. Allow to cool completely before removing from the pan and slicing.



## Turmeric Spiced Banana Loaf

### *Ingredients*

- 14 ripe bananas
- 3 organic, free-range eggs
- $\frac{3}{4}$  cup buckwheat flour
- 1 tbsp coconut flour
- 1 tsp bicarbonate soda
- 1 tbsp turmeric latte powder (or
- 1 tsp turmeric, 1 tsp cinnamon,
- $\frac{1}{2}$  tsp nutmeg & pinch black
- pepper)



### *Method*

1. Preheat oven to 180°C /350°F. In a blender or food processor, combine bananas and eggs until smooth and creamy (this will help the cake to have a beautiful, fluffy texture).
2. In a bowl mix the buckwheat flour, coconut flour, bicarbonate soda, and turmeric latte powder/spices, until combined.
3. Add the blended eggs and bananas to the dry mixture and stir until well mixed. If it is very wet you can add a little more buckwheat flour as needed, until a cake-batter consistency is reached.
4. Pour into a lined (20cm/ 8 inch) cake tin and bake for 30 minutes, or until golden brown and cooked through.

## Sweet Potato Quiche

### *Ingredients*

- 14 sweet potatoes, peeled and sliced into thin rounds (the rounds should be thin enough to bend easily)
- 5 eggs, beaten
- 2 cups fresh spinach
- 10 slices of sundried tomato, chopped
- 1 red onion, sliced
- 1 garlic clove minced
- 2 tbsp. fresh chives
- 2 tsp. olive oil
- Sea salt and freshly ground black pepper



### *Method*

1. Preheat oven to 200°C / 400°F. Arrange potato slices in a pie dish in a circular pattern to form a “crust” for the quiche. Drizzle sweet potatoes with olive oil and season to taste. Place in the oven and bake 15 to 20 minutes.
2. Meanwhile, melt some cooking fat in a skillet over medium heat and add the garlic and onion. Cook until the onion and garlic are soft and fragrant, around 5 minutes.
3. Add in the spinach. Sauté until wilted, 2 to 3 minutes, and set aside to cool down. When the sweet potatoes are done, lower the oven heat to 190°C / 375°F.
4. In a bowl, combine beaten eggs with the spinach mixture, sundried tomato, and chives.. Pour over the sweet potato crust, and place in the oven.
5. Bake 30 to 35 minutes, or until the eggs are set; serve warm

## Broccoli Cakes

### *Ingredients*

- 12 trimmed broccoli florets (each one should fit into a muffin cup with room to spare)
- 275g butter, softened
- 4 large eggs
- 300g flour
- 1 tsp. baking powder
- 1 tsp. turmeric
- 1/2 tsp. cayenne pepper
- 1/2 tsp. salt
- 60g strong cheddar cheese, grated



### *Method*

1. Preheat the oven to 180°C/350°F. Bring a pot of water to the boil and blanch the broccoli florets for 3 minutes. Rinse well in cold water to stop the cooking, then dry each floret well with paper towels and set aside.
2. Beat the butter until soft and creamy, then add the sugar and continue, beating until fluffy. Add the eggs one at a time, beating well after each addition.
3. Mix together the flour, baking powder, turmeric, cayenne and salt, and beat this into the wet ingredients as well. Finally, fold in the grated cheese with a spatula.

## **Get in Touch**

If you'd like to find out more about fundraising for us and how we can work together, please do not hesitate to get in touch with us.



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