

MIND Diet Balsamic Berries Recipe

Prep time: 10 mins | Marinating time: 30 mins | Servings: 4

- 4 cups total mix of fresh strawberries, blueberries, raspberries, and blackberries)
- 1 ½ tablespoons high-quality balsamic vinegar
- 1 tablespoon honey or agave nectar (optional, reduce if berries are very ripe)
- 1-2 tablespoons fresh mint (chiffonade) or 1/8 tsp black pepper
- Optional: Plain, non-fat Greek yogurt (for protein)

Directions:

1. Prep Berries: Rinse berries, pat dry, and slice strawberries into quarters.
2. Make Dressing: In a medium bowl, whisk together the balsamic vinegar and honey (if using).
3. Marinate: Add the berries to the bowl, tossing gently to coat. Let them sit at room temperature for 30 minutes to allow the juices to create a syrup.
4. Serve: Serve as is, or top with a dollop of Greek yogurt for a creamy, high-protein brain-healthy dessert.

Tips for Success

- Storage: The berries can be stored in the refrigerator for up to 3 days, but are best within the first 24 hours.
- Variety: You can use frozen berries (thawed) if fresh are not available.
- Brain Booster: For added brain-health benefits, top with a few chopped, walnuts or almonds.