

5 Brain-Healthy Breakfast Ideas

Eating well is a key component to managing anxiety. Finding food to fuel your day can be challenging. However, breakfast doesn't have to feel like a chore. In fact, with a few simple ingredients, you can mix and match a delicious start to your day, EVERYDAY.



01

OMEGA-3 AND ANTIOXIDANT BOOST

Top off your porridge with Omega-3 and antioxidant-rich **raw honey, pecans, almonds** and **dried cranberries**.

HEARTY

GUT HEALTH

Mango and yogurt are both known for their support in a healthy gut. Top your bowl with slices of **mango**, a dollop of **greek yogurt** and a punch of **cinnamon** or **raw honey**.

HEALTHY



02



03

BLACK FOREST

Cacao nibs are said to have more antioxidants than green tea, making them the perfect kick-start to the morning. Combine them with **cherries** and **almond slivers** for a mindful, sweet treat.

SWEET

VERY BERRY

Berries are loaded with antioxidants and high in fiber, making them your best friend in overall health. Add a handful of your favorites, **chia or hemp seeds**, and a drizzle of **raw honey**.

FRESH



04



05

HEALTHY FATS

Did you know eating healthy fats in the morning may increase brain productivity throughout the day? Add **almond butter, sliced banana** and a pinch of **cinnamon** for a flavorful and performance-enhancing combination.

DELICIOUS

Enjoy!
Health. It's Personal