

THE POST CONCUSSION COOKBOOK

Post Concussion Inc Publications



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SYMBOLS explained

Fatigue

For when you don't have a lot of energy, these recipes either don't involve many ingredients, steps or both!

Dizzy

These recipes offer breaks to sit down and don't require any loud equipment like a blender.

Memory

Limited steps to complete!



GLUTEN FREE



DAIRY FREE



VEGETARIAN



VEGAN



FATIGUE



DIZZY



MEMORY

The intended purpose of those symbols is to provide general information about each recipe. The vegan symbol refers to the vegan option given and the gluten-free symbol applies only if the ingredients used meet the gluten-free conditions.

Please be mindful of the possibility of cross-contamination.

Easy Baked Eggs



Ingredients

- 4 eggs, medium
- 1 tbsp grated parmesan cheese
- 2 tsp olive oil
- 5-6 fresh basil leaves
- Sea salt and freshly ground black pepper to taste
- Optional: whole-wheat bread to serve



Easy Baked Eggs



serves: 2 | prep time: 5 mins | cooking time: 15 mins

Baked eggs make a fantastic breakfast or brunch and you can take this basic, simple formula and make it your own. Use up the herbs and spices you have in your pantry and experiment with different types of cheese, to serve a different version every time you make them.

Eggs were something I relied on heavily. I needed protein with the limited amount I was eating and I could always add different spices to change up the flavor!

Eggs are rich in high-quality protein, omega-3 fatty acids, vitamins A, D, E, and B12, antioxidants and choline.





Instructions

1. Preheat the oven to 180°C/ 356°F and brush two small baking dishes or ramekins with olive oil.
2. Crack two eggs into each ramekin and season with sea salt and freshly ground black pepper.
3. Bake in the preheated oven for 15 minutes, until the egg yolks are set. Set a timer and feel free to rest until the eggs are done.
4. Remove from the oven and sprinkle with parmesan cheese.
5. Garnish with fresh basil and serve hot.



Pear & Walnut Oatmeal



Ingredients

- 2/3 cup oats, preferably steel cut
- 1/2 cup walnuts, roughly chopped
- 1 1/2 cup milk, dairy or plant based
- 2 small pears
- 2 tbsp honey or agave/maple syrup
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Walnuts are rich in antioxidants and healthy fats. They may improve brain function and they add a lovely crunchy texture to any recipe!



Pear & Walnut Oatmeal



serves: 2 | prep time: 5 mins | cooking time: 15-20 mins
equipment: oven

Walnuts are rich in antioxidants and healthy fats. They may improve brain function and they add a lovely crunchy texture to any recipe! Pears are packed with nutrients that fight inflammation, especially when consumed with the peel. Just make sure to clean them thoroughly.

This recipe makes a wonderful winter breakfast and you can put your feet up and relax for a moment, while the pears are roasting in the oven.



Instructions

1. Preheat the oven to 180°C/356°F and line a baking pan with parchment paper.
2. Thinly slice the pears without peeling them. Remove any seeds.
3. Arrange the pear slices on the lined baking pan, drizzle with two tablespoons of honey/agave/maple syrup and sprinkle with a dash of cinnamon and nutmeg. Set a timer and roast in the preheated oven for 10 minutes until golden.
4. You can prepare the oatmeal while the pears are roasting, or take some time to rest and make the oatmeal when the pears are ready to come out of the oven.
5. To make the oatmeal, combine the oats, milk, a tablespoon of honey and a dash of cinnamon and nutmeg in a medium sized saucepan, over low to medium heat.
6. Cook for 5 minutes, stirring occasionally, until creamy.
7. Divide the oatmeal into your serving bowls, top with the roasted pear slices and walnuts and serve hot.



Yogurt Alfredo Pasta



Yogurt Alfredo Pasta



serves: 4 | prep time: 5 mins | cooking time: 10 mins

This is a healthier and lighter version of the classic Alfredo pasta, with Greek yogurt instead of heavy cream. The result intensifies the flavor profile of this simple pasta dish and brings out the aromas of the fresh herbs.



Ingredients

- 4 cups whole wheat pasta of choice
- 1 cup Greek yoghurt
- ¼ cup wine
- 3 cloves garlic
- 3-4 tbsp parmesan cheese, grated
- 3-4 tbsp seasonal fresh herbs, chopped (parsley, dill, basil)
- 2 tbsp olive oil
- Sea salt and freshly ground black pepper to taste

Regularly consuming probiotics through Greek yogurt, can lead to altered brain function, both while in a resting state and in response to an emotion-recognition task.



Instructions

1. Bring a saucepan of salted water to a boil and cook the pasta according to packaging instructions.
2. Set a timer and feel free to rest, while the pasta is cooking.
3. Heat the olive oil in a wide pan and sauté the garlic for a minute over medium heat, until soft and fragrant.
4. Add the wine and yogurt and stir to create a thick sauce.
5. Toss in the pasta and parmesan cheese and mix well to coat evenly.
6. Serve hot, topped with fresh seasonal herbs such as parsley, dill or basil.



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