



# *Student* **RECIPES**

NEUROSCIENCE FOUNDATION





# CONTENTS

## THE BASICS

- 3 Blueberry and Yogurt Smoothie Bowl

## RAW JOURNEY

- 4 Berry and Almond Granola Bars

## THE NEXT LEVEL

- 5 Grilled Chicken and Veggie Skewers
- 6 Letter From Team





# Blueberry and Yogurt Smoothie Bowl



## Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup frozen blueberries
- 1/2 banana
- 1/4 cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp honey
- Toppings: sliced almonds, fresh blueberries, and coconut flakes

## Procedure:

- Blend the yogurt, blueberries, banana, oats, chia seeds, and honey until smooth.
- Pour the mixture into a bowl and
- add the toppings.






# BERRY AND ALMOND GRANOLA BARS

## Ingredients :

- 2 cups old-fashioned oats
- 1/2 cup chopped almonds
- 1/2 cup dried blueberries
- 1/2 cup dried cranberries
- 1/2 cup honey
- 1/4 cup almond butter
- 1 tsp vanilla extract
- 1/4 tsp salt

## Directions :



Preheat the oven to 350°F. Mix the oats, almonds, blueberries, and cranberries in a bowl.

In a small saucepan, heat the honey, almond butter, vanilla extract, and salt over medium heat until well combined. Pour the mixture over the oat mixture, and stir until everything is coated.

Press the mixture into a greased 9x13 inch baking dish, and bake for 20-25 minutes, or until the edges are golden brown. Let cool before cutting into bars.





# GRILLED CHICKEN AND VEGGIE SKEWERS



Serves: 8



Prep: 20min



Cook: Overnight

## INGREDIENTS

1 lb. boneless, skinless chicken breast, cut into 1-inch cubes. 2 bell peppers, cut into 1-inch pieces. 1 red onion, cut into 1-inch pieces. 1 zucchini, cut into 1-inch rounds. 1/4 cup olive oil. 1 tbsp balsamic vinegar. 2 cloves garlic, minced. 1 tsp dried oregano. 1/2 tsp salt. 1/4 tsp black pepper

## METHOD

1. Preheat the grill to medium-high heat.
2. In a large bowl, mix the olive oil, balsamic vinegar, garlic, oregano, salt, and pepper.
3. Add the chicken, peppers, onion, and zucchini to the bowl, and toss to coat everything in the marinade.
4. Thread the chicken and veggies onto skewers, and grill for 10-12 minutes, or until the chicken is cooked through and the veggies are slightly charred.



19 March, 2023

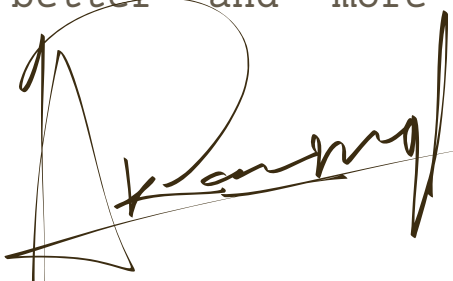
thank you



### ***To Our Readers***

Thank you for taking the time to read our cookbook and we hope you take some time to try some of these recipes yourself. We were motivated to design an easy and simple cookbook for students who want to keep after their diets and start consuming responsibly. All the materials listed are easy to get at a grocery store and the process to make these dishes will take less than 20 minutes. As students, our gut health is so essential to both our physical health and our mental health. This is why we would like to incorporate more dishes from different cultures as a healthy consumption of food cannot be limited to our western diets. We look forward to working with some of you in the future to develop better and more comprehensive meal plans.

**With Love**

  
**Neurogenesis Proj.**





# WE ARE

# HIRING



**JOIN  
OUR  
TEAM!**

## **POSITIONS AVAILABLE**

- Web Developer
- Finance Director
- Video Editor
- Course Coordinator



**APPLY  
NOW**

Send your  
inquiries to

[theneurosciencefoundation@gmail.org](mailto:theneurosciencefoundation@gmail.org)



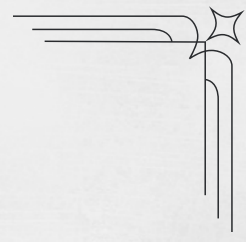
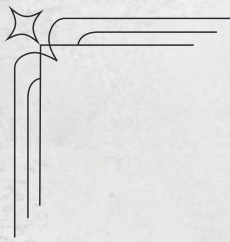


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