



Brain Balance®  
ACHIEVEMENT CENTERS

## Nutritious Recipes Worth Celebrating



At Brain Balance, we take a whole child approach. By combining sensory-motor skills, confidence building, academics, and nutritional guidance we can help children who struggle. When you enroll your child at your local Brain Balance center, you will be making some changes to optimize your child's nutrition. You will have the support of our team of friendly dietitians. We are ready to help even the pickiest eater make progress on their eating. Your nutrition appointments take place virtually so that you are able to connect with our dietitians from the comfort of your home or office.

Here are our Brain Balance dietitians' top four tips and favorite recipes!



Holly Larson



Katie Wells



Ariana Kulinczenko



Holly Larson

Brain Balance has a plan for kids who struggle. Brain Balance has worked with over 30,000 children and their families and we know we can help yours, too. Visit [BrainBalance.com](https://www.BrainBalance.com) to learn more.



## TIP #1: INCORPORATE MORE FRUITS AND VEGETABLES INTO MEALS YOU ALREADY LOVE.

Fruits and veggies are packed with nutrients and fiber, and including them in your child's favorite meals can add extra nutrition and help build up their nutrient stores so they can be at their best! You can add shredded carrots to spaghetti sauce, spread some mashed avocado on top of a quesadilla, or make meatloaf stuffed with your favorite veggies.

### BBQ Meatloaf Muffins with Sweet Potato Topping

#### Meatloaf:

- 1 1/2 lb. ground beef
- 2 teaspoon olive oil
- 1 small onion, minced
- 1 small zucchini, shredded
- 3 garlic cloves, peeled and minced
- 1/2 cup barbecue sauce
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

#### Topping:

- 2 medium sweet potatoes, peeled and cubed
- 1 tablespoon coconut oil
- 1/4 teaspoon salt



#### Directions:

1. Preheat oven to 350°F.
2. Place ground beef in a medium bowl and set aside.
3. Add the onion and zucchini, stirring occasionally, until they start to soften.
4. Add garlic, cook 30 seconds or until fragrant.
5. Add onion-garlic mixture to ground beef. Add barbecue sauce, sea salt, pepper and dried thyme. Using your hands or a spoon, mix well to combine.
6. Divide meat mixture evenly among 12 wells of a muffin pan.
7. Bake in preheated oven for 20 minutes or until meat is no longer pink in the center.
8. While meatloaves are baking, steam sweet potatoes until tender, about 10-12 minutes. Drain and puree sweet potatoes and coconut oil in a food processor, or mash well with a fork.
9. Scoop topping onto meatloaves or fill a plastic zip-top with topping, trim the corner of the bag with a scissors and pipe topping onto meatloaves. Or use a spoon to top.
10. Drizzle with additional barbecue sauce, if desired.



#### Holly Larson, Brain Balance dietitian:

*Even though I was a picky eater as a kid, my parents developed my confidence around new foods, including vegetables, by continuing to serve them each day. My love of veggies grew each summer as I gardened with my dad. I loved planting seeds, watering the plants and then picking sweet bell peppers and green beans. Even if you don't have a garden in your yard, you can grow a tomato plant, some lettuce or even some tiny carrots in a pot. Encouraging your kiddos to get involved in growing foods helps them to be more excited about eating them - even veggies!*





## TIP #2: EAT THE RAINBOW!

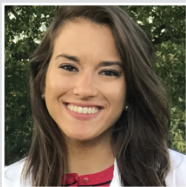
And a rainbow of colors means a variety of health-boosting phytochemicals such as the beta-carotene that makes carrots orange and the lycopene that makes tomatoes red. More colors means more nutrients! Roasting brings out the natural sweetness in the veggies.

### Roasted Veggies

- 1 red bell pepper cut in rings
- 1 yellow bell pepper cut in fat strips
- 5 blue or purple potatoes, scrubbed and cut in chunks
- 2 red beets, peeled and cut in small wedges
- 2 golden beets, peeled and cut into small wedges
- 1/2 small kabocha squash, cut in half, de-seeded, and then into 1/2 inch thick slices
- 2 cups small Brussels sprouts (*cut larger ones in half*)
- about 16 baby asparagus stalks
- 1 watermelon radish, sliced and cut in half moons
- several baby parsnips, peeled (*you can use larger parsnips, cut in strips*)
- 8-10 baby carrots, peeled (*you can use larger carrots, cut in strips*)
- extra virgin olive oil for drizzling, about 1/4 cup
- salt and fresh cracked black pepper to taste
- red pepper flakes to taste
- 1 teaspoon dried oregano

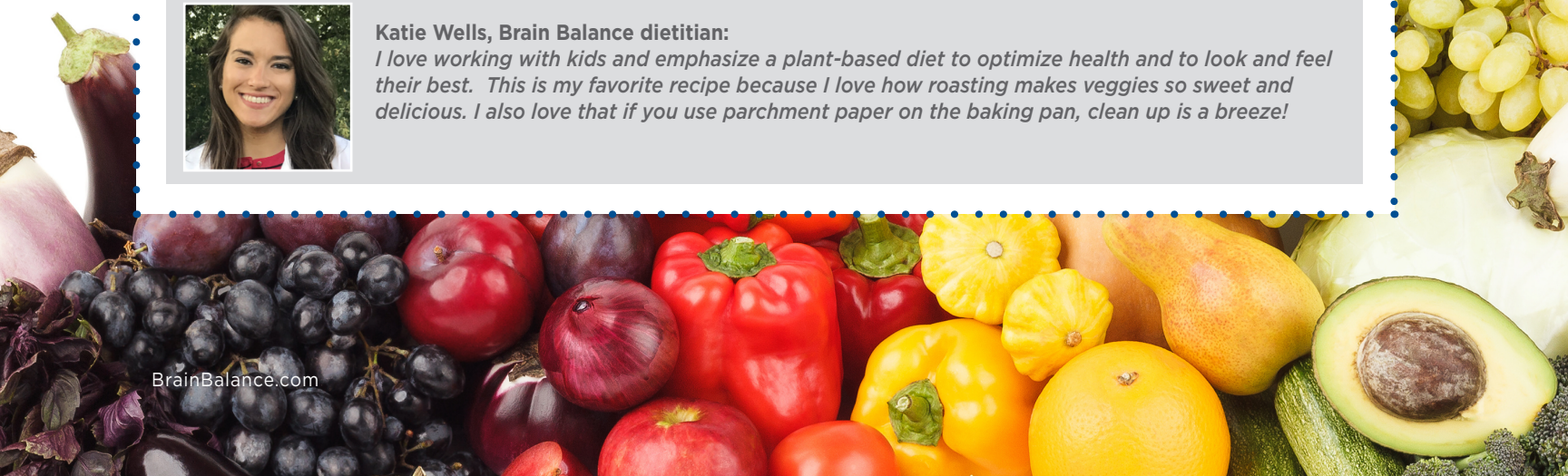
#### Directions:

1. Set oven to 400°F
2. Drizzle the vegetables with olive oil and toss to lightly coat. Season with salt and pepper.
3. Arrange in a single layer on two baking sheets. Put the denser vegetables like beets, carrots, and squash, on one sheet because you will want to cook them a little longer than the others. Arrange the rest on the second baking sheet. Sprinkle all with crushed red pepper flakes and oregano.
4. Roast for about 30-40 minutes, rearranging or flipping the vegetables once or twice during cooking. Remove when the veggies are tender but not mushy.



**Katie Wells, Brain Balance dietitian:**

*I love working with kids and emphasize a plant-based diet to optimize health and to look and feel their best. This is my favorite recipe because I love how roasting makes veggies so sweet and delicious. I also love that if you use parchment paper on the baking pan, clean up is a breeze!*





## TIP #3: INCREASE YOUR FIBER INTAKE!

Fiber improves gut health and digestion, helps lower cholesterol, regulates blood sugar and helps reduce inflammation in the body. Eat more fiber naturally by focusing on getting a variety of fruits and vegetables in your diet and eating whole-grains

### Quinoa Spinach Power Salad with Lemon-Vinaigrette

- 1/2 cup uncooked quinoa
- 2 cups spinach, finely chopped
- 1 tomato, diced
- 1/2 cup diced cucumbers
- 1/4 cup raisins
- 1 1/2 tablespoon lemon juice
- 1 1/2 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

#### Directions:

1. In a medium bowl, rinse the quinoa a few times.
2. In a medium saucepan, boil 2 cups of salted water. Add the quinoa and continue to boil for about 10 minutes until the quinoa is tender.
3. Drain the quinoa and let it cool.
4. In a large bowl, combine the spinach, tomatoes, cucumbers, raisins and cooled quinoa.
5. In a small bowl, make your lemon vinaigrette. Combine the lemon juice, olive oil, salt and pepper.
6. Pour onto the salad and toss to coat.
7. Season to taste with more salt and pepper, if needed.



**Ariana Kulinczenko, Brain Balance dietitian:**

*I love helping our Brain Balance families find solutions to help their children, and family, live their healthiest and best lives. I have always been an active person and passionate about food and healthy eating. This is one of my favorite recipes because it is affordable! Having meatless meals occasionally helps to lower the grocery bill.*







## TIP #4: ENJOY TREATS, TOO!

Healthy eating should not feel like deprivation. Making changes takes effort and commitment, but there is room for treats, too. Healthy eating is about developing habits that feel doable day to day.

### Cranberry Orange Cookies

- 1/4 cup coconut oil solid but softened
- 1/4 cup smooth almond butter the creamier, the better
- 1/4 cup pure maple syrup
- 2 tablespoons coconut sugar
- 2 teaspoons orange zest grated (about 1 large orange)
- 1 teaspoon pure vanilla extract
- 1 egg
- 1 1/4 cups blanched almond flour
- 1/4 cup tapioca flour
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup dried cranberries

#### Directions:

1. Preheat your oven to 350 degrees and line a large baking sheet with parchment paper.
2. Whisk together the almond and tapioca flours, baking soda, salt and cinnamon, and set aside.
3. In a separate bowl with an electric mixer, cream together the almond butter and coconut oil until smooth, then add the maple syrup, coconut sugar, vanilla, and orange zest; continue to mix until very smooth. Add the egg and beat on low until fully combined.
4. Slowly mix in the flour mixture (with a spoon) until a sticky cookie dough forms. Fold in the cranberries, then chill the mixture in the fridge for 5-10 minutes.
5. Using a medium cookie scoop, drop the mixture onto a cookie sheet, about 2 inches apart since they will spread a bit.
6. Bake in the preheated oven for about 12-15 minutes or until cookies are set in the center and beginning to brown around the edges. They will be very soft but don't over-bake to maintain a chewy texture.
7. Remove from oven and allow to cool on the baking sheet for about 5 minutes, then carefully transfer to wire racks to cool completely. Makes 14 cookies. Enjoy!



#### Holly Larson, Brain Balance dietitian:

*I love celebrating with families when their picky eater enjoys their first bite of an apple. Making healthy changes, even with a picky eater, is possible! Our team is here to help your family make progress. I love this recipe because it is sweet and tasty, without quite as much sugar as a typical cookie recipe. Plus, it is made with almond flour so it is higher in protein and fiber. While still a treat to enjoy on occasion, it is a bit healthier.*

