**🍳 Breakfast: Blueberry Walnut Oatmeal**

**Why it’s good for the brain:**

* Oats provide whole-grain fiber, helping regulate blood sugar and support vascular health.
* Blueberries contain powerful antioxidants (flavonoids) linked to cognitive health.
* Walnuts supply omega-3 fatty acids and vitamin E, which have neuroprotective properties.

**Ingredients:**

* ½ cup steel-cut oats (or rolled oats)
* 1 cup water or unsweetened almond milk
* ½ cup fresh or frozen blueberries
* 2 tablespoons chopped walnuts
* ½ teaspoon cinnamon
* 1 teaspoon honey or pure maple syrup (optional)

**Instructions:**

1. In a saucepan, bring oats and water (or almond milk) to a gentle boil, then reduce heat and simmer for about 5-7 minutes (rolled oats) or 20-25 minutes (steel-cut oats), stirring occasionally.
2. Remove from heat, stir in cinnamon and blueberries (fresh or thawed).
3. Top with chopped walnuts and drizzle lightly with honey or maple syrup if desired.