

# BRAIN FOOD DINNER PARTY

## LIGHT CELLAR X NEUOTRITION

These recipes were created for a Valentine's Day event at a health food store, Light Cellar. The recipes featured unique superfoods that Light Cellar carries, like dragonfruit powder, pink rose powder, maca powder and reishi. Emerging science suggests these superfoods may improve brain function. So we got creative and superfood-hacked three classic desserts for our beautiful AND brainy valentine guests.

### DESSERT MENU

#### **Superfood Brownie Bites**

Reishi, Cacao, Pure Vanilla, Sea Salt, Almond Flour, Reishi Mocha Superfood Chocolate, Coconut Sugar, Coconut Butter, Maca Powder, Medjool Dates

#### **Hazelnut Mousse (in mini mason jars)**

Roasted Hazelnuts, Coconut Cream Powder, Cacao, Cacao Butter, Dragonfruit Powder, Medjool Dates, Vanilla, Avocado

#### **Red Velvet Whoopie Pie**

Puréed Beets, Pink Rose Powder, Cacao, Dark Chocolate, Orange Blossom Whip

Menu by



neurotrition  
REAL FOOD. FOR THOUGHT

