



**Memory problems? 记忆力问题?**





**Gingko Nuts Walnuts Soup**

银杏白果核桃汤 @5Color Diet: Healthy Recipes

Do you ever experience **occasional forgetfulness, short memory & stress-related memory problems**, etc? It could be a sign of **neurodegeneration problems!** **Gingko nuts** are known to be beneficial in improving **memory problems & neurodegeneration conditions**, etc. In addition, nuts like **Chestnuts, Lotus seeds & Walnuts** are known to be beneficial in improving **brain health & decrease LDL cholesterol**, etc.

**Serving size:** 4 persons of rice bowl size.

**Benefits:** Helps to improve cardiovascular problems, **memory problems, neurodegeneration conditions**, poor blood circulation, respiratory tract problems, stress & skin health, etc.

## **Ingredients**

- (1) **Chestnuts** - 8 nos.
- (2) **Gingko Nuts** - 20 nos. (**Cooked Gingko Nuts** pack: Soak in hot water for 10 minutes to remove preservatives Or If using **Dried Gingko Nuts**: deshell nuts, boil in water for 10 minutes & peel off skin. After 10 minutes, rinse with water)
- (3) **Lotus Seeds**- 12 nos. (Wash & soak lotus seeds in hot water for 10 minutes to soften them. After 10 minutes, rinse with water)
- (4) **Walnuts** - 8 nos.
- (5) **Goji Berries** - 12 nos. (2.4 grams)
- (6) **Chicken Thigh** - 1 piece.
- (7) **Olive Oil** - 1 teaspoon. (**Alternative healthy oils eg: Chia Seeds oil or Coconut oil, etc**)
- (8) **Pepper Powder to taste.**
- (9) **Salt** - 1 teaspoon.
- (10) **Water** - 900-1000 ml.

**\* Daily Recommended Intake: Goji Berries 15-30 grams & Gingko nuts (a) For adults: If take on daily basis, take not more than 10 nos. (b) For children below 12 years old: If take on daily basis, take not more than 5 nos. Children below 5 years old: If take on daily basis, take not more than 3 nos.**

## **Preparation**

- (1) Parboil **Chicken meat** in hot water for 1 minute to remove impurities. Discard the water & wash the **Chicken meat** clear of excess fats.
- (2) Put **Chicken meat** into a stewing pot (Healthier choice: Glass, corning or clay pot) & pour water into the stewing pot then turn on high flame. Once the water start to boil, turn to low flame & stew for 2 hours.

(3) After 2 hours, discard soup's surface excess oil then put **washed Lotus seeds** into the stewing pot & stew for another ½ hour.

(4) Once ½ hour is up, add **Chestnuts & Walnuts** then stew further for another ½ hour. Once the final ½ hour is up, add **cooked Ginkgo nuts, Goji berries, Olive oil, Pepper & Salt** and stir well. Turn off flame & let the soup steep for 10 minutes before serving.

### Note

(1) Suitable for everyone especially for those who have poor memory. **Best time for memory booster: Consume this soup in the morning.**

(2) **Ginkgo nuts** should be eaten in limited quantities as excess intake may cause **4'-O-methylpyridoxine (Ginkgotoxin) poisoning.**

(3) Moderate intake of **Goji Berries** if you are pregnant or breast-feeding because **Goji Berries** contain a chemical known as **Betaine** which may cause miscarriage.

(4) **For vegetarians: Remove the chicken and reduce the cooking time from 3 hours to 1 hour.**

**Caution:** To drink this soup at an interval of ½ to 1 hour from medications. If you are pregnant or having any medical conditions, please seek your health expert before consuming this soup.

**Reference:** [Boost Your Memory Power The Natural Way!](#), [Ginkgo Leaves Rose Buds Tea \(For Cold Body System\)](#), [Ginkgo Leaves Peppermint Tea \(For Heaty Body System\)](#)