

Bitesize Brain by **HEIGHTS**



Isolation Station

Cooped up indoors?

Here's how to keep your sanity, your health and your productivity at their best.

We know these are anxious, uncertain times, and we also know that many of our tribe are trying to adapt to working from home right now.

So we did what we do best - we called up some experts, read some facts, and put together this scientifically studied resource to help you plan the perfect, productive day where you put your brain first, no matter what.

The more we looked into this, the more we realised that it's all about having a schedule and sticking to it. So, we've taken the liberty of creating one.

Feel free to chop and change as you wish, we're not the boss here.

But, we do guarantee that this has got all the essential elements you need to keep you ticking along, and as calm and nourished as possible in these uncertain and stressful times.

Remember, if you make your brain your priority, everything else will follow.

With love, gratitude and solitude, Team Heights

Morning

7am

Wake Up



Dr Sophie Bostock
Sleep Scientist

It would be soooo easy to stay in bed a bit longer at the moment. But here's the thing, messing with your circadian rhythms messes up pretty much every other rhythm in your body.

According to Heights' Sleep Specialist, Sophie Bostock - sticking to routine sleep and wake times is the number 1 most important thing you can do to keep your brain and body in sync.

Your circadian rhythm controls loads of things that need to happen on the daily - think your BMs, your appetite, and the states your brain needs to get into to get shit done.



7.30am Meditate



Natalia Bojanic
Founder of Form &
Meditation Teacher

This is fully abiding by the age-old adage; Rise. Pee. Meditate. First thing in the morning is the perfect time to meditate, as it's (hopefully) before your brain has had time to become too distracted. According to Heights' Meditation & Mindfulness Maestro, Natalia Bojanic;

"A regular meditation practice is a way to train your attention and keep you alert and awake (much-needed when trying to work from home), and supports you in moving from auto-pilot to hyper-awareness, and from impulsive reactions to considered responsiveness." (***Has Boris Johnson considered meditation?)

"A cluttered mind leaves little room for creative thinking, therefore we must use techniques to develop a healthier relationship with our thoughts and in turn enhance our ability to make wise decisions."

Developing a greater connection to ourselves, and gifting the people around us with someone who is cool, calm, and collected is always going to be beneficial - but seems extra important right now.

If you're new to meditation, or understandably finding it tough at present, here's pro Natalia's easy way to bring your body and mind into sync by aligning your breaths with 4 words:

- Breathe IN and silently say to yourself: I
- Breathe OUT and silently say to yourself: **AM**
- Breathe IN and silently say to yourself: **HERE**
- Breathe OUT and silently say to yourself: **NOW**
- Repeat for four rounds.

BONUS: Our friends over at Calm are giving away a free month of premium to everyone right now to help handle anxiety.

8am Breakfast

Remember, you're not at work yet - so eat away from your emails, and please if at all possible - avoid the news and social for now. We're inundated enough.

(Keep reading for some brainy breakfast ideas to fuel your day)



8:30am Commute



Shane O'Mara
Author & Professor of
Brain Research

"Commuting", is key. Even if you don't need to move more than a few paces to get to your desk. Get some fresh air, and take yourself out for a walk before you start your day to take yourself from "home" to "work".

(This advice is obviously only in line with existing government policy today - if it changes, then I'm afraid you're gonna have to walk around your apartment/house instead!)

According to professor Shane O'Mara, author of 'In Praise of Walking: The New Science of How We Walk, and Why it's Good for Us': walking acts as a self-repair mechanism for the brain & body.

Our bodies and brains are designed for, and need, lots of regular movement throughout the course of the day.

Walking is an easy solution our brains adore, and are built to profit from. Lots of regular, reliable, rhythmic, up-tempo walking throughout the day stimulates the production of molecules promoting brain health, and even brain resilience to the effects of chronic stress.



Work Hours

9am - 12pm Work Space

Give yourself a designated area that's solely for work. Try and make it:

- Free of clutter
- Free of distractions as much as possible - try having a separate browser purely for work, and leaving your phone out of reach
- Make it nice - think tidy, with plants, an essential oil diffuser, nice stationery and your favourite mug. You're stuck in this situation - so you may as well make it as nice for yourself as you can.
- If you've got kids or a partner at home too, have a think about how this might work best. Maybe it's all together in a central "work zone", or perhaps you need separate spaces if one of you is naturally noisier than the other(s).
- You could even repurpose all those old magazines or unused cookbooks to fashion a standing desk.



Plan it out

List all the work tasks you need to get done that day, along with how long you want to spend on each one.

Then, have a think about when you're most productive - and slot in your most challenging tasks then.

For example, do all your writing in the morning; and research, admin and emails in the afternoon when you're less likely to be in a flow state.

12pm Lunch

Have an actual lunch break. It's tempting to work through when your laptop is (possibly) in the kitchen. But it's important to step away from the screen and take an hour for yourself to savour your lunch, and think about something else for a while.

(Keep reading for great ideas for cupboard-friendly, yet nutrient-dense lunch recipes.)

For social connection - call a family member, ask how they are, ask them lots of questions about themselves, try to really listen - it will make them feel the love and the connection we are all missing right now.



Afternoon

1pm - 5pm

Manage Stress



Dr Rangan Chatterjee
Chief Wellness Officer &
Author of The Stress Solution

Let's be honest, by the afternoon you'll have been subject to the news, some conversations, and probably a hefty dose of social media coronavirus panic.

So, you're probably feeling a bit stressed. This is problematic for a few reasons.

According to Heights Wellness Officer, Dr Rangan Chatterjee, chronic stress can cause havoc on our health and wellbeing.

It's often the root cause of conditions like anxiety, poor memory, inability to focus, gut problems, obesity, insomnia, burn-out, type 2 diabetes, auto-immune disease, depression, high blood pressure, cardiovascular disease, strokes and even Alzheimer's disease.

Our stress response is based on how we process the information going into our bodies, and if - based on that information - we conclude that we are safe or under threat. With the amount of stress we're under as a society at the moment - this response is more important than ever.

Luckily - lots of the tips in this schedule will help with stress. Getting proper nourishment, moving your body, planning your time and prioritising your sleep are all vitally useful tools to help you to control your stress response.

If you need a quick fix in the middle of the day though, (perhaps after the latest press conference broadcast) the easiest and most effective way to take your brain from a stress state, to a thrive one - is to breathe for a minute.

Breathe it out

Breathing is part of the information ecosystem. The more stressed you feel, the faster you breathe. Your brain will notice this and read it as a signal that things are not going well.

The fast, shallow breathing that happens when you're stressed is effectively telling your brain that you're running from a lion.

But, the reverse of this rule is also true: if you breathe slowly, you're giving your brain a signal that you're in a place of calm, and you will start to feel less stressed.

If all you do for one minute is slow your breathing down and aim for six breaths (one breath is in and out) in that minute, it will reduce the stress state and stimulate the thrive state.



Boost productivity with a strategic playlist

If you're flagging in the afternoon - try some well-chosen tunes to inspire you through your last couple of hours.

A study from [Frontiers in Aging Neuroscience](#) looked at a group of 65 adults, and found that background music had the ability to impact processing speeds and memory. And, when looking comparatively at performance alongside background music, no music, and white noise - background music was the clear winner.

Playing more upbeat music led to improvements in processing speed - which suggests that if you have a lot to do, and not much time - up tempo tunes are the way to go. But, if you're studying something you need to remember, the study found that both upbeat and downbeat music led to benefits in memory.

When it comes to music + work, much as we all love a singalong - the words always end up in the work somehow. So, it's instrumental all the way. Here's a small selection of Heights' favourite little-to-no-words playlists, for your listening (and thinking) pleasure.

Something classy by Italian pianist and composer, Ludovico Einaudi; perfect for boshing out some serious admin, dropping into flow, or inspiring creative thinking.

Something weird from the composer that brought you the Great British Bake Off soundtrack is fully instrumental, classical in feeling, definitely cheeky, and a bit of a kooky wildcard.

Something cool by Crazy P. Chilled, house beats with catchy riffs, but minimal extra lyrics to distract you.

Something just for you. A mix of upbeat, classical, acoustic & more that helped me build a brand for the brain.

Something WFH - this trending playlist on Spotify is literally called Work From Home so how can you go wrong?

Something new. A 'one man boyband' pop sensation who even has a collaboration with K Pop stars BTS. Lauv might just be your new fave.



Evening

5/6pm

Stop, "Commute" and Work Out

Tidy away your work stuff.

Close your laptop, and put it away with all your notebooks and glasses. It's important that your house still feels separate from work so that you allow yourself time to recover from it, and it all doesn't merge into one messy, stressy space.

Get back outside for a stroll to transition out of work brain. You could even combine your commute with a work out and make it into a run. Or plan a workout at home using an app like [FitOn](#).

If yoga is usually part of your life, but you can't go at the moment - there are plenty of ways to bring it to you.

[The Downward Dog app](#) is brilliant, and includes HIIT and 7 minute workouts as well.

They're making all their premium content free until April 1st to do their bit too, so well worth giving them a go. Youtube is another great resource - check out [Yoga with Tim](#) for some added boosts in habit-forming, happiness, and management of stress and anxiety.

6.30pm

Home Task + Quick Connect Time

Create a schedule for household chores for everyone to pitch in. A tidy and organised home is the best environment for calming anxiety, inspiring productivity, and minimising distractions during the day.

Send a message to someone you've not connected with in a while, let them know you are thinking of them and hope they are healthy. At times like this, moments like that make a huge impact.

7pm

Dinner

There are so many things you can do with rice and beans. Keep reading to see what....

8-10pm

Relax, Games, Netflix and Chill... you do you.

Your evening is yours to do with what you wish. A tiny suggestion though - don't do the same thing every night to help stave off cabin fever. Maybe make a creative date and have a painting night once a week? Or designate Friday night as bad movie night?

Totally up to you - but we can't help but think that switching things up must be a good idea.

10pm Wind Down



Damian Bradfield
Founder of WeTransfer &
Digital Behaviour Expert

We'd all be forgiven for reaching for our phones a bit more at the moment. But, when it comes to our brain health - it's just as important to put them down too.

According to WeTransfer CCO Damian Bradfield, author of The Trust Manifesto; Internet addiction can fundamentally change the structure and functionality of our brains.

Excessive screen time can lead to impaired emotional processing, attention span (we now have the attention span of goldfish. Really.), decision making and control.

Give yourself a tech-free hour before bed to calm down, wind down, spend time with your loved ones (if possible), do a gratitude practice, and prepare your brain for sleep.

11pm Sleep



Dr Sophie Bostock
Sleep Scientist

We need to stop thinking about sleep as switching off. Quite the reverse. Sleep is an active process for repairing, and enhancing, brain performance.

Even a cheeky 10-minute nap can improve mood and memory.

But, Dr Sophie Bostock argues that sleep loss also means we lose some fundamental human qualities:

Emotional balance: Lack of sleep signals the brain to be hypersensitive to threat. We become more emotional, argumentative, and vulnerable to anxiety and depression.

Self-control: While the sleep-deprived brain is being hijacked by emotion, it dials down less essential functions for survival – such as long term planning, or sticking to our eating goals. We make more impulsive decisions, and – given the temptation – are more likely to cheat, or be 'deviant' at work.

Learning and memory: Sleep is the process through which important memories are consolidated, and others are pruned back, freeing up more space to learn the next day. Deep sleep also has a cleansing effect on our memory banks, cleaning out toxic proteins like beta-amyloid, which accumulates in Alzheimer's disease.

So be well, eat well, work well, think well, and sleep well tribe. We're all in this together - and there is strength in that.

Heights Team



Brain Food

Recipes from your cupboards and freezer

It's a weird time for supermarkets. And it's hard to say what changes might become a reality when it comes to the way we eat.

But, if you're socially isolating - there are lots of ingredients and brain-friendly recipes that you can create from things you have lurking in the back of your cupboards, or in the freezer.



Stock up on these**:

(**but don't be a dick about it - we're all in this together, and panic-buying causes pandemonium). Like always, we suggest for better brain health in general - you put others first - compassion is the key to a fulfilling life, even at these times!

- Whole grains - brown/red/black/wild rice, quinoa, oats, sorghum, buckwheat, millet, spelt, barley etc.
- Legumes - beans, chickpeas, lentils, peas, soybeans in any form (dry, canned, tetra-packed, jarred or frozen) though dry is probably most cost and storage efficient
- Pasta - wholewheat, brown rice, buckwheat, lentil, chickpea
- Canned tomatoes, tomato passata
- Frozen vegetables – peas, carrots, broccoli, spinach, kale, asparagus, bell peppers; buy frozen or buy fresh and freeze
- Long-lasting veg – butternut squash, potatoes and sweet potatoes, purple cabbage, celeriac, carrots, parsnips, swede, beetroots, onions, garlic, ginger, turmeric
- Soy products - edamame, tofu, tempeh, miso
- Fish and poultry - store frozen
- Unsweetened yoghurt - shelf-life ~ 6 weeks if unopened, can be frozen
- Plant milks and creams; canned or tetra packed
- Frozen berries and other frozen fruit, in particular bananas
- Long-lasting fruit – apples, citrus (lime, lemons, oranges), pomegranate
- Dried spices and herbs
- Nuts and seeds – whole and butters
- Olive oil and avocado oil
- Dark chocolate
- Dried fruit like medjool dates
- Popping corn
- Wholegrain flour, yeast, salt





Breakfast

Oats 3 ways

Thank you so much to plant-based chef, [Mica Vaipan](#) for submitting these delish breakfasts, specially picked for wfh life.

“Oats are not only a practical and versatile breakfast, but they are a real “grain for the brain”. A bowl of porridge in the morning will provide you with a good shot of B vitamins, vitamin E, magnesium, iron and zinc helping your brain and

body keep up with the current challenging times. You’ll also be nourished with antioxidants and fibre which will keep your friendly “gut bugs” happy and balance your blood sugar level until lunch-time.”



Mica Vaipan
Plant-based Natural Chef

Why is it good for my brain?

Aside from their excellent brain-friendly vitamin content, oats are high in antioxidants, which help to protect the brain from inflammation and free radicals - which can lead to premature aging. If you want to break the rules, oatmeal is actually a good bedtime food too as it contains melatonin, a hormone that helps you to sleep.

Ingredients

Servings: 1

Option 1 – Apple & Cinnamon Porridge

50g (~ 0.5 cups) uncooked rolled oats
350ml (1.5 cups) boiling water
1/2 apple, cored but unpeeled and chopped
1 tbsp raisins
1 tbsp cinnamon
3-4 walnut halves, roughly chopped, sprinkled when served

Option 2 – Banana & Cacao Porridge

50g (~ 0.5 cups) uncooked rolled oats
350ml (1.5 cups) boiling water
1/2 banana (fresh or frozen), sliced
1 tbsp raw cacao powder or carob
1/2 tsp vanilla extract (optional)
1-2 tbsp unsweetened yoghurt, spooned when served

Option 3 – Chia, Coconut & Berries Porridge

50g (~ 0.5 cups) uncooked rolled oats
350ml (1.5 cups) boiling water
1 tbsp chia or flax seeds
1/2 cup berries, fresh or frozen (blueberries or raspberries would be brilliant)
1-2 tbsp unsweetened coconut chips, sprinkled when served



Method:

1. Add the oats and the boiling water to a small saucepan and bring to the boil.
2. Turn the heat to low and mix in the apple or any other fruit if frozen. It's also the time to mix in the chia or flax seeds for Option 3.
3. Simmer on low to medium heat for ~ 5 minutes, stirring from time to time so the porridge doesn't stick to the bottom of the pan.
4. Once the water is reduced and the porridge is nice and fluffy, turn off the heat and mix in the rest of the ingredients other than the ones to be sprinkled or spooned when served.
5. Serve the porridge in a bowl and decorate it with the ingredients reserved for sprinkling or spooning. We eat with our eyes, so make your porridge look attractive!



Breakfast

Immune Booster Smoothie

There's something about having a smoothie in a bowl that makes it feel more filling. Why is that? Just me?

Anyway, here to stave off any colds is this superfood gem from dietitian, Sadia Badiei, aka [@pickuplimes](#) (pause for applause for that truly excellent display of punnery). She also has a genius hack for all future smoothies;

"Add a nut butter for some healthy fats and to slow the absorption of some of the sugars (from the fruit)."



Sadia Badiei
BSc Dietetics

Clever. And solid validation to put peanut butter in every ~~meal~~ breakfast.

Why is it good for my brain?

Beets! Ahhh beetroot. Full of nitrates, which promote blood flow to the brain, (and reportedly, the sex life too. You're welcome). And, although blueberries are top-notch, brainly-speaking; all berries can help to prevent memory loss and protect against cognitive decline. Niacin-rich peanut-butter, as well as being something we just can't live without, could also have protective qualities against Alzheimer's, Parkinson's, and cognitive decline.

Ingredients

For smoothie:

- 2 frozen bananas
- 1 orange, peeled
- 1 cup (250 mL) plant-based milk*
- 1 handful (30 g) fresh spinach
- ½ cup (50 g) frozen raspberries
- ¼ raw beetroot, peeled
- ¼ cup (60 mL) plant-based yogurt* (we used coconut)
- 1-inch chunk fresh ginger
- 1 Tbsp (15 mL) nut butter (we used peanut butter)

For optional toppings:

- Granola, [homemade like this one](#) or store-bought
- Coconut flakes
- Fresh berries



Images from [Pick Up Limes](#)

Method:

Combine all ingredients in a high-speed blender and blend on high until smooth. Pour into bowls, top with granola, fresh berries, toasted coconut, or any other desired toppings.

Nutrition tip: try to use a plant-based milk that is fortified with calcium (offers approximately 120 mg calcium per 100 mL serving). If you want to read more on calcium, [check out this article](#).



Coconut, Sweet Potato and Lentil Soup with Rice

Although we may be thinking longingly of salads, soups are just so practical right now. Give yours a new spin, courtesy of this twist on a mulligatawny from Teighan [@halfbakedharvest](#).

“When you’re in need of warming comfort food, but you also want healthy, this Coconut Sweet Potato Lentil Soup with Rice is just the soup to make. All made in just ONE pot in less than an hour, and using good-for-us ingredients like sweet potatoes, red lentils, warming spices, and creamy coconut milk, it’s cozy, a little spicy, and filled with vegetables.”



Tieghan Gerard

Why is it good for my brain?

Sweet Potatoes are a great source of soluble fibre, which is good news for your guts (which is good news for your brain by proxy), as well as anthocyanins, which could help to improve learning and memory. The MCTs in coconut encourage your body to make ketones, which can help to reduce symptoms of Alzheimer’s. Lentils are a great source of both iron and folic acid- both of which are in Heights, so you know they’re feeding your brain what it needs!

Ingredients

- 2 tablespoons extra virgin olive oil
- 1/2 yellow onion, chopped
- 1 inch fresh ginger, grated
- 2 cloves garlic, minced
- 2 sweet potatoes, peeled and cubed
- 1 tablespoon yellow curry powder
- 1/2 teaspoon cayenne pepper, more or less to taste
- 4 cups low-sodium vegetable broth or water
- 3/4 cup dried red lentils
- kosher salt
- 1 can (14 ounce) coconut milk
- 2 cups baby spinach (frozen is fine)
- 2 cups cooked basmati rice
- 1/3 cup fresh or dried coriander
- fresh Naan, for serving

Method:

1. Heat the olive oil in a large pot over medium heat. When the oil shimmers, add the onion and cook 5 minutes until soft. Add the ginger, garlic, and sweet potatoes and cook until fragrant, about 2 minutes. Stir in the curry powder and cayenne and cook another minute.
2. Add the broth and lentils. Season generously with salt. Bring the mix to a boil over high heat, then reduce the heat to low. Cover and simmer 15-20 minutes, until the lentils are soft and the sweet potatoes tender.
3. Stir in the coconut milk and spinach, cook 5 minutes. Remove from the heat and add the cilantro.
4. To serve, divide the rice among bowls and ladle the soup overtop. Garnish with cilantro. Serve with Naan on the side. Enjoy!

Lunch

Sriracha Butter Beans on Toast

Images from [Madeleine Shaw](#).



Go all grown up with this sophisticated take on beans on toast from wellness and foodie guru [Madeleine Shaw](#).

“I love how easy this recipe is, hassle free, using cupboard ingredients and it’s just incredibly delicious.”



Madeleine Shaw

Method:

Add the oil in a pan on a medium heat. Drain the beans and rinse them. Add them to the pan and fry for a few mins then add the sriracha and fry for 5 mins until golden. Season and take off the heat.

Mix the yogurt, lemon, tahini and a pinch of salt together with 2 tbsp of water.

Dollop the beans and yogurt and serve on perfectly golden toast!

Why is it good for my brain?

The humble bean is a bit of a dark horse, brain-wise. They help to stabilise blood sugar, which provides your grey matter with a steady stream of reliable energy. Sesame seeds(the main component of tahini), are tiny antioxidant warriors that protect your brain from free radicals, and natural yoghurt is candy for your microbiome- which is great news for your mental health.

****A word of warning though, don't overdo it on the Sriracha! It's packing in waaaay more sugar and salt than you might realise -so if you're a spice-fiend, go for dried chillies instead.**

Ingredients

1 can of butterbeans
1 tsp of olive oil
1 tbsp of sriracha
100g yogurt
2 tbsp of tahini
1/2 lemon
Salt and pepper
Toast



Dinner

Rice and Legumes 3 ways

Plant-based chef, [Mica Vaipan](#) whipped up these options for us, for some simple dinners that make the most of the nutritional value in our cupboards. Thanks, Mica! Using unrefined (e.g. not white) rice in your meals makes sure you're getting the most possible nutrients, including polyphenols and antioxidants.

“While each of them a staple food, the “rice and legumes” combo is a powerhouse of nutrients that together, make up a complete protein source. During these challenging times, protein is extra important as it’s used to build antibodies and neurotransmitters, as well as to carry various substances, vitamins and minerals around our body.”



Mica Vaipan
Plant-based Natural Chef

Why is it good for my brain?

Rice is pretty magical when it comes to brain health. It's linked to improved sleep quality, cognition, and helps your central nervous system do its thing too - so an all round great grain for the brain. Legumes in all their forms are a great source of folic acid, and can help with memory and protect from Alzheimer's.

Option 1: Tomato Beans Casserole & Brown Rice

200g brown rice
2 x 400g cans beans (black, black eyed, kidney, pinto or any other you have), thoroughly rinsed
1 butternut squash, peeled, de-seeded, chopped in small bite-size chunks
700g tomato passata, sieved tomatoes or chopped tomatoes (canned or from a jar)
200g sliced bell peppers, frozen or fresh
2-3 tbsp herbs de Provence, dried basil or any mixed dried herbs
2-4 cloves garlic, minced
1 tbsp sweet paprika or smoked paprika
1.5 tbsp coconut aminos
1 tsp black pepper, ground (or to taste)
Salt to taste
4 tbsp nutritional yeast, to sprinkle when served
4 tbsp fresh basil, roughly chopped (optional)

Option 2: Coconut Curry Chickpeas & Rice

200g red, black or brown rice
2 x 400g cans chickpeas, thoroughly rinsed
1/2 medium cauliflower head, chopped in florets
1 medium broccoli head, chopped in florets
200g green beans, chopped in 1 inch segments
2 x 400ml coconut milk cans
2-3 tbsp medium curry powder

1 tbsp cumin, ground
1 bay leaf, torn up
Salt to taste
Juice of ~ 1/2 lime or ~ 1/4 lemon per serving
4 tbsp nutritional yeast, to sprinkle when served
4 tbsp fresh coriander, roughly chopped (optional)

Option 3: Exotic Wild Rice & Lentils

200g wild rice
200g lentils (green, brown, puy), boiled OR 2 x 400g cans lentils, thoroughly rinsed
200g garden peas, frozen
200g sliced bell peppers, frozen or fresh
4 medium carrots, peeled and thinly sliced
200g pineapple chunks, frozen
1 tbsp cumin seeds
1 tbsp caraway seeds
1/2 tbsp fennel seeds
1/2 tbsp sumac
2 tbsp herbs de Provence or any mixed dried herbs
2-3 inches fresh ginger, peeled and chopped in small cubes
1.5 tbsp coconut aminos
Black pepper to taste
Salt to taste
2 tbsp extra virgin olive oil (optional)
4 tbsp nutritional yeast, to sprinkle when served
4 tbsp fresh coriander, roughly chopped (optional)

Method:

1. Set the rice to boil following the instructions on the package – this will take ~ 30-40 minutes depending on the rice. For Option 3, also set the lentils to boil if you're using dry rather than canned – they should take around 30 minutes.
2. While the rice is boiling, prepare the required veggies and set them steam or boil until just al dente. Don't over-cook them as you'll be cooking them further in the sauce once ready.
3. Option 1 and Option 2: Start preparing the sauce by mixing all the respective ingredients in a large saucepan or deep frying pan. Bring to boil, then turn down the heat to low and simmer under a lid until the legumes and veggies are ready.
4. Option 3: Mix all the veggies and fruit with the spices in the large saucepan or the deep frying pan. Sweat them for ~ 15-20 minutes under a lid on medium to low heat. Allow for most of the liquid to evaporate.
5. Option 1 and Option 2: Once the legumes and veggies are ready, mix them in together with the sauce and continue simmering for ~ 10 minutes.
6. Option 3: Once the rice and legumes are ready, mix them in together with the veggies, fruit and spices and continue cooking for ~ 10 minutes. Remove the pan from the heat and add the olive oil, mixing it all together.
7. Serve in deep plates with a generous amount of nutritional yeast and fresh herbs if you have any.



PB Hot Chocolate

When everything's a bit bleak and scary - you just need some comfort, right? This next-level hot chocolate recipe from [@the_hardihood](#) ticks alllll the boxes, while still maintaining our #brainfirst sensibilities.

"This creamy adaptation of everyone's winter favorite is like cashmere socks for the soul. Go heavy on the peanut butter for extra frothiness and only share with those you really, really like. A heart opening, hand-warming hug in your favourite mug, think Reese's Pieces on heat."



Daisy from The Hardihood

Why is it good for my brain?

Everyone's favourite antioxidant, cacao could help increase blood flow to the brain, help with brain function, and protect against neurodegenerative diseases. Peanuts are a great source of Vitamin E(yep, that's in Heights Smart Supplements - so you know it's legit), and may help to boost mood and alertness. While adding a dose of sweetness, antioxidants and anti inflammatories, dates can also help to reduce amyloid beta proteins in the brain

which cause the plaque build-up potentially responsible for interrupting communication between brain cells.

Ingredients:

1 cup almond milk
1 cup boiling water
1/2 cup soaked dates
3 tbsp cacao powder
1 1/2 tbsp peanut butter (natural variety)
1/2 tsp maca

Method:

1. Make sure dates are nice and soft after soaking in hot water (around 3-5 minutes).
2. Blend all ingredients together in a high speed blender for a couple of minutes (we use a Vitamix to get this silken smooth).
3. If the chocolate is hot enough, pour straight into your mugs. If you like a little more heat pour into a pan and gently warm through.



Thanks for reading.
Stay motivated while
isolated - we're here
to help.

Did you know less than 1% of people get their daily recommended amount of nutrients for their brain's health?

Heights gives you one less thing to think about, packing 18 key natural nutrients in our "Smart Supplement" from just £1 a day to help you thrive, now and in the future.

Check out our rave reviews from some of the world's brightest brains and see what happens when you put your brain first.

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Are you a founder,
CEO, HR lead?

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