

Be Merry and Mindful: Recipes for the Holidays

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While it is important to MIND your diet, don't feel pressured to nit-pick everything you eat, especially during the holidays. Even loosely following the MIND diet has numerous benefits. Here are some recipes if you wish to adhere to the MIND diet this holiday season, but feel free to eat and celebrate freely.

Here are some MIND diet tips to follow over the holidays from Rush University, the institution where the MIND diet was developed. [MIND Diet Holiday Tips](#)



[Winter Fruit Parfaits](#)

Winter Fruit Parfaits are a filling and tasty way to celebrate the new year! Perfect for an easy breakfast, or festive brunch, these Greek yogurt parfaits are quick to whip up, easy to prep ahead, and super clean to eat!

[Crews, N. \(2023, December 11\). *Winter parfaits*. Casa de Crews.](#)



[Roast Christmas Chicken With Orange-Ginger Glaze](#)

Prepare a memorable holiday dinner the whole family will love with this Christmas roast chicken with an orange-ginger glaze. After rubbing the whole bird with a medley of warm spices, we roast it to perfection to make the most tender, juicy roast chicken. Best of all, this roast chicken requires less than 30 minutes of hands-on preparation time to make holiday entertaining simple as can be.

[McGrory-Dixon, A. \(2022, November 29\). *Roast christmas chicken with orange-ginger glaze*. Burrata and Bubbles.](#)



[Creamy White Bean Soup with Kale](#)

Soups are a meal-time staple of the cold, winter months, and this creamy white bean and kale soup is no exception. This recipe is packed with kidney beans, carrots and kale, key foods recommended by the MIND diet. This recipe is also free of gluten, meats and dairy, making for a great meal option for all diets. Packing 19g of protein and 16g of fiber, this soup is both healthy and delicious. This soup makes 4 servings.

[Vora, N. \(2022, October 19\). *Creamy White Bean Soup with kale*. Rainbow Plant Life.](#)