



# Thinkfood: Recipes for Brain Fitness

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# Thinkfood: Recipes for Brain Fitness

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## Thinkfood: Recipes for Brain Fitness AARP

Boost brain health while satisfying the tastebuds with AARP's ThinkFood: Recipes for Brain Fitness. Posit Science, which is the leading provider of scientifically validated brain fitness exercises and information, partnered with 50 renowned food bloggers to compile delicious, original dishes featuring brain-healthy ingredients. The easy recipes-like Chicken and Pecan Enchiladas, Spicy Almond Soba Noodles, Spinach and Feta Quinoa Salad, and Banana Oatmeal Cookies-are enhanced by full-color photos and a clean, readable layout.

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