

“To Health, Long Life & Pleasures! “ Show

Hosted by Lillian Zeltser

Food for Brain Clarity & Better Memory

(Traditional Herbal Medicine for Sharpening Brain and Memory)

Recipe No1:

Ingredients: 10 x Fresh Raw Gingko Nuts - always wear plastic gloves to forage and to handle them, as they contain mild toxins.

Preparation: Clean the stinky outer orange skins and the nuts in water for 5-7 minutes. Remove from the water, dry them, and place them into a paper bag before popping them in the microwave oven on high for 3 minutes. Let them cool down, then shell them, sprinkle some salt, and enjoy. The taste should be somewhat bitter-sweet with notes of cheese, chestnut, and pine nuts.



boil

Alternatively, you can roast the fresh nuts on a cast-iron skillet with a little oil and a pinch of sea salt. Cover with a lid to prevent the nuts from popping out of the skillet!

Recipe No2:

Ingredients: 10 x Pre-prepared, Cleaned, Boiled & Shelled Gingko Nuts.

Preparation: Wash in cold water, dry, and add to savoury dishes like soups, salads, pies, casseroles, dips, or desserts like cakes, milkshakes, mocktails, etc.

*Let the Magic of Food be Your Medicine for
Better Health, Longevity & Pleasures!*

For more functional recipes: <https://www.amazon.com/Aphrodisiac-AdventuresLillianZeltser/dp/0648804631>

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