

# Fuel the Focused Mind

SUFFRAGE COOKBOOK TO  
CELEBRATE WOMEN'S VOTE CENTENNIAL

||| Junior Dietetics Coordinated Program Students |||



## Fuel the Focused Mind

A focused mind leads to "wild ideas mighty enough to dent the world!" Junior dietetics coordinated program students developed the breakfast menu found in this suffrage-inspired cookbook to help you learn how to "fuel a focused mind" through ingredients and nutrients designed to help any individual operate at their fullest potential.



### DID YOU KNOW?

Suffrage cookbooks were used as a fundraiser for the Great Cause, and they came garnished with propaganda for the fight for getting women the right to vote. The 19th century woman used what she knew to champion her cause, and the cookbook was also a strategic rebuttal to the snide jokes and hurtful innuendos that painted suffragists as neglectful mothers and kitchen-hating harridans, busy politicking while their children starved. To quote the 1909 Washington Women's Cook Book, "Good cooking and sure voting go hand in hand."



Recipes ranged from basic guidelines on brewing tea and boiling rice, to epicurean ones for Almond Parfait and the ever-popular Lady Baltimore Cake, a layered Southern confection draped in boiled meringue frosting. Occasionally, there would be an entry like "Anti's Favorite Hash" — "anti" being shorthand for those against the Great Cause — calling for a generous handful of injustice, a pound of truth thoroughly mangled, a little vitriol for tang, and a string of nonsense to be stirred with a sharp knife. Recipes were also interspersed with pro-suffrage quotes by famous people, but the bulk comprised a soothing flow of soups, gravies, breads, roasts, pies, omelets, salads, pickles and puddings.

How Suffragists Used Cookbooks  
As A Recipe For Subversion  
NPR.ORG / November 5, 2015  
Image: Paul Thompson/Getty Images

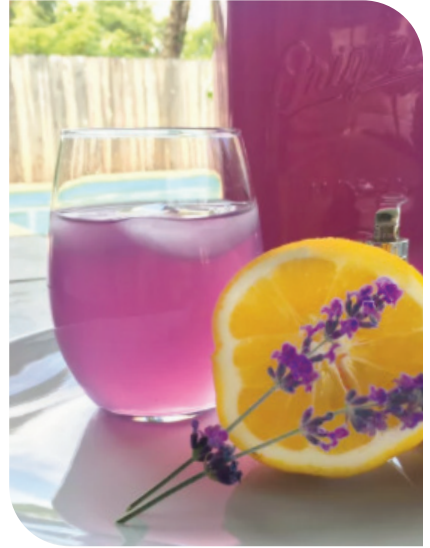
# LAVENDER LEMONADE

## **Ingredients:**

- 2 cups boiling water
- 1 cup lavender flowers
- 2 cups cold water
- 1 cup lemon juice
- 1 cup sugar

## **Directions:**

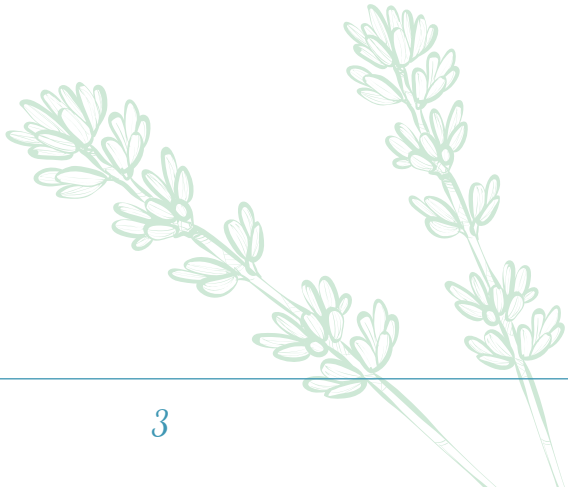
Place lavender in a pitcher. Pour boiling water over lavender. Cover and steep for 10 minutes; strain and discard the lavender from the water. In the pitcher add the cold water, lemon juice and sugar. Stir to dissolve. Refrigerate before serving.



## **Benefits:**

**Lemons** are an excellent source of Vitamin C and antioxidants. Vitamin C can reduce the risk of heart disease and stroke and increase the body's absorption of iron.

**Lavender** has been shown to have a soothing effect on the digestive system, in addition to having a calming effect on the mind and body.



# BEVERAGES

## **Benefits:**

### **Coffee**

Coffee is considered a mild mental stimulant since it contains caffeine. Caffeine has been shown to increase alertness, improve mood and enhance cognitive performance with just 200-300 mg. A typical 8 oz cup of coffee contains around 100 mg, but the caffeine content of coffee is dependent on the roast level of the beans. Dark-roast coffee will contain less caffeine than a light-roast coffee.

### **Water and Hydration**

Drinking lots of coffee/caffeine may cause dehydration. Even mild dehydration can lead to less cognitive function (including being able to pay attention, memory recall, focus, learning and decision making). The recommendations of how much water to drink each day for adult women is 7 cups (56 oz.) and adult men is 11.5 cups (92 oz.). Setting up an hourly alarm is an easy way to help you remember to get up and drink some water. This alarm can also be a good reminder to take a mental break for a moment and refocus on what's important!



# OATMEAL CUPS

**Serving size:** 12 oatmeal cups

**Ingredients:**

- 1 medium ripe banana, mashed
- 2 cups almond beverage
- 3 cups rolled oats
- 1 ½ tsp. ground cinnamon
- 1 tsp. baking powder
- ½ tsp. sea salt
- 2 tsp. vanilla extract
- 2 cups blueberries
- ¼ cup brown sugar

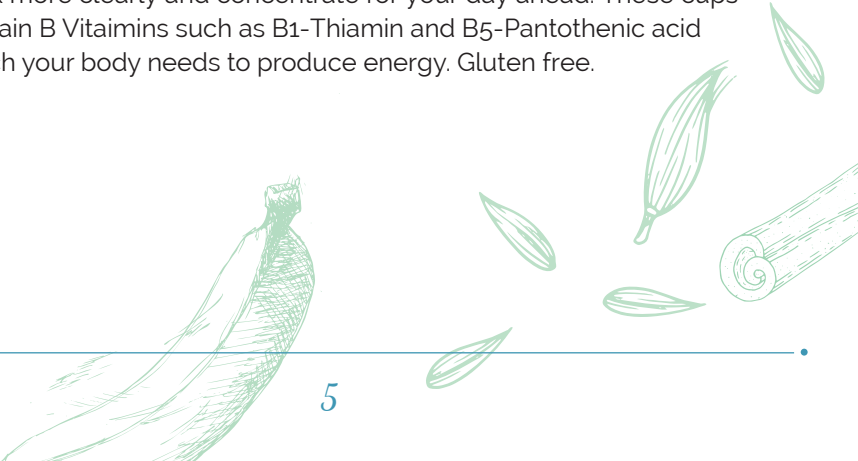


**Preparation:**

Preheat oven to 350 degrees F. In a large mixing bowl, whisk together the mashed banana and almond beverage until smooth. Mix in the remaining ingredients until well combined. Evenly divide the oatmeal mixture across the muffin cups. Bake for 25 minutes, until firm. Let the oatmeal cups fully cool before removing them.

**Benefits:**

**Oats** are rich in carbohydrates, which is the body's main source of energy. Loaded with protein, fiber and iron, oats take longer to digest and keep you feeling fuller longer. This can enable you to think more clearly and concentrate for your day ahead. These cups contain B Vitamins such as B1-Thiamin and B5-Pantothenic acid which your body needs to produce energy. Gluten free.



# SWEET POTATO, PARSNIP & BROCCOLI FRITTATA

## Ingredients:

|                                      |                                    |
|--------------------------------------|------------------------------------|
| ½ cup medium sweet potato, grated    | ¼ tsp. sea salt                    |
| 1 cup large parsnips, peeled, grated | 1½ tsp. yellow curry powder        |
| ½ cup medium crown broccoli, grated  | 1 cup Monterey Jack cheese, grated |
| 8 eggs                               |                                    |



## Direction:

Preheat the oven to 400 degrees F. Oil a 10-inch cast iron skillet or 8 x 8 inch casserole dish. Whisk the eggs in a large mixing bowl. Add the grated vegetables, salt and curry powder.

Stir well to combine. Pour the egg/vegetable mixture into the prepared cast iron skillet or casserole dish and sprinkle with cheese. Place on the center rack of the oven and bake for 20-25 minutes, until the frittata tests clean with a toothpick. Note: Your bake time may be slightly longer if you use a glass casserole dish. Remove frittata from the oven and allow it to cool for 5-10 minutes before cutting into it. Serve heaping portions with hot sauce, salsa, guacamole, sour cream, etc.

## Benefits:

**Sweet potato** contains the important nutrients choline and manganese. These nutrients help with overall brain growth, function and development. These nutrients contribute to the function of neurotransmitters which send messages to different cells in your body for essential daily function.

The antioxidants and nutrients with antioxidant like properties in **broccoli** such as Vitamin K, lutein, and beta-carotene help to slow cognitive decline by reducing damage to brain cells and improving overall cognitive functions.

**Eggs** are a fantastic protein source which can contribute to the feeling of satiety and can prevent you from losing focus due to hunger. Eggs are also a great source of choline which helps keep you focused and improves memory.

# YOGURT PARFAIT

**Serving size:** Makes 4

**Ingredients:**

- 3 cups of nonfat vanilla yogurt
- 1 cup fresh strawberries or frozen strawberries
- 1 pint of blueberries, raspberries or blackberries

**Preparation:**

Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine defrosted strawberries and juice with fresh berries. Top with berries or alternate layers of fruit with yogurt until glasses are filled to the top.



**Benefits:**

Focus your brain with some yogurt. **Yogurt** contains calcium which the body needs to transmit nerve signals from the brain to the body. Calcium is also used to help get our muscles moving.

**Strawberries, blackberries, raspberries, and blueberries** contain anthocyanins, a plant chemical responsible for these berries' pigment, and also gives them antioxidant properties that can prevent cell damage.

More so, studies show that anthocyanins may also protect brain cells and our metabolisms.



# FRUIT KABOBS

## Ingredients:

Strawberries  
Pineapple  
Cantaloupe  
Grapes  
Kiwi

## Benefits:

**Sugar** is the brain's number-one source of fuel. The majority of fruit has a lot of natural sugar, so when eaten, your brain automatically receives more energy and more fuel!

**Berries** are known for containing antioxidants as well as vitamins that store energy (such as biotin).

**Pineapple** provides high levels of the B-Vitamins. These play an important role in your body's brain matter, neural networks and communication systems.

**Grapes** contain Vitamins C and K, and multiple studies suggest that these vitamins benefit memory and brain function.



Our human bodies do not produce Vitamin C, so it's crucial to get adequate amounts from food.

High sources of Vitamin C are in fruits and include but are not limited to: citrus fruits, cantaloupe, kiwi and strawberries.