

Miso Sesame Glazed Cod

 SERVES 4  TIME: 20 MIN

INGREDIENTS

4 pieces of cod (each 5 oz)
2 Tbsp miso
2 Tbsp toasted sesame oil
1.5 tsp grated peeled ginger root

Extra Boosts:

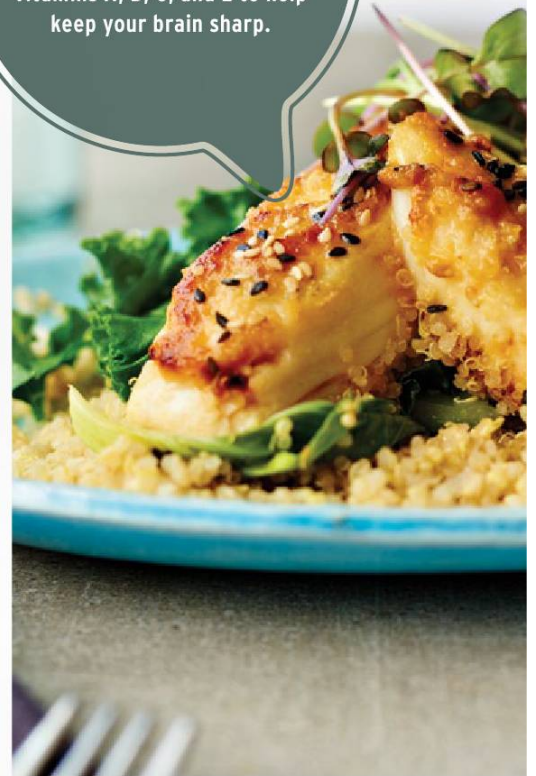
4 chives, finely chopped
2 tsp sesame seeds
Handful of sprouts (optional)

INSTRUCTIONS

1. Preheat the oven to 350°F and line a baking sheet with parchment paper. Place the cod on the baking sheet.
2. Mix the miso, sesame oil, and ginger together in a small bowl. Spread some of the mixture over each piece of cod and bake in the oven for 15 minutes. You'll know it's ready when the flesh gently flakes with a fork.
3. Top the cod with chopped chives and sesame seeds and serve. You can keep leftovers in the fridge for up to 4 days and reheat them when you are ready to eat.

Cod

A healthy source of protein and omega-3 fatty acids, and rich in vitamins A, B, C, and E to help keep your brain sharp.



Your diet is crucial to the maintenance of a healthy brain and functional independence as you get older. Memory Morsels® is a website dedicated to delicious, brain-health recipes, brain health tips (our morsels), and great information to help keep your brain functioning the way you want.

Chocolate Tahini Cookies

 MAKES 14  TIME: 18 MIN

INGREDIENTS

1 large egg
1/2 cup tahini
1/2 cup blanched almond flour
1/2 cup coconut sugar
1/2 tsp baking powder
1 dark chocolate bar (3.5 oz, 70% or higher), coarsely chopped
1/4 tsp coarse sea salt

INSTRUCTIONS

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. In a medium-sized bowl, mix together the egg, tahini, almond flour, coconut sugar, and baking powder. It will make a thick, sticky mixture.
3. Fold in the chopped chocolate.
4. Scoop about 1 tablespoon of batter and place it on the baking sheet. Continue to do this, spacing each cookie about 2.5 inches apart, until you have used all of the dough. If you prefer a larger cookie, scoop 2 tablespoons per cookie. Sprinkle cookies with the coarse salt.
5. Bake in the oven for 8-9 minutes, watching carefully because they can burn easily. They should be just lightly browned on top.
6. Let cool for 10 minutes on the baking sheet. Then transfer to a plate or container for storage.
7. These can be stored in a cool place in the pantry for 2 days or in the fridge for 1 week. You can freeze these for 3 to 4 months.

Almonds

Decrease oxidative stress and are packed with vitamins and minerals to help enhance memory function and overall brain health.