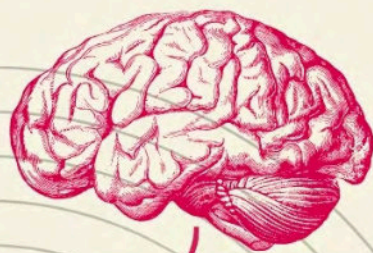


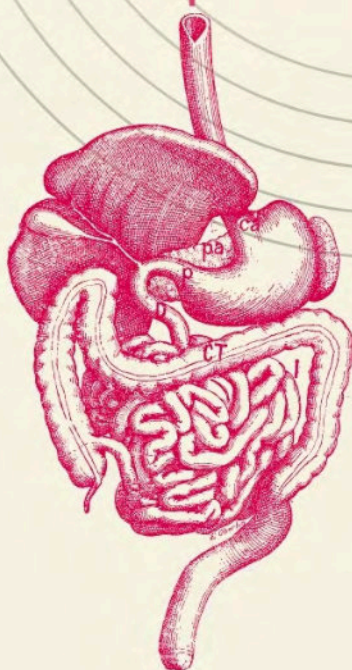
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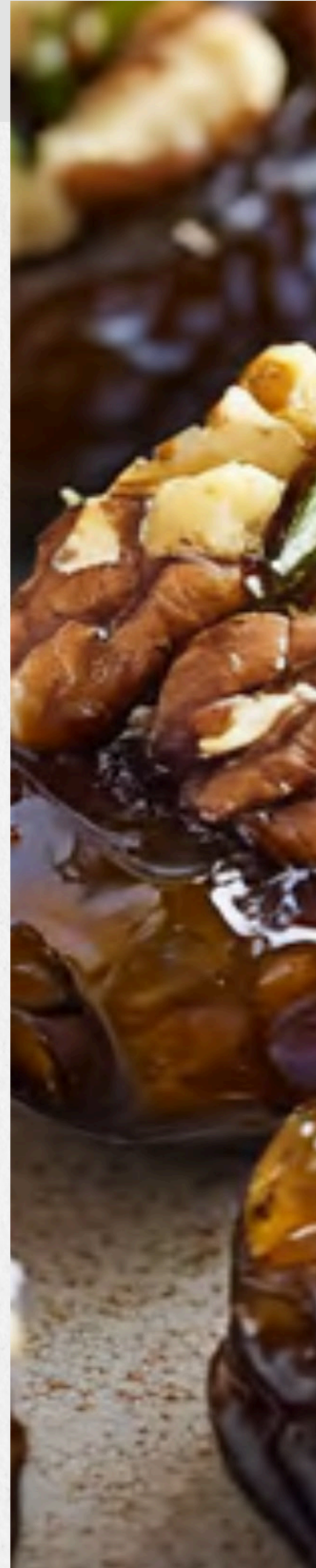
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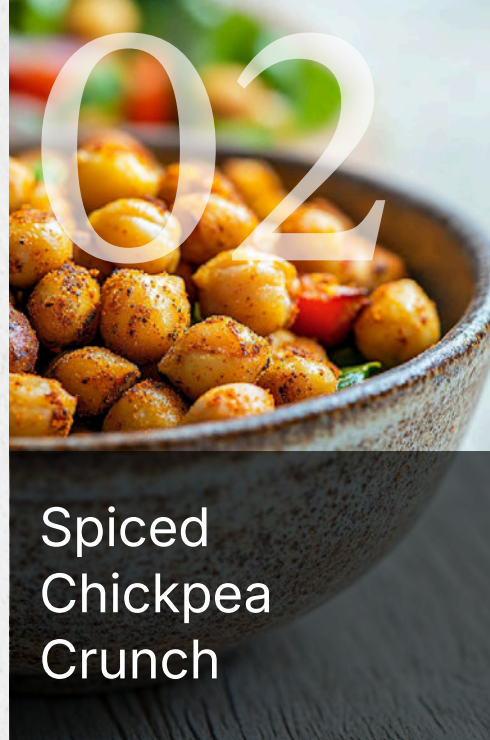
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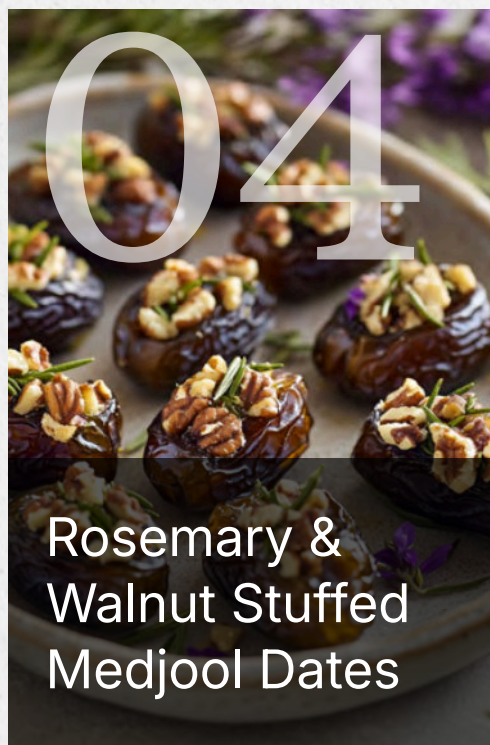
Savory Turmeric
& Flaxseed
Crackers



Spiced
Chickpea
Crunch



Coconut Cacao
Almond Protein
Balls



Rosemary &
Walnut Stuffed
Medjool Dates



Savory Turmeric & Flaxseed Crackers

These Savory Turmeric & Flaxseed Crackers are a crunchy, gut-loving snack packed with brain-boosting nutrients. Flaxseeds are a great source of fiber, omega-3s, and lignans that support gut health and brain function, and turmeric contains curcumin, a powerful anti-inflammatory compound that helps protect cognitive health. Perfect for dipping into hummus or enjoying on their own, they make a flavorful and nourishing alternative to store-bought crackers.

Ingredients:

- 1 cup (150 g/8 oz) ground flaxseeds
- ½ cup (75 g/4 oz) whole flaxseeds
- ¼ cup (38 g/2 oz) sunflower seeds
- 1 teaspoon turmeric powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried oregano or rosemary
- ½ teaspoon sea salt
- ½ cup water (120 ml/4 fl oz)
- 1 tablespoon olive oil
- 1 teaspoon lemon juice

Instructions:



1. Preheat your oven to 300°F (150°C) and line a baking sheet with parchment paper.
2. In a bowl, mix the ground flaxseeds, whole flaxseeds, sunflower seeds, turmeric, garlic powder, onion powder, oregano, and sea salt.
3. Add the water, olive oil, and lemon juice, stirring until the mixture thickens into a dough-like consistency. Let it sit for 10 minutes to allow the flaxseeds to absorb moisture.
4. Place the dough between two sheets of parchment paper and roll it out to about 1/8-inch thickness. Remove the top parchment layer and score the dough into cracker-sized rectangles with a knife or pizza cutter.
5. Bake for 35-40 minutes until the crackers are firm and golden brown. Let them cool completely before breaking them apart.
6. Store in an airtight container and enjoy with your favorite dips or on their own!



Spiced Chickpea Crunch

This Spiced Chickpea Crunch is a protein-packed, fiber-rich snack that supports gut health and fuels your brain. Roasted chickpeas are coated in anti-inflammatory spices like cumin and paprika, creating a crispy, flavorful snack that satisfies cravings while nourishing your body. Perfect for on-the-go munching or adding crunch to salads!

Ingredients:

- 1½ cups (240g/9oz) cooked chickpeas
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon turmeric powder
- ½ teaspoon garlic powder
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
(optional, for a spicy kick)

Instructions:



1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a clean towel to remove excess moisture—this helps them crisp up.
3. In a bowl, toss the chickpeas with olive oil and all the spices, ensuring they are well coated.
4. Spread them out evenly on the baking sheet and roast for 30-35 minutes, shaking the pan halfway through, until crispy and golden brown.
5. Let them cool slightly before enjoying! Store in an airtight container for up to 3 days.



03 Coconut Cacao Almond Protein Balls

These Coconut Cacao Almond Protein Balls are the perfect gourmet snack—rich, decadent, and loaded with brain-boosting and gut-supporting ingredients. Almonds provide healthy fats and vitamin E, essential for brain function, while chia seeds and flaxseeds are loaded with omega-3 fatty acids and fiber that reduce inflammation and support cognitive function. Meanwhile, cacao is high in flavonoids that combat damage from free radicals. Plus, they're naturally sweetened with dates, making them a wholesome indulgence!

Ingredients:

- 1 cup (150 g/6 oz) raw almonds
- ½ cup (40 g/1.4 oz) unsweetened shredded coconut (+ extra for rolling)
- ¼ cup (25 g/0.9 oz) raw cacao powder
- 8 Medjool dates
(approx. 160 g / 5.64 oz), pitted
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseed
- ½ teaspoon ground cinnamon
- ¼ teaspoon sea salt
- 1 teaspoon vanilla extract
- 2 tablespoons almond butter
(or tahini for a deeper, nutty flavor)
- 1-2 tablespoons water, as needed

Instructions:



1. In a food processor, pulse the almonds, shredded coconut, cacao powder, chia seeds, flaxseed, cinnamon, and sea salt until finely ground.
2. Add the dates, vanilla extract, and almond butter (or tahini). Pulse until the mixture starts to clump together. If it's too dry, add 1-2 tablespoons of water, one at a time, until the mixture holds together when pressed.
3. Using your hands, roll the mixture into small balls (about 1 inch / 2.5cm in diameter).
4. Roll each ball in shredded coconut for a gourmet finish.
5. Place the balls in an airtight container and refrigerate for at least 30 minutes before serving. Store in the fridge for up to a week or freeze for longer shelf life.



Rosemary & Walnut Stuffed Medjool Dates

These Rosemary & Walnut Stuffed Medjool Dates are a gourmet blend of sweet and savory flavors, offering a brain-boosting and gut-friendly snack. Medjool dates provide natural sweetness and gut-supporting fiber, while walnuts provide healthy fats that support brain function and reduce inflammation. Rosemary contains carnosic acid and carnosol, potent antioxidants which are known for their ability to scavenge free radicals and which may help protect neurons from oxidative stress. A touch of lemon zest enhances the depth of flavor, making these an elegant yet easy-to-make snack.

Ingredients:

- 12 Medjool dates
(approx. 240 g/8.47 oz), pitted
- ½ cup (50 g/2 oz) walnuts, finely chopped
- 1 teaspoon fresh rosemary, finely minced
- ½ teaspoon lemon zest
- 1 teaspoon extra virgin olive oil
- ¼ teaspoon sea salt
- Pinch of black pepper

Instructions:



1. Slice each Medjool date open lengthwise and remove the pit, creating a small pocket for the filling.
2. In a small bowl, mix the chopped walnuts, rosemary, lemon zest, olive oil, salt, and black pepper.
3. Using a small spoon, fill each date with the walnut mixture, pressing gently to ensure the filling stays inside.
4. Arrange on a serving plate and enjoy immediately, or store in an airtight container in the fridge for up to 5 days.