

Eating for mental health

# GOOD MOOD FOOD

Eating for mental health starts with a happy gut. Eat your way to a good mood with this day of recipes!



## BREAKFAST: OVERNIGHT OATS

In a jar with a lid combine cup rolled oats, plant-based milk, maple syrup, coco powder, and nut butter. Put on the lid of the jar and shake well to mix. Put the jar in the fridge overnight. In the morning, top with blueberries and cinnamon. Enjoy!

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup plant-based milk
- 1/2 tsp maple syrup
- 1 tbsp coco powder
- 1 tsp nut butter
- 1/4 cup blueberries
- dash of cinnamon

Ingredients:

- 1/2 cup brown rice
- 1/2 sweet potato (cubed)
- 5 brussel sprouts (quartered)
- 1/2 delicata squash (sliced)
- 1 tsp oil
- salt and pepper to taste
- sauce: 1 tbsp vegan mayo, 1/2 tbsp soy sauce, dash of ginger, garlic, chili flakes

## LUNCH: BUDDHA BOWL

Rinse and cook rice. Preheat oven to 400 F and prep veggies by cutting them. Drizzle veggies with oil and add a little salt and pepper. Bake on a baking sheet for 30 minutes, flipping them halfway through. Add rice to a bowl, top with roasted veggies and a drizzle of sauce. Enjoy!



## DINNER: SOUP

Preheat oven to 400 F and cut and peel squash. Drizzle with oil and bake on a baking sheet for 30 minutes. Halfway through flip the squash and add the onion and garlic to the baking tray. Add all of the ingredients to your blender and blend until smooth. Add more veggie broth and plant-based milk as needed to get a smooth and creamy soup!

Ingredients:

- 1/4 kabocha squash (peeled and cubed)
- 1/4 white onion
- 1 clove of garlic
- 1/2 cup red lentils (cooked)
- 1 tsp oil
- 1/2 cup vegetable broth
- splash of plant-based milk
- salt and pepper to taste

Ingredients:

- 1 cup frozen mixed berries
- 1 tbsp peanut butter
- 2 tbsp plant-based yogurt
- 1/2 cup spinach
- enough plant-based milk to blend



## SNACK: SMOOTHIE

Add all the ingredients to a blender and blend until smooth. Easy and delicious!

## MAKE IT YOUR OWN!

All of these recipes are full of fiber that's great for your gut and your mental health.

Make each of these dishes your own by swapping out the fruits and veggies each day to change the flavors and keep your gut and mind happy!

