

PARROT PATE' BRAIN FOOD

Create a mix of the following:

- almonds
- dark chocolate chips
- ground flaxseed
- honey-nut cheerios
- raisins

Serve in small cups.

- 1. Almonds contain choline which is good for the memory.** This nutrient is found in eggs and nuts. It augments brain and memory development.
- 2. Dark chocolate chips contain brain-boosting antioxidants for memory improvement.**
- 3. Ground flaxseed contains omega-3 fatty acids which improve cognitive functions.**
- 4. Honey nut cheerios are made with whole grains which improve memory function.** They contain folate and other B vitamins which help improve memory function and are rich in fiber, providing a steady stream of energy so your child can ace that math test.
- 5. Raisins are rich in iron which improves mental alertness and energy levels.**