



Mood-Boosting Recipe Guide

What we eat has a powerful impact on our mental health and overall well-being. This guide features five quick, nutritious, and colorful recipes packed with vitamins, minerals, and antioxidants to support brain health, balance mood, boost energy, and promote healing.

We eat with our eyes first, so these recipes are not only easy to prepare but are also vibrant and beautifully presented. A variety of colorful foods isn't just pleasing to look at—it's essential for a healthy gut and reducing inflammation. Embrace meals that nourish your body and mind while helping you feel your best!



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Berry Smoothie

Ingredients:

- Serves: 1
- Ingredients:
- 1 cup unsweetened almond milk (or milk of choice)
- 1 cup frozen mixed berries (blueberries, strawberries, raspberries)
- 1 small banana
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- ½ teaspoon ground cinnamon

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into a glass and enjoy a nutrient-packed start to your day!

Mood boosting Benefits

- Berries are high in antioxidants, which protect the brain from oxidative stress.
- Bananas provide natural sweetness and a serotonin-boosting effect.
- Chia seeds add omega-3 fatty acids for brain health.



Warm Lentil and Sweet Potato Salad

Ingredients:

- Serves: 2
- Ingredients:
- 1 cup cooked lentils
- 1 medium sweet potato, cubed
- 2 cups fresh spinach
- 2 tablespoons olive oil
- 1 teaspoon ground turmeric
- ½ teaspoon paprika
- 1 tablespoon lemon juice

Directions:

1. Roast sweet potato cubes in the oven at 400°F (200°C) for 20-25 minutes with 1 tablespoon olive oil, turmeric, and paprika.
2. In a bowl, toss warm lentils, spinach, roasted sweet potatoes, remaining olive oil, and lemon juice.
3. Serve warm or at room temperature.

Mood boosting Benefits

- Lentils are rich in folate, essential for brain function.
- Sweet potatoes are packed with complex carbs and vitamin B6, which supports serotonin production.
- Turmeric has anti-inflammatory properties that can reduce symptoms of depression.



Avocado and Chickpea Toast

Ingredients:

- 1 slice whole-grain bread
- ½ ripe avocado
- ¼ cup canned chickpeas, drained and rinsed
- 1 teaspoon lemon juice
- 1 pinch red pepper flakes (optional)
- Salt and pepper to taste

Directions:

1. Mash avocado and chickpeas together in a bowl. Add lemon juice, salt, and pepper.
2. Spread the mixture over a toasted slice of whole-grain bread.
3. Sprinkle with red pepper flakes if desired.

Mood boosting Benefits

- Avocados are high in healthy fats and folate, supporting brain health.
- Chickpeas contain tryptophan, an amino acid that boosts serotonin levels.
- Whole grains provide sustained energy and fiber.



Happy Crunch Mix

Ingredients:

- Serves: 4 (snack portions)
- ½ cup raw almonds
- ½ cup raw walnuts
- ¼ cup dark chocolate chips (70% cocoa or higher)
- ¼ cup dried cherries or cranberries (unsweetened)
- 2 tablespoons pumpkin seeds

Directions:

1. Combine all ingredients in a bowl or jar.
2. Store in an airtight container for an easy grab-and-go snack.

Mood boosting Benefits

- Dark chocolate contains flavonoids, which improve brain function.
- Nuts and seeds provide magnesium, a mineral linked to reduced anxiety.
- Dried cherries are a natural source of melatonin for better sleep.



Soothing Golden Milk

Ingredients:

Serves: 1

- 1 cup unsweetened oat milk (or milk of choice)
- 1 teaspoon ground turmeric
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- 1 teaspoon maple syrup (optional)
- Pinch of black pepper

Directions:

1. In a small saucepan, combine all ingredients and heat over medium-low heat, stirring frequently.
2. Once warm, pour into a mug and sip slowly for a calming experience.

Mood boosting Benefits

- Turmeric and ginger reduce inflammation and support brain health.
- Oat milk provides B vitamins to boost energy and combat stress.
- Cinnamon promotes blood sugar stability, which helps maintain mood.