

Favorite Mood-Enhancing Recipes



Walnut Flax Sprinkle

½ cup Walnuts, ground
½ cup Flaxseed, ground
2 Tbs. Date Sugar (dehydrated ground dates)
¼ tsp. Salt
1 tsp. Ceylon cinnamon

Grind walnuts in food processor or chop finely with a knife.
Grind flaxseed in coffee grinder.
Mix all ingredients together thoroughly.
Store in small glass jar with airtight lid in refrigerator.
Delicious as a sprinkle on hot cereal, toast, or smoothie.

Walnuts and flaxseeds are high in Omega-3 and wonderful for brain health and better moods.

Toasted Tofu

1 lb. Extra firm water pack tofu, organic
2 Tbs. Braggs Liquid Aminos
1 Tsp. Garlic, granulated
Lucia's Chicken-style seasoning to taste.

Preheat oven to 400°F.
Cut the tofu into ½ inch cubes. Toss with seasonings and spread on a parchment paper lined cookie sheet.
Bake until lightly browned a a bit crispy on edges. Serve over brown rice, toss into a veggie starry, or use as a salad topping. Delicious as is!

Tofu has very high tryptophan levels which are important for the production of serotonin in the brain.

Meat-free Meatballs

- 2 c. ground walnuts
- 2 Tbs. of garbanzo bean flour, soy flour, or ground flax seed
- 1 c. dry whole wheat bread crumbs
- 1/2 tsp. oregano and sage
- 1 large onion, chopped fine
- 1/2 c. or a little less non-dairy, plain flavored, milk
- 1 Tbs. Lucia's chicken style seasoning, or to taste (see recipe below)
- 1 Tbs. instant gluten or ground flaxseed

Mix all ingredients well, using just enough non-dairy milk to allow ingredients to stick together enough to form the meatballs. Form the balls and place on a parchment paper lined cookie sheet. (a 1" diameter scoop makes it real fast!)

Bake at 350° for about 20 minutes then turn them to another side and bake about 10 more minutes, and turn again to brown another side. Remove from oven when nicely browned all over.

You may pour tomato sauce over them and warm them with the sauce for about 20 minutes just before serving. Do not stir.

Can be served with spaghetti, whole wheat couscous, brown rice, potatoes, or bulgur.

Makes 24, 1" diameter balls.

Lucia Chicken Style Seasoning

- 1 ½ c. Nutritional Yeast Flakes
- ½ c. Salt
- 1 ½ t. Turmeric
- 1 T. Garlic pwd.
- 3 T. Onion pwd.
- 1 ½ t. Marjoram
- 1 ½ t. Sage
- 3 T. Parsley flakes

Blend thoroughly to powder-like consistency. Keep in tightly covered jars.

The Best Cheezy Sauce

Whiz in blender until very smooth:

- 1 c. water
- 1 c. raw, rinsed, cashews
- 1 t. onion powder
- 1/8 t. garlic powder
- 1 t. salt
- 3 T. nutritional yeast flakes

Use in any baked dish that calls for cheese. Great as topping on pizza, between layers of “eggplant parmesan” or baked pasta of any kind. Will thicken with cooking.

Variation: may add ½ c. of pimentos for a sweeter, orange colored cheese. May also add 1/3 c. lemon juice for tarter flavor.

This is a great replacement for melty cheese without the high negative brain health effects of animal products.

Edamame Delight Salad

- 1 c. canned or cooked white corn
- 2 c. steamed, green edamame (shelled green soybeans)
- ½ c. black olives, sliced
- ¼ c. red bell pepper, diced
- ¼ c. celery, diced
- ⅓ c. radishes, diced
- 2 Tbs. of green onions, chopped
- 1 Tbs. of cilantro, chopped
- 3 Tbs. of soy mayonnaise (see recipe below) or Vegenaize

Mix all the ingredients, except the mayonnaise. Chill. At serving time add mayonnaise and enjoy.

Serves 4

Soy beans are a great source of tryptophan and omega-3 fatty acids.

No-Bake Brownies

- 1 pkg. organic graham crackers
- ½ cup walnuts, chopped
- ⅓ cup water
- 3 Tbs. non-dairy milk powder (NOW brand soy milk is a good one-on Amazon)
- ¾ cup carob chips (vegan and organic - Sunspire or Chatfields)
- 1 tsp. vanilla
- 3-5 drops peppermint oil (optional)

In a food processor, grind the crackers until fine. Should yield about 1 ¾ cups.

Combine graham cracker crumbs and walnuts and set aside.

In a saucepan, mix water and milk powder. Cook over medium heat until warm. Add all ingredients to the saucepan (except cracker and nut mixture). Stir until melted and thoroughly combined.

Remove from heat. Add cracker-walnut mixture and mix well.

Press into oiled 8 inch square pan.

Let sit 30 minutes, cut and serve.

Make-ahead variation, great to keep on hand for unexpected company: Roll the brownie mixture in the shape of a log, wrap in plastic wrap and freeze. Cut and serve at a moment's notice. Thaw for 15 minutes before slicing and serving.

Adapted from Erica Nedley, in Depression the Way Out.

This recipe uses carob chips instead of chocolate chips. Carob is naturally sweet and low in fat, high in calcium, and other vitamins and minerals. It tastes and looks enough like chocolate to be used as a substitute. Carob is free of tannin, caffeine, or theobromine - all of which are found abundantly in cocoa, and have been associated with headaches and depression.

Happy Cookies

2 ½ cups walnuts, ground in food processor
⅔ cup whole wheat pastry flour or spelt flour
1 tsp. salt
⅓ cup flaxseed meal
⅓ cup carob chips
½ cup + 2 Tbs. maple syrup
2 tsp. vanilla

In a small bowl add all the ingredients in the given order. Mix well.
Spray a large cookie sheet and preheat the oven to 350°F.
Drop dough on cookie sheet with a spoon and flatten with a fork.
Bake for 10-15 minutes or until golden brown, checking often to prevent burning.
Let cook before removing from the cookie sheet.
Makes 1 dozen.

Adapted from Erica Nedley, in Depression the Way Out.

These super tasty cookies are so easy to make are healthy for you. Very high in omega-3, they are made without butter and eggs. Maple syrup adds a delicious touch of natural sweetness and replaces all the sugar found in most cookies.