

SNEAK PEEK

HASHIMOTO'S FOOD

PHARMACOLOGY



*Recipe
Booklet*

Almond and Date Snack Bars

P PALEO

Prep time: 7 minutes

Cook time: 15 minutes

Serves: 8

½ cup almond butter

¼ cup chopped unsalted almonds

**½ cup unsweetened coconut flakes
(about 1 ounce)**

4 large eggs, beaten

**¼ cup shelled unsalted sunflower
seeds**

**8 large dates, pitted and chopped
(about 1 cup)**

**Sea salt or pink Himalayan sea salt
to taste**

**2 tablespoons melted coconut oil
(for greasing baking dish)**

Almond and Date Snack Bars make great breakfast bars because they are packed with nutrients to help stabilize blood-sugar levels and get your day off to a great start! The satisfying, salty crunch of the almonds and sunflower seeds paired with the natural sweetness of the fiber-rich dates provides a simple, yet healthy snack the entire family is sure to love. These bars keep well in the fridge for 1 week.

1. Preheat the oven to 350°F.
2. Place all ingredients in a food processor and pulse until the mixture sticks together.
3. Press the mixture into a greased 12 x 12-inch baking dish.
4. Bake for 15 minutes, until the top is golden brown and a toothpick inserted into the middle comes out clean.
5. Allow baking dish to cool.
6. Slice and serve.

Nutritional Analysis per Serving: Protein (g) 8.72; Fat (g) 15.95; Carbs (g) 23.46; B₁₂ (mcg) 0.22; Iron (mg) 1.57; Iodine (mcg) 12; Magnesium (mg) 81.03; Potassium (mg) 350.24; Selenium (mcg) 11.23; Sodium (mg) 86.25





Baked Ginger-Lemon Chicken Thighs

A AUTOIMMUNE

Prep time: 5 minutes

Cook time: 25 minutes

Serves: 4

2 teaspoons coconut oil

1 small onion, chopped

2 cloves garlic, minced

1 tablespoon grated fresh ginger

¼ cup lemon juice

2 teaspoons honey

4 bone-in chicken thighs

2 cups cauliflower florets
(about 1 medium head)

Sea salt or pink Himalayan sea salt
to taste

Black pepper to taste (if tolerated)

These savory Baked Ginger-Lemon Chicken Thighs are a rich source of protein with a lively flavor that is sure to please any palate. The cauliflower, ginger, and lemon make this dish one that will help reduce inflammation, aid in digestion, and boost the immune system.

1. Preheat the oven to 375°F.
2. In a small bowl, mix the oil, onion, garlic, ginger, lemon juice, and honey.
3. Place the chicken and cauliflower in a large bowl. Pour the onion mixture over them and mix well.
4. Spread the cauliflower in the bottom of a 12 x 12-inch baking dish and place the chicken on top, skin side up.
5. Cover and bake for 15 minutes. Then uncover and bake for an additional 10 minutes, until chicken is cooked through (internal temperature 160°F) and cauliflower is tender.
6. Season to taste with salt and pepper. Serve warm.

Nutritional Analysis per Serving: Protein (g) 14.17; Fat (g) 45.47; Carbs (g) 11.38; B₁₂ (mcg) 0.77; Iron (mg) 0.94; Iodine (mcg) 0; Magnesium (mg) 21.02; Potassium (mg) 347.72; Selenium (mcg) 13.01; Sodium (mg) 272.3

Chopped BLT Salad

P PALEO

Prep time: 30 minutes

Cook time: 15 minutes

Serves: 6

8 bacon slices, cooked and diced
(about ½ cup)

2½ cups chopped purple cabbage
(about 8 ounces)

1 large bunch hearts of romaine,
chopped (about 6 cups)

¼ cup chopped onion

¼ cup extra-virgin olive oil

1 medium tomato, chopped
(about ¾ cup)

1 teaspoon celery salt

Sea salt or pink Himalayan sea salt
to taste

Black pepper to taste (if tolerated)

An updated twist on the classic sandwich, the Chopped BLT Salad is gluten free and dairy free. It offers a delightful mix of antioxidant-rich purple (often referred to as red) cabbage and romaine lettuce topped with savory bacon pieces and tomatoes and drizzled with rich olive oil.

1. In a large bowl, combine all ingredients.
2. Serve immediately.

Nutritional Analysis per Serving: Protein (g) 7.65; Fat (g) 29.35; Carbs (g) 5.82; B₁₂ (mcg) 0.25; Iron (mg) 1.03; Iodine (mcg) 0; Magnesium (mg) 20.4; Potassium (mg) 346.86; Selenium (mcg) 10.59; Sodium (mg) 673.54





Hashi Hash Hash

A AUTOIMMUNE

Prep time: 5 minutes

Cook time: 20 minutes

Serves: 2

1 large sweet potato, finely diced

5 ounces cremini mushrooms

½ white onion, finely diced

1 pound ground turkey or bison

1 handful baby spinach

Sea salt or pink Himalayan sea salt
to taste

My hubby came up with this delicious Hashi Hash Hash recipe, which has so much nutritious goodness to offer. Sweet potatoes and spinach are extremely high in vitamin A, and when you make this meal in a cast-iron skillet (bonus: it's naturally nonstick!), you will also bump up the iron content. I love it when he wakes me up on the weekends with his cooking!

1. Preheat a large cast-iron skillet over medium-high heat.
2. Place the diced sweet potatoes in the skillet. Cook until they are halfway done, somewhere between soft and firm (they should feel spongy to the touch).
3. Add the sliced mushrooms and diced onions. Cook, stirring, for 1 to 2 minutes.
4. Add the ground turkey or bison, breaking it up with a spatula and distributing it somewhat evenly around the skillet.
5. Cover and cook until meat is fully cooked.
6. Stir in a handful of spinach and cook until the spinach is wilted.
7. Add salt to taste and serve.

Nutritional Analysis per Serving: Protein (g) 24.58; Fat (g) 8.82; Carbs (g) 16.48; B₁₂ (mcg) 1.14; Iron (mg) 2.25; Iodine (mcg) 0; Magnesium (mg) 56.73; Potassium (mg) 593.59; Selenium (mcg) 27.42; Sodium (mg) 115.1

Maca Latte

P PALEO

Prep time: 5 minutes

Serves: 2

1½ cups hot water

1 cup coconut milk

2 teaspoons maca root powder

2 teaspoons maple syrup, honey,
coconut nectar, or sweetener of
your choice to taste

A Maca Latte hits the spot when you're trying to wean yourself off caffeine but are looking for something tasty. Maca, a yellow root vegetable originally grown in Peru, is an adaptogen (helps the body adapt to stress) and can help to stabilize our hormones and adrenals! Please note, some individuals may find maca too activating. If that is the case for you, reduce the amount or discontinue.

1. Place all ingredients in a blender and blend for 30 seconds.

Nutritional Analysis per Serving: Protein (g) 2.75; Fat (g) 28.61; Carbs (g) 14.11; B₁₂ (mcg) 0; Iron (mg) 2.63; Iodine (mcg) 0; Magnesium (mg) 45.8; Potassium (mg) 423.23; Selenium (mcg) 7.48; Sodium (mg) 19.6

