

MIND diet friendly alternative to fall classics.

11/20/2024

Delicious Recipes for a MINDful Fall



[Pumpkin Walnut Bread Recipe](#)

A MIND diet friendly alternative to a fall classic. This recipe swaps out some of the traditional ingredients for healthier substitutes, but is nonetheless a delicious treat for any sweet tooth. This recipe does include sugar, so be sure to include this in your servings/week limit of pastries. This recipe makes 2 loaves.

Heather. (2021, October 14). *Pumpkin Walnut Bread - My Sweet Precision*. My Sweet Precision.



[Salmon and Squash Bowl Recipe](#)

This salmon squash salad bowl makes for delectable fall lunch, containing key MIND diet food groups such as salmon, nuts and cauliflower. This recipe makes 2 servings.

Michalczyk, M. (2020, November 12). *Autumn (Fall) Salmon & Squash Bowl - Once Upon a Pumpkin*. Once upon a Pumpkin.