



Mood boosting recipes



Food is strongly linked to how you feel so we have selected the perfect collection of recipes to boost your mood. From delicious savoury staples such as asparagus, toast and avocado, to sweeter delicacies like mouth-watering cacao truffles.

These recipes are packed with revitalising ingredients to improve your brain health, concentration and memory. Great for your mind, body and most importantly, your tastebuds!

Recipes



Better brain health with avocado on toast

Fill those bread cravings the good way with nutritious toppings.

[See the recipe](#)



Asparagus tart to make you smart

A rapid and replenishing lunch loaded with vitamins B12 and folate.

[See the recipe](#)

Indulge with cacao date truffles

Desserts can be healthy too! Enjoy tasty truffles with essential minerals.



[See the recipe](#)