



Functional Recipes

50 Recipes for Gut Health and Brain Function

Functional Recipes: Flavors for Gut and Brain Health

Acknowledgments

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Introduction

Gut and brain health are closely linked, and the right recipes can promote overall well-being. This book was created to offer delicious and nutritious recipes that help regulate your gut and, consequently, improve your brain health.

Let's explore the power of functional ingredients and discover new flavors that can transform your diet and your life.

1. Oatmeal Porridge with Chia and Berries

Function: Source of prebiotics and antioxidants

Ingredients:

- 3 tablespoons rolled oats 1 tablespoon
- chia seeds

- 200 ml of vegetable drink (almond or coconut) ½ cup of
- frozen berries 1 teaspoon of honey (optional)
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Preparation Method:

1.

Heat the plant-based drink in a saucepan. 2. Add the oats and chia seeds and cook for 5 minutes, stirring constantly. 3. Add the berries and cook for another 2 minutes.

Finish with honey and serve warm. 4.

2. Anti-inflammatory Green Smoothie

Function: Reduces inflammation and improves digestion

Ingredients:

- 1 cabbage leaf without stem
- ½ green apple
- Juice of ½ lemon
- 1 small piece of ginger 200 ml of
- coconut water 1 tablespoon
- of flaxseed

Preparation Method:

1.

Blend all ingredients in a blender until smooth. 2. Serve immediately.

3. Spinach and Turmeric Omelet

Function: Rich in choline and anti-inflammatories

Ingredients:

- 2 eggs
- ½ cup chopped spinach 1 tablespoon
- chopped red onion 1 pinch turmeric
-
- Salt and pepper to taste1
- teaspoon olive oil

Preparation Method:

1.
Beat the eggs and mix with the seasonings, onion, and spinach. 2. Heat the olive oil in a skillet and pour in the mixture.
Cook over low heat until set. Turn if necessary. 3.

4. Tapioca with Guacamole and Poached Egg

Function: Source of good fats and tryptophan

Ingredients:

- 2 tablespoons of tapioca starch ½ mashed
- avocado
- Juice of ½ lemon
- 1 egg
- Pink salt and black pepper to taste

Preparation Method:

1.
Hydrate the starch and fry it until it forms tapioca. 2. Make guacamole with avocado and lime, season with seasoning.

Cook the poached egg for 3 minutes in boiling water. 3. 4. Assemble the tapioca with the guacamole and the egg on top.

5. Banana Pancake with Oats and Cinnamon

Function: Sugar regulation and sustained energy

Ingredients:

- 1 ripe mashed banana
- 1 egg
- 2 tablespoons oats ½ teaspoon
- cinnamon 1 teaspoon coconut
- oil
-

Preparation Method:

1. Mix all ingredients until smooth. 2. Heat the coconut oil in a skillet. 3. Add portions of the batter and brown on both sides.

6. Yogurt with Kefir and Fruit with Nuts

Function: Probiotic + good fats + antioxidants

Ingredients:

- 1 pot (170 g) of natural yogurt with kefir 1 tablespoon
- of chopped mixed nuts ½ cup of fruit (strawberry,
- blueberry, mango)

Preparation Method:

1. Assemble in a bowl or jar: yogurt, fruit and nuts on top.
2. Consume chilled.

7. Functional Nut and Seed Bar

Function: Anti-inflammatory snack rich in omega-3

Ingredients:

- ½ cup chopped walnuts ½ cup
- pumpkin seeds ½ cup sunflower seeds
- 2 tablespoons honey 1 tablespoon
- coconut oil
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Preparation Method:

1. Mix all ingredients in a bowl.
Spread into a pan and refrigerate for 2 hours.
2. Cut into bars.
- 3.

8. Hummus with Vegetable Sticks

Function: Source of vegetable protein and fiber

Ingredients:

- 1 cup cooked chickpeas

- 1 tablespoon tahini
- Juice of ½ lemon 1 clove of garlic
- 2 tablespoons of olive oil Carrot, cucumber
- and celery cut into sticks
-

Preparation Method:

1. Blend all ingredients in a food processor until a paste forms. Serve with raw vegetables. 2.

9. Zucchini Chips with Oregano

Function: Low-carb snack rich in antioxidants

Ingredients:

- 1 zucchini, thinly sliced
- 1 teaspoon of olive oil
- Salt and oregano to taste

Preparation Method:

1. Mix the slices with olive oil and seasonings. Bake in the oven or air fryer until crispy. 2.

10. Chickpea Cake with Turmeric and Flaxseed

Function: Rich in fiber, protein and anti-inflammatories

Ingredients:

- 1 cup cooked chickpeas 1 tablespoon
- turmeric 1 tablespoon flaxseed
- meal 1 crushed garlic clove
-
- Salt and herbs to taste

Preparation Method:

Mash the chickpeas and mix in the other ingredients. 1. 2. Shape into balls and bake for 25 minutes at 200°C.

11. Anti-inflammatory Tropical Bowl

Ingredients:

- 1 frozen banana
- 1/2 ripe mango 1/2 cup
- pineapple
- 1 tablespoon chia 1/4 cup
- coconut milk 1teaspoon turmeric
-
-
- Ice to taste

Preparation method:

1. Blend all ingredients in ablender until creamy.
Serve in a bowl and top with shredded coconut or sugar-free granola.
- 2.

Function: Anti-inflammatory and antioxidant.

12. Avocado and Cocoa Cream

Ingredients:

- 1 small avocado 2
- tablespoons 100% cocoa 1
- tablespoon honey or xylitol 1 pinch
- cinnamon 1 teaspoon
- coconut oil (optional)

Preparation method:

1. Mix all the ingredients in a food processor until creamy.
2. Serve chilled.

Function: Source of good fats, antioxidants and tryptophan.

13. Detox Green Omelette

Ingredients:

- 2 eggs
- 1/4 cup chopped spinach 1
- tablespoon chopped red onion 1 teaspoon
- olive oil
- Salt and turmeric to taste

Preparation method:

1. Beat the eggs and add the vegetables and seasonings.
2. Heat the olive oil and pour the mixture into the pan.
3. Cook until lightly browned on both sides.

Function: Liver detoxifier and intestinal regulator.

14. Carrot and Flaxseed Muffin

Ingredients:

- 1 medium grated carrot
- 2 eggs
- 3 tablespoons of oat flour 1 tablespoon of
- golden flaxseed 1 teaspoon of yeast 1
- tablespoon of olive oil
-
- Salt and herbs to taste

Preparation method:

1.
Mix all ingredients. 2. Place in muffin
tins and bake at 180°C for 25 minutes.

Function: Rich in soluble fiber and anti-inflammatories.

15. Low Carb Almond Bread

Ingredients:

- 2 eggs
- 1/2 cup almond flour
- 1 tablespoon psyllium 1 teaspoon
- yeast 1 pinch salt
-

Preparation method:

1.

Mix everything together and bake in a small pan. 2. Bake at 180°C for 20 to 25 minutes.

Function: Reduction of glycemic peaks, low carb, prebiotic.

16. Crunchy Salad with Kefir

Ingredients:

- 1 cup mixed leaves
- 1/4 cup grated carrot
- 1 tablespoon fermented cucumber 1 tablespoon
- sunflower seeds 2 tablespoons kefir (or natural yogurt)
- Juice of 1/2 lemon, salt and pepper to taste

Preparation method:

Assemble the salad with the ingredients: 1. 2.

Finish with the kefir, lemon, and seasoning dressing.

Function: Probiotic + fiber, ideal for microbiota.

17. Biomass and Cocoa Pancake

Ingredients:

- 2 tablespoons of green banana biomass 1 egg
- 1 tablespoon cocoa powder 1
- teaspoon coconut oil
- Cinnamon to taste

Preparation method:

1. Mix everything together and bake in a greased skillet.
2. Serve with nut or berry paste.

Function: Prebiotic, antioxidant and satiety.

18. Spiced Bone Broth

Ingredients:

- 500g chicken or beef bones 1 onion 2
- cloves garlic 1 teaspoon
- turmeric 1teaspoon apple
- cider vinegar Water to cover
- Salt to taste

Preparation method:

1. Cook everything for 6 to 12 hours on low heat or in a slow cooker.

Strain and use in soups or drink straight. 2.

Function: Source of collagen, amino acids and minerals.

19. Coconut Yogurt with Probiotics

Ingredients:

- 500 ml coconut milk
- 1 probiotic capsule (or 2 tablespoons of kefir)
- 1 teaspoon of agar-agar (optional)

Preparation method:

1. Heat the milk slightly, add the probiotics.
Ferment for 12 hours in a closed place.
 2. 3.
- Refrigerate for another 6 hours before consuming.

Function: Probiotic and good fat for the brain.

20. Green Smoothie with Apple and Ginger

Ingredients:

- 1 green apple
- 1 handful of kale
- 1 teaspoon of fresh ginger
- 200 ml of coconut water
- Juice of 1/2 lemon

Preparation method:

Blend everything in a blender until smooth. 1. 2. Serve chilled.

Function: Detox, thermogenic and anti-inflammatory.

21. Pumpkin Cream with Ginger

Ingredients:

- 1 cup cooked kabocha squash
- ½ chopped onion 1
- clove of garlic
- 1 teaspoon grated ginger 1 tablespoon olive
- oil ½ teaspoon turmeric
-
- Salt to taste 1
- cup of water or vegetable broth

Preparation method:

1. Sauté garlic, onion, and ginger in olive oil until soft. 2. Add pumpkin, turmeric, salt, and liquid. Cook for 5–7 minutes. 3. Blend until smooth. 4. 5. Reheat if necessary and serve.

Functional benefit: Antioxidant and anti-inflammatory that supports gut and brain health.

22. Overnight Oats with Berries

Ingredients:

- 3 tablespoons of rolled oats 2 tablespoons
- of chia 200 ml of plant-based
- milk ½ cup of berries
- 1 teaspoon honey (optional)

Preparation method:

Mix all ingredients in a jar with a lid. 1. Refrigerate for 6–8 hours. 2. 3. Serve chilled.

Function: Rich in prebiotic fibers and antioxidants, it promotes microbiota and glycemic stabilization

23. Quinoa Salad with Vegetables

Ingredients:

- ½ cup quinoa 1 cup
- water ¼ cup grated
- carrot
- ¼ cup diced cucumber 2 tablespoons
- herbs (parsley, mint)

- Juice of ½ lemon
- 1 tablespoon of olive oil
- Salt and pepper to taste

Preparation method:

2. Cook the quinoa until the water evaporates. 1.

Mix vegetables, herbs, and seasonings.

Add the quinoa and serve. 3.

Function: High in fiber that promotes microbiota diversity and digestive health.

24. Eggplant Stuffed with Lentils

Ingredients:

- 1 medium eggplant ½
- cup cooked lentils 1 clove garlic
- ½ chopped onion 1
- chopped tomato 1
- teaspoon cumin
- Olive oil, salt and pepper to taste

Preparation method:

1. Cut and core the eggplant.

Sauté garlic, onion, tomato, coriander, and cumin. 2. 3. Add the lentils and stuff.

Bake at 180°C for 20 min. 4.

Function: Combination of vegetable protein and fiber that increases satiety and strengthens the intestine.

25. Zucchini Spaghetti with Pesto

Ingredients:

- 2 medium zucchini
- ¼ cup fresh basil 2 tablespoons
- cashews 1 clove garlic
-
- 3 tablespoons of olive oil
- Salt to taste

Preparation method:

1.

Make the zucchini “spaghetti.”

Blend the pesto ingredients until smooth. 2. 3. Mix with raw or lightly sautéed spaghetti.

Function: Antioxidant and with a low glycemic index, it protects the brain without overloading the intestine.

26. Functional Fish Moqueca

Ingredients:

- 200 g white fish fillet 1 sliced tomato
-
- ¼ onion
- ½ bell pepper
- 1 clove of garlic

- 1 tablespoon of palm oil 200 ml of coconut milk
- Coriander, salt and pepper to taste

Preparation method:

- 1- Sauté garlic, onion and pepper.
- 2- Add the fish and tomato.
- 3- Season and add palm oil, coconut and coriander.
- 4- Cook for 15 min.

Function: Source of omega-3 and collagen, reduces inflammation and supports the **gut-brain axis**.

27. Stuffed Zucchini with Quinoa and Ricotta

Ingredients:

- 1 medium zucchini
- ¼ cup cooked quinoa 2
- tablespoons ricotta 1
- tablespoon chopped onion 1
- teaspoon olive oil
- Salt, pepper and herbs to taste

Preparation method:

1. Remove part of the zucchini core.
2. Mix quinoa, ricotta, onion, olive oil, and seasonings. Fill and bake at 180°C for 20 min.
- 3.

Function: Protein + prebiotic fibers, ideal for intestine and cognition.

28. Cauliflower Detox Soup

Ingredients:

- ½ **cauliflower**
- 1 small sweet potato 1 clove
- garlic 1 tablespoon
- olive oil 1.5 cups water/broth
-
- Salt and nutmeg

Preparation method:

Sauté garlic. 1.

Add **cauliflower** and sweet potato with liquid. 2. 3. Cook 10–15 min.

Blend in a blender and season. 4.

Function: Low GI and rich in fiber, promotes microbiota and mental clarity.

29. Beet Salad with Orange and Walnuts

Ingredients:

-
- 1 sliced cooked beetroot
- 1 orange
- 2 tablespoons chopped walnuts 1 tablespoon
- olive oil
- Salt, pepper and parsley

Preparation method:

Assemble the salad with the ingredients. 1. 2.

Season and serve.

Function: Betalains and antioxidants strengthen the brain and intestines.

30. Chickpea and Spinach Curry

Ingredients:

- 1 cup cooked chickpeas 1cup spinach ½
- onion
-
- 1 clove of garlic
- 1 teaspoon curry 200 ml
- coconut milk
- Olive oil, salt and pepper
-

Preparation method:

1. Sauté garlic and onion in olive oil.
Add curry, chickpeas, and coconut milk. 2. Cook for 5 minutes, then add spinach and sauté until wilted. 3.

Function: : Fiber, protein and antioxidants —powerful stimulus to the **gut-brain axis**.

31. Strawberry and Kefir Smoothie

Ingredients:

-
- 1 cup frozen strawberries 200 ml kefir
-
- 1 tablespoon of flaxseed ½banana
-

- Ice to taste

Preparation method:

1. Beat all ingredients until creamy.
Serve immediately.
- 2.

Function: High concentration of probiotics and antioxidants — supporting the gut-brain axis and improving mood and cognition

32. Banana Collagen Pancakes

Ingredients:

- 1 ripe banana
- 1 egg
- 2 tablespoons of oatmeal 1 teaspoon of collagen
- powder 1 teaspoon of cinnamon
-

Preparation method:

Mash the banana and mix with the other ingredients. 1. 2. Bake in a greased skillet until golden brown on both sides.

Function: Rich in collagen and fiber, strengthens the intestinal barrier and reduces inflammation

33. Collagen and Nut Bar

Ingredients:

- ½ cup walnuts
- ½ cup of chestnuts 2
- tablespoons of honey 1
- tablespoon of collagen powder

Preparation method:

1. Mix ingredients until dough forms.
Shape into bars and refrigerate for 2 hours. 2.

Function: Protected intestinal barriers, optimized digestion and nervous system support

34. Coconut Yogurt with Probiotics

Ingredients:

- 500 ml coconut milk 1 probiotic
- capsule 1 teaspoon agar-agar
- (optional)

Preparation method:

1. Mix ingredients and ferment for 12 hours.
Refrigerate for another 6 hours before consuming. 2.

Function: Strengthened intestinal microbiota, improved immunity and mental balance

35. Ginger, Lemon and Turmeric Shot

Ingredients:

- Juice of 1 lemon
- 1 piece of ginger (2 cm) ½
- teaspoon of turmeric powder 200 ml
- of warm water

Preparation method:

1. Blend all ingredients and strain.
Consume in the morning.
- 2.

Function: Powerful anti-inflammatory action for the intestine and brain.

36. Brown Rice Porridge with Collagen

Ingredients:

- 3 tablespoons cooked brown rice 200 ml plant-
- based milk 1 teaspoon
- collagen powder 1teaspoon cinnamon
-

Preparation method:

Heat rice, milk, and cinnamon until thickened. 1. 2. Stir in collagen and serve.

Function: Smooth digestion and repair of the intestinal mucosa

37. Herbed Adzuki Bean Salad

Ingredients:

- ½ cup cooked adzuki beans ¼ cup
- cherry tomatoes 2tablespoons
- cilantro
- Juice of ½ lemon, olive oil, salt and pepper

Preparation method:

Mix all ingredients and serve cold. 1.

Function: Vegetable protein and resistant fiber, excellent prebiotic for the intestine.

38. Oatmeal, Banana and Kefir Muffin

Ingredients:

- 1 ripe banana
- 2 tablespoons of oatmeal 2
- tablespoons of kefir 1 egg
-
- ½ teaspoon of yeast

Preparation method:

1.

Mix all ingredients. 2. Bake in muffin tins
at 180°C until set.

Function: Combination of probiotics, fiber and low-index carbohydrates, optimal for microbiota.

39. Tapioca with Chia and Fruit

Ingredients:

- 2 tablespoons tapioca 1 tablespoon
- chia ½cup fruit (mango,
- kiwi) 1 teaspoon honey
-

Preparation method:

2. Hydrate tapioca and bake. 1.

Assemble with chia, fruit and honey.

Function: Gentle energy, fiber and antioxidants to regulate the intestines and brain.

40. Hibiscus and Mint Iced Tea

Ingredients:

- 2 sachets or 2 tablespoons of dried hibiscus
- Mint leaves
- 500 ml of water

Preparation method:

1. Boil water, turn off heat and add hibiscus and mint for 10 minutes.
2. Strain and refrigerate.

Function: Refreshing, anti-inflammatory and supports digestion.

41. Avocado and Cocoa Mousse

Ingredients:

- 1 small avocado 2
- tablespoons cocoa powder 1 tablespoon
- honey or xylitol 1 teaspoon coconut oil
- (optional)

Preparation method:

1. Blend all ingredients in a food processor until creamy.
Refrigerate for 20 minutes before serving.
- 2.

Function: Source of monounsaturated fats and antioxidants that support brain function and anti-inflammation.

42. Banana and Strawberry Ice Cream

Ingredients:

- 2 frozen ripe bananas 1 cup frozen
- strawberries 1 tablespoon plain yogurt or kefir
-

Preparation method:

1. Blend everything until it forms a creamy ice cream.
Serve immediately.
- 2.

Function: Probiotic and antioxidants that support intestinal and mental health

43. Black Bean and Cocoa Brownie

Ingredients:

- 1 cup cooked and drained black beans 2eggs3
-
- tablespoons cocoa powder ½cup honey or
- xylitol
- 1 teaspoon of yeast

Preparation method:

in Blend everything in a food processor until smooth. 1. Bake
a greased pan at 180°C for 20 minutes. 2.

Function: Rich in fiber and antioxidants, prolonged satiety, intestinal and brain support.

44. Natural Hibiscus and Fruit Gelatin

Ingredients:

- 500 ml of hibiscus tea
- 1 tablespoon of powdered gelatin ½cup of
- fresh fruit

Preparation method:

Hydrate and dissolve the gelatin in the hot tea. 1. 2. Mix in
the fruit and refrigerate until firm.

Functional benefit: Antioxidant, anti-inflammatory and hydration support

45. Raw Chestnut and Dried Fruit Pie

Ingredients:

- 1 cup nuts (almonds or walnuts) 1 cup pitted dates ½ cup
- dried fruit (raisins, cranberries)
-

Preparation method:

1. Blend chestnuts and dates until a paste forms.

Line a baking pan, cover with dried fruit and refrigerate for 2 hours. 2.

Function: Good fats, fiber and antioxidants for the intestine and brain.

46. Baked Apple with Cinnamon and Walnuts

Ingredients:

- 2 medium apples 1
- teaspoon cinnamon 2
- tablespoons chopped walnuts

Preparation method:

1. Cut the apples in half, remove the core and arrange in a pan.
nuts. Sprinkle with cinnamon and
3. Bake at 180°C for 20 minutes.

Function: Soluble fiber and gentle antioxidants to regulate blood sugar and bowel function.

47. Vegan Coconut Pudding (Agar-agar)

Ingredients:

- 400 ml coconut milk
- 1 tablespoon of agar-agar 1
- tablespoon of xylitol or honey

Preparation method:

Heat milk, agar-agar, and sweetener until boiling. 1. 2. Let it cool and refrigerate for 4 hours.

Function: Functional texture, easy digestion and good fats for brain health.

48. Cocoa Truffle with Coconut Oil

Ingredients:

- ½ cup cocoa powder 2
- tablespoons coconut oil 2 tablespoons
- honey

Preparation method:

Mix well until dough forms. 1. 2. Shape into balls and refrigerate until firm.

Function: Antioxidants, healthy fats and stable energy for the brain and gut.

49. Grape Bonbon with Chestnut Paste

Ingredients:

- 10 grapes (whole) 2
- tablespoons of nut paste (almond or hazelnut)

Preparation method:

1. Fill each grape with chestnut paste.
2. Freeze for 1 hour.

Function: Grape antioxidants + healthy fats, functional snack with brain support.

50. Oatmeal and Fruit Tartlet

Ingredients:

- 1 cup rolled oats
- 2 tablespoons coconut oil ½ cup fresh fruit
- (strawberry, kiwi)

Preparation method:

1. Mix oats and coconut oil, shape into molds.

Bake at 180°C for 15 minutes. 2. 3. Fill
with fruit after cooling.

Function: Prebiotic fibers, antioxidants and balanced energy.