



# The Thyroid Bundle Cookbook

Favorite  
Recipes  
from  
Dr.  
Izabella  
Wentz  
& Friends



ThyroidPharmacist.com

## About The Author



Dr. Izabella Wentz, PharmD, FASCP is a pharmacist who has dedicated herself to addressing the root causes of autoimmune thyroid disease after being diagnosed with Hashimoto's Thyroiditis in 2009. Dr. Wentz received the Doctor of Pharmacy Degree in 2006, and is a Fellow of the American Society of Consultant Pharmacists.

She holds certifications in Medication Therapy Management, Advanced Diabetes Care and is a 2013 recipient of the Excellence in Innovation Award from the Illinois Pharmacists Association.

Dr. Wentz is the author of the *New York Times* best-selling patient guide *Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause* and the protocol-based book *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back* (March 2017 release). She is also the author of her newest cookbook: *Hashimoto's Food Pharmacology: Nutritional Protocols and Healing Recipes to Take Charge of Your Thyroid Health*.

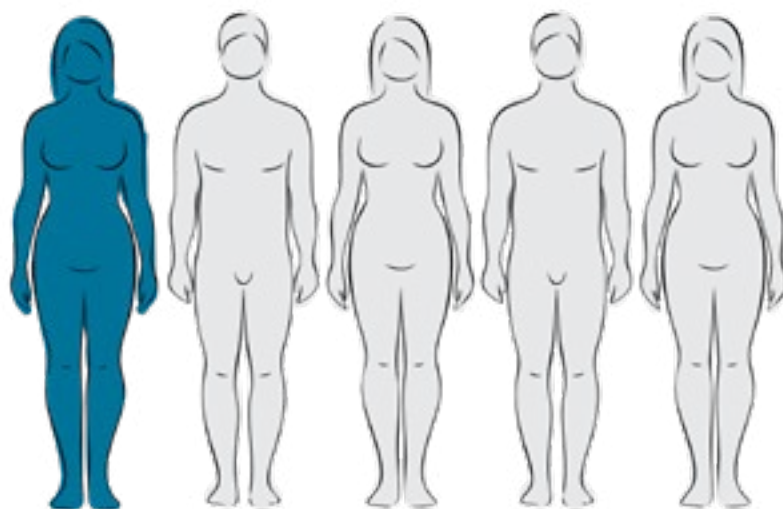
Dr. Wentz is dedicated to educating the public and healthcare professionals about the impact of appropriate diagnosis, proper medication management, lifestyle interventions and functional medicine methods on the treatment of thyroid and autoimmune conditions.

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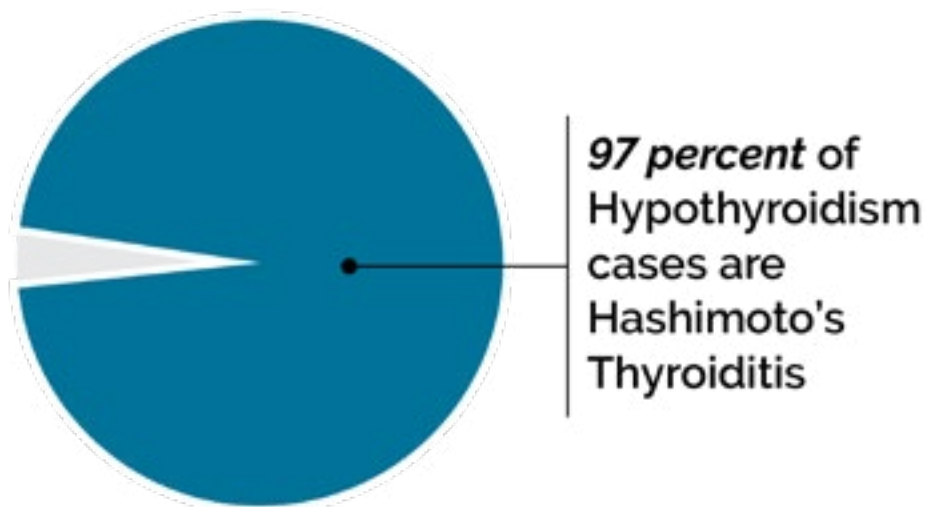
## The Autoimmune Thyroid Connection

Most cases of hypothyroidism in the United States, Canada, Europe and countries that add iodine to their salt supply are caused by Hashimoto's, an autoimmune condition. Depending on the source, estimates are that between 90-97 percent of those with hypothyroidism in the United States actually have Hashimoto's.

### Hypothyroidism in the U.S.



**1 in 5** Americans have Hypothyroidism.  
**Only half** of them know it.



**97 percent** of  
Hypothyroidism  
cases are  
Hashimoto's  
Thyroiditis



## Can Nutrition Heal Your Thyroid?

When I first set out in search of lifestyle interventions that could change the course of my thyroid condition, I came across a promising Italian study.

This research followed people who had subclinical hypothyroidism, autoimmune thyroid disease and celiac disease, as they embarked on starting a gluten free diet.

The study found that when most of the people with subclinical hypothyroidism were placed on a gluten free diet, their thyroid function normalized! In 71 percent of people who strictly followed a 1 year gluten withdrawal, there was a normalization of subclinical hypothyroidism. Another 19 percent of people who followed the gluten free-diet were able to normalize their thyroid antibodies. In distinct cases, gluten withdrawal may single-handedly reverse thyroid abnormality, the researchers concluded.

I ended up finding another doctor on my insurance who was willing to test me for celiac disease, but to my relief (and disappointment), I was negative. Discouraged, I didn't attempt the gluten free diet until a little over a year later, when I saw my first integrative/functional medicine doctor, who tested me for food sensitivities. The rest, my friends, is history. After a three-day avoidance of the reactive foods (gluten and dairy being my top triggers), my acid reflux, bloating, irritable bowel syndrome and lifelong stomach pains went away. The pain in my arms went away after a few weeks. Figuring out that I had food sensitivities was my first step into the world on natural health and healing, and I haven't looked back since.

Since that time, I've learned that there's much more than Celiac disease to the gluten-thyroid connection... a 2002 study in the Journal of European Endocrinology found that 43 percent of people with Hashimoto's showed activated mucosal T cell immunity, which is usually correlated with gluten sensitivity.

I've received numerous success stories from people who felt better gluten free, and some have been able to get into remission from Hashimoto's by going gluten free. In surveying my thyroid readers and clients, I've found that about 88 percent feel better on a gluten free diet.

I also learned that it's not just gluten that can be a triggering food for Hashimoto's. Dairy is also a huge trigger, as is soy.

In addition to the gluten free diet, the other most helpful dietary interventions were going on a sugar free diet and the Paleo diet (81 percent of those who tried these diets felt better), grain free diet (81 percent felt better), dairy free diet (79 percent felt better), autoimmune Paleo diet (75 percent felt better) and the low glycemic index diet (76 percent felt better). Incorporating healing foods also made people feel better. Home-made broth helped 70 percent of those that tried it, green smoothies helped 69 percent, and fermented foods helped 57 percent.

Food sensitivities are different than food allergies. Food allergies are generated by the IgE branch of the immune system and are going to be immediate, occurring within minutes after eating a reactive food. The person may present with anaphylaxis; (hives, facial swelling, difficulty breathing), and this type of reaction can be life threatening. Shellfish and nuts are the most commonly implicated foods.

Food sensitivities, on the other hand, are going to be governed by different branches of the immune system, IgA, IgM and IgG have been implicated, but the IgG branch has been the most interesting to me. This is because the IgG branch is also thought to be responsible for creating thyroid antibodies in many cases of Hashimoto's. These reactions may take as long as hours or even a few days to manifest, and may manifest as acid reflux, bloating, irritable bowel syndrome, palpitations, joint pain, anxiety, tingling or headaches.

I've found that recognizing and eliminating reactive foods can be a life-changer for most people with thyroid disease.

Reactive foods trigger an inflammatory response in the gut, leading to malabsorption of nutrients (gluten sensitivity in particular has been implicated in causing a selenium deficiency, a well known risk factor for thyroid disease), and can also produce intestinal permeability whenever they are eaten.

Most people will see a dramatic reduction in gut symptoms, brain symptoms, skin breakouts and pain by eliminating the foods they are sensitive to. Some will also see a significant reduction in thyroid antibodies that attack the thyroid gland resulting in hypothyroidism! An additional subset of people, will actually be able to get their Hashimoto's into complete remission just by getting off the foods they react to, normalizing their thyroid antibodies, and some even normalizing their thyroid function!

## Top 7 Thyroid Food Myths

Before we get into the recipe section of this cookbook, I wanted to share some of the most common myths and questions I hear about food, the thyroid and Hashimoto's. Hope this information and cookbook helps you figure out the optimal diet for you!

As often is the case with myths and "urban legends", many of these are based in facts that have been misunderstood and twisted.

### **Myth 1: Goitrogens need to be avoided in thyroid disease and Hashimoto's, so I can't eat broccoli.**

Truth: Those poor cruciferous vegetables! Delicious and healthy vegetables like cabbage, Brussels sprouts, broccoli, kale and cauliflower have gotten a bad rap due to some old nomenclature and outdated patterns in thyroid disease. Goitrogen is a word that was coined in the 1950's to describe a substance that causes the formation of a goiter, also known as an enlarged thyroid gland. It's a very deceiving word, and can mean a variety of different things for different substances, ranging from suppressing the release of thyroid hormone to changing the way thyroid hormone gets produced in the body to suppressing the absorption of iodine.

In relation to cruciferous vegetables, they have been identified as "goitrogenic" because they have the potential to block iodine absorption.

This was a concern in the 1950s, as then, the primary reason for hypothyroidism was due to iodine deficiency, and any further changes in iodine levels were potentially problematic. However, since public efforts have been made to add iodine to the salt supplies of most industrialized countries, Hashimoto's has become the primary reason for hypothyroidism, responsible for 90-97 percent of cases of hypothyroidism in the United States. Iodine deficiency is not wide spread in people with Hashimoto's, and thus eating cruciferous vegetables (unless a person is otherwise sensitive to them) is perfectly healthy for people with Hashimoto's and should not impact thyroid function. In the case that a person does have hypothyroidism due to iodine deficiency, he/she can still enjoy crucifers as long as they are cooked or fermented. Cooking/fermenting will break down the iodine blocking content.

There is one goitrogen, however, that I do always recommend avoiding with thyroid disease, and that's soy.

### **Myth 2: I do not need to get off gluten, tests said that I was not sensitive.**

Gluten is a substance found in wheat, barley and rye. Gluten is a staple of the Standard Western Diet, in America, Europe and Australia, and it is found in breads, cakes and pastries and most processed foods. People with Hashimoto's are more likely to have Celiac

disease compared to others, and getting off gluten helped some people dually diagnosed with Celiac and Hashimoto's shed their Hashimoto's diagnosis (antibodies went into remission, and thyroid function returned to normal). However, it's not just Celiac disease. My personal and clinical experience has shown that non-Celiac gluten sensitivity is one of the biggest triggers in Hashimoto's.

Lab testing can be very helpful, especially if you get the right kind of testing, but unfortunately food sensitivity testing technology is not perfect. More often than not, false negatives can be seen for common reactive foods like gluten, dairy and soy. The best test for figuring out if you are sensitive to gluten is doing an elimination diet, when you avoid gluten for 2-3 weeks, then try it again to see if you react to it.

In surveying my clients, 90 percent of them felt better on a gluten free diet. Only 10 percent were diagnosed with celiac disease. Going gluten free can help alleviate many symptoms associated with Hashimoto's, such as fatigue, hair loss, bloating, constipation, diarrhea, pain, acid reflux, weight gain and many others, as well as can reduce the autoimmune attack on the thyroid gland.

Going gluten free is one of the first things I recommend with Hashimoto's. (If you sign up for my email list, you can get my Gluten free Quick Start Guide and favorite recipes.)

### **Myth 3: Almonds are a health food. I should eat them everyday.**

In an effort to eat a healthier, nutrient dense diet, many people turn to almonds as a substitute to eating grains. This is because almonds are very tasty and quite versatile, they can be made into Paleo breads, can be used as a substitute for bread crumbs, and can be eaten as snacks. Unfortunately, many people can be sensitive to almonds, and in fact, after gluten, dairy and soy, almonds are one of the top reactive foods for people with Hashimoto's. I often see people develop new food sensitivities because they have not healed their guts (see Myth #7). You run a greater risk of becoming sensitive to almonds if you eat them over and over again, day after day. If you don't react to them now, rotate them with other foods, eating them every 3-4 days.

### **Myth 4: The best source of Selenium is from eating Brazil nuts.**

Selenium deficiency has often been cited as a trigger for thyroid disease, including Hashimoto's and Graves'. Selenium is a required nutrient for proper thyroid function, and has been shown to reduce the autoimmune attack on the thyroid gland. However, this effect is dose responsive, and thus selenium is considered to be a narrow therapeutic index supplement. Studies have been done on the specific dose of selenium needed to reduce thyroid antibodies. Doses below 200 mcg were not helpful for reducing thyroid antibodies, and doses >900 mcg per day were found to be toxic. Selenium content in Brazil nuts can vary ten fold, depending on where the Brazil nuts were grown. This means that a Brazil nut can contain anywhere from 55 mcg to 550 mcg of selenium.

Unless your Brazil nuts were tested for selenium content, you may be unknowingly overdosing or under-dosing yourself. Also, many people with Hashimoto's may be sensitive to nuts! Selenium methionine in supplement form, at a dose of 200 mcg has been clinically tested to show a 50 percent reduction in thyroid antibodies, over the course of three months. Some clinicians may recommend a dose as high as 400 mcg per day. I've had great results with the selenium supplement from Pure Encapsulations.

## **Myth 5: Raw dairy is fine for Hashimoto's, it's only the pasteurized dairy that's problematic.**

Proponents of this myth rely on the information that pasteurization process changes the protein structure of dairy proteins, making them more reactive. However, if you've already been sensitized to the dairy proteins casein or whey from drinking conventional milk, consuming raw dairy, organic dairy, lactose free milk, or goat's milk may still be a problem. Perhaps if you drank raw dairy your whole life, you may have not developed a sensitivity, but in general, cow's milk is difficult to digest for most adults with Hashimoto's. Goat's milk is highly cross-reactive as well for those with cow milk sensitivity. Camel milk, however, may be well tolerated by people with Hashimoto's as the proteins are different enough not to cross react.<sup>1</sup> Symptoms like nasal congestion, constipation, acid reflux, joint pain and thyroid antibodies can improve by going dairy free. Dairy was a huge trigger for me, now 60-80 percent of my clients report feeling better on a dairy free diet!

Read more about my acid reflux/dairy story and why you should avoid dairy.

## **Myth 6: Low carb eating is bad for people with thyroid issues.**

Some people report feeling tired after starting a protein/fat heavy diet like the Paleo diet, but this is not always due to needing carbohydrates. In fact, some people with autoimmune disease and Hashimoto's feel amazing on a ketogenic diet (a low carb diet where the body breaks down fats for fuel, instead of relying on carbohydrates). If you're feeling tired on a diet that is mostly comprised of fats and proteins, this could be due to low stomach acid, which leads to improper protein digestion. Most people with Hashimoto's have been found to have low stomach acid/no stomach acid, and this impairs our ability to digest protein foods. Improper protein digestion may make us tired because digestion takes a lot of energy, and people who are low in stomach acid may find themselves naturally gravitating towards carbohydrates for energy, as carbohydrates do not need as much digestive juice as proteins for proper digestion.

An increased intake of proteins coupled with a lack of carbohydrates may results in feeling more tired as a result of protein being a bigger burden, as well as having a harder time getting nutrients for energy from our foods. Try starting your day with a green smoothie (to help digestion, lowering the burden), increasing your veggie intake and taking the protein digestive enzyme betaine with pepsin, before you determine if low



carb is a good choice for you or not. Many people have found that taking this supplement helped with fatigue. A guide on how to use betaine with pepsin can be found in my Digestion and Depletion book chapter.

You can read it for free [HERE](#). Other options for increasing stomach acid and improving digestion include hot lemon water, or a teaspoon of apple cider vinegar in a glass of water with protein containing meals.

## **Myth 7: Diet can heal everything: If I just take out more foods, I will be healed.**

While some people have had great success through changing their diets, even going into complete remission from Hashimoto's, this is not always the case. Don't get me wrong, eating a nutrient dense diet that is free of reactive foods can do wonders, and is one of the first things I recommend. However, if you've been following a specific diet for 3 months and are not seeing results, you likely have a gut infection that is causing inflammation and preventing you from healing.

Gut infections lead to intestinal permeability, which is one of the main triggers of Hashimoto's. Eradicating most infections will require targeted treatments such as herbs, antibiotics, antifungals or antiprotozoal agents. If the infection is not treated, a person can become sensitive to more and more foods, further narrowing the list of foods that are tolerated.

If you suspect that you have a gut infection, I recommend one the following [tests](#):

- [3 Hour SIBO Lactulose](#)
- [GI Effects Comprehensive Profile \(Three Day Collection\)](#)
- [GI MAP](#)

Note: This eBook was last updated in May 2020, and test availability is subject to change. Please [click here](#) for the most up-to-date list of tests that I recommend.

Whatever your root cause, proper nutrition will always be an important tool in getting your health back. All of the recipes in this cookbook are gluten, dairy and soy free!

## I am so grateful to the thyroid and nutrition experts who have contributed recipes to this community project:

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Together, we hope that this cookbook helps you on your thyroid journey!

Your Thyroid Pharmacist,

*Izabella Wentz, PharmD*

Dr. Izabella Wentz, PharmD, FASCP

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# 1

## Beverages



***The most effective way to heal your autoimmune condition is to eat only foods that calm and heal the body, and to remove foods known to provoke inflammation and chronic illness.***

- Michelle Corey

***The solutions to my family's health woes were found in a grocery store, not in a pharmacy.***

- Michael Larson

***The road to health is paved with good intestines.***

- Shannon Garrett

***The only person you should compare yourself to is the person you were yesterday.***

- Dietitian Cassie

***Show me where you spent your money in the last 12 mos and I'll show you the money that could have naturally reversed your thyroid and autoimmune disease in those same 12 months by prioritizing taking responsibility for your body.***

- Damian & Heather Dubé





# Autoimmuni-Tea Coffee Substitute

Submitted by Katie Wellness Mama

An herbal alternative to coffee that is loaded with natural protein and healthy fats for a natural energy boost.

## INGREDIENTS:

- 1 cup (8 ounces) of brewed tea of choice
- 1 tbsp of coconut oil
- 1-2 tsps of Collagen Hydrolysate (work up slowly)
- Optional: 1/2 tsp of real vanilla bean or vanilla bean extract (I don't use this for the first few weeks)

## PREPARATION:

- Brew a strong tea with the tea bag of choice.
- Add other ingredients and blend for 15-20 seconds until emulsified.
- Enjoy!

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## Carob Cinnamon Delight à la Trudy

Submitted by Trudy Scott, CN

Carob is a delicious alternative to coffee or hot chocolate as it doesn't contain caffeine. It has a definite chocolate-like flavor and is something I recommend to my clients who may be looking for a healthier alternative or who can't tolerate coffee or chocolate. Consider trying carob if you are anxious and stressed. There are a subset of those with anxiety who are more prone to the anxiety-provoking effects of coffee and some very sensitive people may even find the caffeine in chocolate to be too stimulating. Research shows that carob may actually have calming effects. It is also antioxidant rich, contains the polyphenol gallic acid which has been shown to help metabolic syndrome, has chemoprotective properties and helps with digestion.

### INGREDIENTS:

- 3/4 cup of boiling water
- 1 tbsp carob powder
- 1/4 tsp cinnamon
- Coconut milk (full-fat)

### PREPARATION:

- Boil the water, add carob and cinnamon and top up with coconut milk. Stir and enjoy!
- The carob tends to settle a bit so you'll probably need to stir it again when you're half way through drinking it.
- Serves: 1

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# Chicory Latte

by Magdalena Wszelaki

Reducing or completely eliminating coffee and caffeine has been proven to reduce many hormonal imbalances. It can certainly be a tough decision, so I created a caffeine free latte, which tastes like coffee, but contains no caffeine. Healing foods: chicory, turmeric, spices.

## INGREDIENTS:

- 1 tbsp roasted chicory root
- 2 cups of water
- 1 tbsp coconut butter
- 1 pitted date
- Fresh nutmeg (nut or powder)

## PREPARATION:

- Equipment: blender
- Time to prepare: 15 minutes
- Time to steep: 10 minutes
- Bring water to a boil, add chicory root and steep for 10 minutes.
- Strain and transfer to a blender.
- Add the coconut butter (or any fat you decide to use) and the date and blend for 1 minute.
- Grate some fresh nutmeg and enjoy.
- Serves: 1

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# Go-Go Green Machine Morning Juice

Submitted by Jen Wittman

This is our family's house green juice created by my dear husband. We're always able to convert our veggie juice averse friends with this recipe!

## INGREDIENTS:

- 3 cucumbers
- 6-7 celery stalks
- 6-8 leaves of chard
- 1 handful of parsley
- 4-5 apples
- 1-3" piece of fresh ginger (no need to peel)\*
- 1-2 lemons, juiced

## PREPARATION:

- Time to prepare: 7 minutes
- "Cook" time: 3 minutes
- Hand squeeze lemon juice into the juice container.
- Add in the rest of the fruits and vegetables into juicer.
- Juice away & voila!
- Makes 2-3 days worth of juice for the family (of 4 or less).
- Serves: 4

\*Ginger adds a lovely warmth and spice to the juice.  
To make it less spicy, eliminate ginger or only add a 1" piece.

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## Root Cause Green Juice

Submitted by Dr. Izabella Wentz, PharmD, FASCP

There's nothing I love more about spring and summer months than green juice.

Juicing is a great way to get lots of nutrients into your body, in a really tasty way!

Here's my all time favorite juice recipe.

### INGREDIENTS:

- 6-7 baby carrots
- 1 granny smith apple
- 3-4 stalks of celery
- 1 small cucumber
- 3 cups of finely chopped kale
- 1 lime

### PREPARATION:

- Add all of the fruits and vegetables into juicer.
- Top it off with some sea salt.
- If worried about blood sugar, blend with 1-2 tablespoons of coconut oil or one avocado.

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# Homemade Root Beer

Submitted by Katie Wellness Mama

A simple and nourishing fermented homemade root beer (non-alcoholic) with herbs and beneficial cultures.



## INGREDIENTS:

- 1/2 cup sassafras root bark
- 1/2 tsp wintergreen leaf (or more - try this to taste but start with a little as it has a very strong flavor)
- 1 cup unrefined organic cane sugar, like rapadura
- 1/4 cup molasses
- 1 cinnamon stick or 1 tiny dash of ground cinnamon (optional)
- Dash each of coriander and allspice (optional)
- 2 tsps of natural vanilla extract
- 3 quarts filtered water
- 1/4 cup lime juice (optional but good for flavor)
- 3/4 cup homemade ginger bug or another other starter culture like a vegetable starter

## PREPARATION:

- Put the sassafras root bark and wintergreen leaf in a large pot. Add cinnamon, coriander and allspice if using.
- Add 3 quarts of filtered water and turn on high heat.
- Bring to a boil and then reduce to a simmer for about 15-20 minutes.
- Strain through a fine mesh strainer or cheesecloth to remove herbs.
- While still warm, add the sugar and molasses and stir until dissolved.
- Let cool until warm but not hot, add the lime juice, then add the ginger bug or other culture and stir well.
- Transfer to grolsch style bottles or jars with tight fitting lids and allow to ferment for several days at room temperature.
- Check after two days for carbonation and when desired carbonation is reached, transfer to refrigerator and store until use.
- Enjoy!

If desired, the following can be added to the original boil but they are not needed:

- 2 cloves
- 1 tbsp licorice root
- 1 tbsp grated ginger root
- 1 tbsp hops flowers
- 1 tbsp of anise or fennel

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## Take Me Away

Submitted by Dr. Anna M. Cabeca, DO, FACOG, ABAA

Mighty Maca Greens Chiller

### INGREDIENTS:

- 1 can (or fresh) chilled pineapple chunks (in it's own juice)
- 1 handful organic baby spinach (can add more to taste!)
- 1 scoop Mighty Maca Greens
- Splash of orange juice
- 1 tsp of vanilla extract (non-alcoholic)
- 1 tsp freshly ground flax seed  
(optional - easily done in a small coffee grinder)
- 1 tsp virgin coconut oil (optional)

### PREPARATION:

- Place all ingredients in a high speed blender.
- Pour into a tall glass and enjoy, or make frozen pops that the kids will love!

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# 2

## Smoothies & Shakes



*A new beginning, a brand new day  
All of my fears are gone away  
I feel so calm, so free, so whole  
Right now, I'm feeling on top of the world*

*On top the world  
Right now, I'm feeling on top of the world*

*The power of real whole food- so amazing  
I walk I run and I play  
Feeling great, slowing down I'm breathing, I'm laughing  
I watch the stress fall away*

*My very best days are yet to come  
All anxiety and fear are gone  
A whole new life I've never lived before  
Right now, I'm feeling on top of the world*

- A song by Amma Jo and Trudy Scott,  
created as the custom theme song for *The Anxiety Summit*

***Thyroid disease is the DOORWAY to your lifetime best wellness and metabolism.***

- Damian & Heather Dubé





## Berry Yummy Shake with Almond Milk

Submitted by Dr. Hyla Cass, MD

The phytonutrients in berries are potent antioxidants, making them anti-cancer and anti-aging, especially for your brain. They contain: Vitamin C, fiber, ellagic acid, vitamin A, folate, flavonoids.

### INGREDIENTS:

- 1/2 banana (Freeze banana slightly prior to blending to help chill and thicken your smoothie)
- 1 cup organic blueberries (fresh or frozen)
- 1/2 cup organic raspberries (fresh or frozen)
- 1/2 cup almond unsweetened almond milk
- 1 tbsp ground flax seed (preferably freshly ground to prevent oxidation and preserve nutrients)
- Sweetener of choice: For zero calories, my vote is stevia (Agave nectar or honey can be also used but like any sugar, they lead to an insulin response.)

### Optional:

- 4 ice cubes (unless you already used frozen fruit)
- 1 tbsp of freshly grated ginger for an added kick
- 1-2 scoops of protein powder to make this more of a meal. It will help balance the carbs, and keep your blood sugar balanced

### PREPARATION:

- Put the liquid ingredients in the blender first, add the rest, and blend for about 15 seconds.
- Pour into fancy glass (always makes it taste better!) and enjoy.
- Makes 2-4 cups depending on your options.

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## Mint Mojito Smoothie

Submitted by Amy Medling, CHC

Smoothies are my go-to breakfast. They pack tons of nutrients into a small package that I can take on the go. When I am on summer vacation at the beach, I'll indulge in a cool Mint Mojito. I love the combination of mint and lime. Here is my breakfast smoothie version. Adjust the amount of mint and lime according to your taste.

### INGREDIENTS:

- 1 cup coconut water
- 2 scoops PCOS Diva Protein Powder, or protein powder of your choice
- 1 tbsp PCOS Diva Power Greens, or greens powder of your choice
- 2 tsp PCOS Diva Fiber Powder, or fiber powder of your choice
- Juice of 1/2 or 1 whole lime
- 5-10 mint leaves
- 1/4 avocado
- 1/2 frozen banana
- 5 ice cubes

### PREPARATION:

- Blend all ingredients until smooth.
- Add more ice if needed.
- Serves: 1

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## Pumpkin Pie Shake

Submitted by Carrie Vitt

A blend of nourishing ingredients that tastes like fall from the blog *Deliciously Organic*. Thick, creamy and cold. Sometimes I make it as an after-school snack, but you can make it for an easy breakfast or, topped with whipped coconut cream, a nice dessert.

### INGREDIENTS:

- 2 cups canned coconut milk (I prefer Native Forest)
- 2 cups water
- 1/2 cup cooked and puréed pumpkin
- 1 teaspoon vanilla extract
- 1/4 teaspoon pumpkin pie spice
- 4 raw organic, pastured egg yolks (optional)
- 8 tablespoons maple syrup
- 1 cup ice cubes

### PREPARATION:

- Place all ingredients in a blender and blend until smooth.
- Serve immediately.
- Serves: 4

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# Root Cause Green Smoothie

Submitted by Dr. Izabella Wentz, PharmD, FASCP

This green smoothie is packed with nutrition for your thyroid, helps reduce inflammation and can help with detoxification.

Coconut milk is hypoallergenic and can help reduce inflammation and stabilize blood sugar due to its (good) fat content.

## INGREDIENTS:

- 1 cup mixed baby greens
- 2 large carrots
- 1 ripe avocado
- 1 stick of celery
- 1 cucumber
- 1 bunch of basil leaves
- 1 cup coconut milk
- 1 scoop Rootcology Pea Protein
- Sea salt

## Optional Boosts:

(1 tbsp each)

- Camu powder - to boost vitamin C
- Cod Liver Oil - anti-inflammatory
- Coconut kefir (I use Tula's CocoKefir) - probiotics
- Maca root powder - helps increase body temp and stabilize hormones
- Turmeric powder - anti-inflammatory

## PREPARATION:

- Place all ingredients in a blender and blend until smooth.
- Serve immediately.
- Serves: 4



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## Jen's Simple Sleep Smoothie

Submitted by Jen Wittman

Mangoes and Montmorency cherries are known natural sleep-aids so why not combine them into a delicious sweet treat?! I drink this delicious concoction an hour after dinner (which is a few hours before I go to bed) Works like a charm and it makes for a delicious dessert too!

As always, it's organic, gluten and dairy free.

### INGREDIENTS:

- 2 organic mangos, peeled and sliced into large chunks
- 1 cup Montmorency Cherry juice (I like Eden Organic brand)
- 3 cups of your favorite organic nut milk (I prefer homemade nut milk because it doesn't contain guar gum or BPA from cans and it just tastes fresher)

### PREPARATION:

- Prep Time: 5 minutes (or 8 hrs, 5 mins with homemade milk)
- Put all ingredients in a blender.
- Blend until smooth and creamy.
- Divide evenly into 4 glasses.
- Serve and sip! Enjoy!
- Serves: 4

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## Super Green Smoothie

Submitted by Michael Larsen

A tasty and super nutritious start to your day, but you can drink it anytime. I always feel like I could lift a house after drinking this. Great for the gut... and what is good for the gut is good for the rest of the body.

There's a big dose of "brain nutrition" in this gut-healthy smoothie! I believe we got this from the Body Ecology site – always a good source for "healthy gut" foods. Obviously, we suggest organic ingredients for this and all our recipes.

### INGREDIENTS:

- 1 cup Tula's® CocoKefir™
- 3 cups filtered water
- 6-7 red lettuce leaves (or other leafy greens you like)
- 4-5 stalks of celery
- 1 bunch of parsley
- 1 bunch of cilantro
- 1 avocado
- 1 green apple (core removed)
- 1/4 to 1/2 cup of Body Ecology Super Vitality Greens

### PREPARATION:

- Mix all in a blender.
- Will keep in the refrigerator for a few days, but it will tend to separate. You'll need to stir it each day or give it a quick spin in the blender again before pouring.

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# 3

## Breakfast



***Converting yourself from a mindLESS eater into a mindFUL eater is key to losing weight and keeping it off forever.***

- Stephanie Matos

***Once you believe that life is good, you will find the good in life.***

- Stacey Robbins

***Your genes are NOT your destiny! You can heal many of your "splinters" at once, simply by optimizing your nutrition!***

- Michelle Corey

***We know where you are...  
We've been there. We see you.  
We've got you right now.  
There is no time and space.  
And we just want to say,  
You are loved. You are seen.  
And you are held.***

- Dana Walsh in the LLLM Core Series interview with Beth McDougall

***Going the wrong direction with the right dedication will STILL make you miss your destination!***

- Dietitian Cassie





## Easy Almond Flour Pancakes

Submitted by Katie Wellness Mama

A simple and delicious almond flour pancake with only three necessary ingredients for a fast and healthy breakfast. This recipe is also very easy to double or triple for larger groups.

### INGREDIENTS:

- 1 1/2 cups blanched almond flour
- 3 eggs
- 1 cup of water (or slightly less to desired thickness)
- Optional: blueberries, spices like cinnamon and nutmeg, vanilla, or other flavors

### PREPARATION:

- Prep Time: 5 minutes
- Cook Time: 5 minutes
- Mix all ingredients in a medium sized bowl using a hand blender or immersion blender until batter is a pourable consistency.
- Make one test pancake to check for desired thickness and texture.
- Cook all pancakes on a griddle or in a large pan for approximately 2-3 minutes per side until bubbles form and both sides are golden brown.
- Enjoy!
- Serves: 4

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## Dietitian Cassie's Egg Bake

submitted by Cassie Bjork, RD

### INGREDIENTS:

- 12 eggs
- 1 medium sweet potato, diced
- 1/2 cup onion, chopped
- 1/2 cup green peppers
- 2 oz deli ham, diced
- 2 medium tomatoes
- 1 cup spinach, chopped
- 2 cups shredded dairy free cheddar cheese (Dayia brand is one option)
- 1 tbsp basil
- 1 tbsp pepper

### PREPARATION:

- Preheat oven to 350° F.
- Whisk eggs in a large bowl; set aside.
- Poke holes in the sweet potato and microwave for about 3 minutes or until softened.
- Chop onions, green peppers, ham, tomatoes (take out juicy bits), spinach and sweet potato.
- In a greased 12x8" baking dish, add whisked eggs. Next add chopped vegetables and ham. Sprinkle cheese on top with basil and pepper.
- Bake for about 40 minutes or until middle doesn't "jiggle". If the center still jiggles after 40 minutes, let sit on top of oven for about ten minutes until fully cooked.

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# Dietitian Cassie's Grain Free Granola

Submitted by Cassie Bjork, RD

## INGREDIENTS:

- 2 cups pecans, chopped, divided
- 2/3 cup water
- 1 cup of unsweetened coconut flakes
- 1 cup almonds
- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 1/2 cup coconut oil
- 1/2 cup maple syrup
- 1/2 cup dried cranberries
- 1/4 cup dried bananas
- 1/4 cup dried papayas
- 1 tbsp cinnamon
- 2 tsp vanilla extract
- 1 tsp salt
- Pinch of nutmeg



## PREPARATION:

- Preheat oven to 200° F.
- In a small sauce pot, combine water, maple syrup, coconut oil, salt, cinnamon and nutmeg. Bring to a boil, and boil for about 1 minute.
- Remove from heat, add vanilla. Set aside.
- In a food processor grind 1 cup of the chopped pecans into a pecan meal (coarse sand consistency).
- In a large bowl combine all dry ingredients and pecan meal, toss with cinnamon/syrup mixture.
- Grease or use olive oil spray on two cookie sheets. Layer the granola on the cookie sheets. Don't pack onto one sheet, use two to spread granola evenly.
- Bake for 2 hours, mixing every 30 minutes. Makes about 8 cups, serving size: 1/2 cup.

## Modifications:

- This contains healthy fats (pecans, almonds, sunflower seeds, pumpkin seeds, coconut oil, coconut flakes) and nutrient-dense carbs (dried cranberries, bananas and papayas), making it a balanced bedtime snack.
- Add a hard boiled egg or dried chicken or beef stick on the side for a balanced PFC snack!
- Try with full fat yogurt, as a cereal, or with dark chocolate chips for a healthy treat. It's also great for kids — much less sugar than traditional granola, and full of healthy fats!

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# Macho Bread

Submitted by **Andrea Nakayama, CNC, CNE, CHHC**

My body loves this “bread” and I hope yours does too! I do confess, I like my “bread”, even though I haven't eaten any real bread in years and don't even eat grains. So what's a girl who wants a morning piece of toast to do? (Especially on an egg free, sometimes nut free protocol?) Get macho in the kitchen, that's what!

## INGREDIENTS:

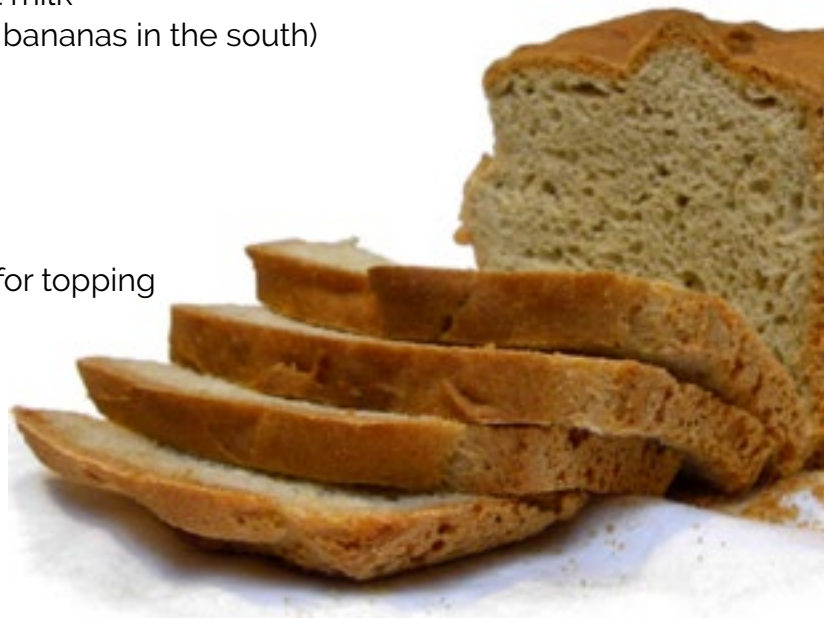
- 1 (15oz) chilled can of full-fat coconut milk
- 2 green plantains (known as “macho” bananas in the south)
- 2 tbsp coconut flour
- 1 tbsp psyllium husks (ground)
- 1/2 tsp aluminum free baking soda
- 1/4 tsp ground cinnamon
- 1/8 tsp sea salt
- optional: coconut sugar & cinnamon for topping

## MATERIALS:

- Food processor
- Parchment paper
- Baking sheet

## PREPARATION:

- Preheat the oven to 350° F.
- Line a cookie sheet with parchment paper.
- Scoop out the coconut cream from the top of the canned coconut milk after it has been chilled (the clear liquid can be saved for smoothies). You should have about 3/4 of a cup of coconut cream but no need to measure!
- Chop up the peeled plantains and place in the food processor. (Note: You may need to slice the green skin off with a knife instead of peeling back the layer, like you might a banana.)
- Give the processor a whirl.
- Add the other ingredients. Process well until a smooth batter forms.
- Scoop the batter from the processor onto the parchment lined baking sheet and spread to about 1/4 inch thickness. It's easy to form as the psyllium will make the dough quite springy.
- If using the cinnamon sugar, sprinkle this on to your liking before baking
- Bake at 350° F for 20 minutes.
- Remove from heat and allow to cool before slicing. The cooled bread has more resistant starch to feed your good bacteria!
- This recipe also makes a good grain free pizza crust. Just omit the cinnamon (and coconut sugar, of course).



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# Poached Eggs on Avocado and Tomato

Submitted by Dr. Raphael Kellman, MD

This elegant dish is actually quite quick and simple to make, and it's one of the healthiest ways I know to enjoy eggs. You get some healthy fats with the avocado, a microbiome superfood with the tomato, and some probiotics in the yogurt topping. Plus the combination of tangy yogurt, piquant hot sauce, acidic tomato, and creamy avocado is just fabulous with poached eggs.

When you make this dish, use only very fresh eggs. Check the date on the container to make sure they are less than a week old.

## INGREDIENTS:

- 1/3 cup plain coconut yogurt
- 1/4 tsp salt
- 3 thick slices ripe tomato, cut into 1/2" chunks
- 1/4 avocado, peeled and sliced into 1/2" chunks
- 2 large, very fresh organic eggs, at room temperature
- 2 drops hot sauce or more to taste
- Salt and pepper to taste



## PREPARATION:

- Mix the yogurt with the salt in a small serving bowl, and top with the tomato and avocado.
- Crack each egg into a small cup or bowl. If a yolk breaks, discard it.
- Fill a pan with water. Use a pan that is at least 3 inches deep so there is enough water to cover the eggs. Bring the water to a boil, and then lower the heat to a simmer. If the water is too cool, the egg will separate apart before it cooks; if the water is too hot, you will end up with tough whites and an overcooked yolk.
- Set a timer for exactly 3 minutes for medium-firm yolks. Adjust the time up or down for runnier or firmer yolks. Cook 2 1/2 to 5 minutes, depending on desired firmness.
- Remove the eggs from the hot water with a slotted spoon. Lift each poached egg from the water, holding it over the pan briefly to let any water clinging to the egg drain off. Place each well-drained egg on the tomato mixture. Add the hot sauce and salt and pepper to taste.

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# Warming Amaranth Porridge

Submitted by by Magdalena Wszelaki

Stabilizing blood sugar levels can be a great way to reverse many hormone-related symptoms. A great starting point is to make your breakfast full of protein, fat and fiber, and thin on sugar and processed carbohydrates.

## INGREDIENTS:

- 1 tbsp coconut oil
- 1/2 tsp cumin
- 1/2 tsp mustard seeds
- 1/2 inch fresh ginger, julienned
- 4 cups of filtered water
- 1 cup of amaranth
- 1/2 tsp sea salt
- 1 tbsp coconut oil
- 1/2 tsp apple cider vinegar (ACV) or lemon
- 1 tsp dry turmeric
- A handful of raw pumpkin seeds

## PREPARATION:

- Prep Time: 15 minutes
- Cook Time: 30 minutes
- Use a heavy-bottom pan to melt the ghee and add cumin, mustard seeds and ginger when hot.
- When mustard seeds start popping, add water, amaranth and salt.
- Bring to boil, then put on low-medium fire and cook covered for 25-30 minutes or until creamy and thick.
- Take off the stove and add coconut oil, ACV and turmeric.
- Sprinkle with pumpkin seeds.
- Serves: 2

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# 4

## Main Dishes



***You can't exercise your way out of a bad diet.***

- Dietitian Cassie

***When you are fully present at your meals, you will be better able to notice your body's signals and clues. This will make you less likely to overeat.***

- Stephanie Matos

***Our bodies were never meant to be a chemical processing factory.***

- Damian & Heather Dubé

***Rushing is the enemy of mindful eating. It is so important that you slow down during your meals and snacks.***

- Stephanie Matos

***If you can't find all natural, antibiotic, hormone, and chemical free animal protein, don't settle for the alternative. Some of the worst foods on the planet are conventionally farmed animal products. If you can't find all natural, go without!***

- Michelle Corey

***Everything in my life is my teacher. When I embrace the day I am embracing everything that it holds to lead me toward greater freedom, wisdom and truth.***

- Stacey Robbins





# Apple Sage Turkey Burger

Submitted by Leanne Ely

A simple and delicious almond flour pancake with only three necessary ingredients for a fast and healthy breakfast. This recipe is also very easy to double or triple for larger groups.

## INGREDIENTS:

- 1 1/2 pounds ground turkey
- 2 tbsp coconut flour
- Sea salt and freshly ground black pepper to taste
- 1/4 cup shredded apple
- 1 (14-ounce) can coconut cream
- 2 tsp lime juice
- 1 tbsp honey
- 1/2 clove garlic, minced
- 1 tsp ground sage
- 10 large romaine lettuce leaves, cut in half width wise

## PREPARATION:

- In a large bowl, mix the first 4 ingredients (ground turkey through apple).
- Form ground turkey into 4 to 6 round patties.
- Heat grill to high heat and place turkey burgers on the grill.
- Cook for 5 minutes on each side, until meat is no longer pink in the center.
- In a medium bowl, mix the next 5 ingredients (coconut cream through ground sage) and season with sea salt and freshly ground black pepper to taste.
- Layer a lettuce leaf, turkey burger, a spoonful of coconut cream sauce and a lettuce leaf for each serving.
- Serves: 4

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## e3 Energy Evolved™ Asian Stir-Fry

Submitted by Heather Dubé

### INGREDIENTS:

- 12 oz. boneless, skinless chicken breast (sliced into small pieces)
- 2 tbsp raw coconut oil 2 cups thinly sliced brussel sprouts or chopped kale
- 2 cups bok choy (sliced)
- 3 cups green cabbage (shredded)
- 1 sweet yellow onion (coarsely chopped)
- 13 cuts scallions/green onions (chopped)
- 5 cloves garlic (coarsely chopped)
- 2 tbsp fresh ginger (grated) or 1/2 tsp ground ginger
- 1/4 cup Coconut Secret Coconut Aminos
- 1 small mandarin orange (cut into small pieces)
- 1 tsp ground black pepper
- 1/4 tsp chili powder
- 1/4 tsp dried basil
- Raw sea salt to taste

### PREPARATION:

- Preheat large skillet on medium for 3-5 minutes.
- Once hot, melt coconut oil then add chicken pieces, sautéing until nearly cooked.
- Add garlic, onions and scallions, sauté until slightly tender.
- Reduce heat to low and add kale or brussel sprouts, mandarin orange, ginger, chili, basil, black pepper, raw sea salt and Coconut Aminos, simmering for 4-5 minutes, stirring frequently.
- Add bok choy and continue to simmer for another 2-3 minutes, stirring occasionally.
- While stir-fry is simmering, place shredded cabbage on dinner plate.
- Remove stir-fry from heat and spoon over shredded cabbage.
- Serves: 2-3

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## Beef and Broccoli Red Curry

Submitted by Tom Malterre, MS, CN, CFMP

I use my slow cooker to make this—it takes me all of about 5 minutes to toss together! Serve this hearty, nourishing stew with cooked rice or quinoa and a few spoonfuls of raw cultured vegetables. Recipe from *The Whole Life Nutrition Cookbook* (April, 2014).

### INGREDIENTS:

- 2 pounds organic beef stew meat
- 1 can coconut milk
- 1 tbsp red curry paste
- 1 tbsp peanut butter or sunflower butter
- 1 to 2 cloves garlic, crushed
- 1 tbsp sea salt
- 1 medium red bell pepper, chopped
- 1 small head of broccoli, cut into florets
- Handful of fresh Thai basil leaves

### PREPARATION:

- Place the beef, coconut milk, red curry paste, peanut butter, garlic, and salt into a 3-quart slow cooker; stir together. Cook on low for about 6 hours or on high for about 3 hours. Then add the red pepper and broccoli and continue to cook until vegetables are tender, about another 15 to 20 minutes on high.
- If you don't own a slow cooker, place all ingredients except peppers and broccoli into a pot and simmer on low on the stove for 45 to 60 minutes; then add vegetables and cook for another 10 to 15 minutes or until tender.
- Serves: 6

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# Chicken Adobo

Submitted by Stacey Robbins

Being raised in a crazy Italian family in the Northeast meant every meal had something to do with bread, pasta or pastries. It was heaven-on-earth... until having Hashimoto's meant a long, nasty break-up with my all-time favorite gluten-filled foods.

And much sighing, whining and crying commenced.

I've found my way through some of that maze, Italian-style, but what really helped me was marrying into a Filipino family where I could live a more Autoimmune Paleo, gluten free, low-carb life as most of their cultural foods lend themselves to it naturally. This is one of my favorite (easy-peasy) stand-by recipes from Grandma Caridad Fogarty.

## INGREDIENTS:

- 3-4 pounds of dark meat chicken or boneless pork ribs
- 1 cup of coconut aminos
- 1 cup of Apple Cider Vinegar
- 1/3 cup of brown sugar, honey or coconut sugar
- 1 slice of fresh ginger (about the size of your thumbnail)
- 6 cloves of garlic
- 1-2 dried bay leaves

## PREPARATION:

- Place in a crockpot on low for 6-8 hours or in a covered pot on the stove, over medium heat, for about 1 1/2 to 2 hours, stirring occasionally.
- If you're using the stove-top method: The liquid should just about cover the meat in the pot; if it doesn't, use a 1-1 ratio of increasing the soy sauce and apple cider vinegar until it nearly covers it.
- Serve with white or brown rice, or quinoa. For a completely AIP version, serve over sautéed greens.
- Enjoy!

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## e3 Energy Evolved™ Coconut Curry Chicken

Submitted by Heather Dubé

### INGREDIENTS:

- 12 oz. boneless skinless chicken breast (sliced into small pieces)
- 2 tbsp raw coconut oil
- 3/4 cup organic coconut milk
- 2 cups thinly sliced brussel sprouts or chopped kale
- 2 cups bok choy (sliced)
- 3 cups green cabbage (shredded)
- 1 sweet yellow onion (coarsely chopped)
- 1 cup scallions/green onions (chopped)
- 5 cloves garlic (coarsely chopped)
- 1 1/2 tbsp curry powder
- 2 tsp turmeric
- 1 tsp cumin
- 1 1/2 tsp raw sea salt

### PREPARATION:

- Preheat large skillet on medium for 3-5 minutes. Once hot, melt coconut oil then add chicken pieces, sautéing until nearly cooked.
- Add garlic, onions and scallions, sauté until slightly tender.
- Reduce heat to low and add curry, turmeric and cumin and sauté for 1-2 minutes, then add coconut milk and simmer for 1-2 minutes more.
- Add kale/brussel sprouts, cabbage, bok choy and salt. Continue to simmer for another 5 minutes, stirring occasionally.
- Remove from heat and serve.

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# Decadent Berry Apple Pork Chops

Submitted by Steven Wright

## INGREDIENTS:

- At least (2) 1 1/2 to 2" thick pastured pork chops
- 1/2 pint of blackberries
- 2 medium honeycrisp apples
- Balsamic vinegar (optional)
- Cinnamon, sea salt and fresh black pepper
- Baking dish and aluminum foil

## PREPARATION:

- To begin, thinly slice up the apples and berries. Pre-heat your oven to 400° F.
- Next, wash and pat dry the pork chops and generously cover both sides in sea salt and freshly ground black pepper (Trust me, fresh ground black pepper is way different than the pre-ground stuff). Place the pork chops in your baking dish and drizzle balsamic vinegar overtop of them.
- Then, place sliced apples around them on all sides. Also, cover the chops with the blackberries. Finally, generously sprinkle cinnamon all over the dish. Cover and bake for 40 minutes. After 40 minutes, take off the tin foil and bake for another 10-20 minutes uncovered to let juices cook down. Serve and enjoy!
- Note: Based on using 1 lb. of pork chops, this meal contains a total of approximately 906 calories and 108.6 Carbs (G), 77.9 Protein (G), and 20.9 Fat (G).

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## Gnocchi

Submitted by Dr. Angeli Maun Akey, MD FACP

### INGREDIENTS:

- 3 pounds of potatoes
- 1 cup gluten free multi-purpose flour
- Pinch of salt

### PREPARATION:

- Boil the potatoes until they soften. While still hot, peel, smash and mix them with the gluten free flour and salt.
- Work by hand until the mixture becomes quite hard (for about 10 minutes).
- Cut the mixture into pieces and roll them, one by one, by hand until they become small and snake-shaped.
- Carefully cut the snakes in small pieces, leaving them apart with enough flour to prevent the dumplings from sticking together.
- Place dumplings in a pot of boiling, salted water. When the dumplings come to the top, remove them.
- Top dumplings with pesto ([click HERE](#) for pesto recipe).

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## Grass Fed Beef Kabobs

Submitted by Stacey Robbins

### INGREDIENTS:

- 1 lb grass fed beef kabobs
- 1 sweet onion cut into quarters
- 1 seeded red bell pepper cut into quarters
- Cherry tomatoes
- 2 tbsp olive oil
- Seasoning of choice
- Metal or wooden skewers

### PREPARATION:

- Marinate beef in olive oil and seasoning of choice for 15 minutes.
- Assemble the kabobs as follows: Onion, beef, bell pepper, tomato, then repeat.
- Grill on medium high heat.
- Rotate every 2 minutes.

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## Pan Roasted Salmon

Submitted by Dr. Raphael Kellman, MD

Wild caught salmon has a high content of desirable omega-3 fatty acid's. Omega-3 molecules provide anti-inflammatory benefits as well as help to heal your gut walls, thereby improving your digestion and supporting your microbiome.

Please don't purchase farm-raised salmon. Find wild caught—it's far cleaner and contains way more nutrients.

This recipe will pan roast the salmon because it's a quick way to cook fish that produces enhanced flavor. Enjoy!

### INGREDIENTS:

- Salt and pepper
- 7 ounces salmon fillet or any thick fish
- 2 tsp clarified duck fat or coconut oil or 1 tsp olive oil and 1 tsp duck fat or coconut oil
- Lemon wedge
- 1 tsp melted duck fat or coconut oil with a sprinkle of tarragon (optional)

### PREPARATION:

- Heat the oven to 450°F. Place on high heat a heavy bottomed ovenproof skillet or cast iron pan that is a little larger than The fish portion.
- Salt-and-pepper the fish.
- When the pan is hot add the duck fat or coconut oil. Place the fish in flash side down. Cook on high heat until the edges brown, about three minutes. Do not turn the fish.
- Put the pan in the oven. Cook for about seven minutes, or until the fish flash is opaque, firm, and there is a nice crust on the bottom. Then turn the fish into a plate by inserting spatula under the side of the fillet.
- Serve with lemon wedge and tarragon duck fat or coconut oil, if desired.

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## Dietitian Cassie's Sesame Beef & Broccoli

Submitted by Cassie Bjork, RD

### INGREDIENTS:

- 1 1/2 lbs of sirloin steak, cut into strips
- 4 cups chopped broccoli
- 1 cup coconut aminos
- 4 tbsp coconut oil
- 4 tbsp sesame oil
- 2 tbsp raw honey
- 4 garlic cloves
- 1 tbsp freshly grated ginger
- Optional: sesame seeds

### PREPARATION:

- Heat coconut oil in a large pan over medium-high heat.
- Sear all sides of the steak strips in the oil.
- Turn the heat down to medium-low and add the ginger and garlic.
- Add broccoli and sauté for a few minutes.
- Add in the coconut aminos, honey and sesame oil.
- Heat through and salt as needed.
- Garnish with sesame seeds.

### Modifications:

- This recipe is P (steak strips), F (coconut and sesame oil), and C (broccoli) balanced.
- You can swap gluten free tamari sauce or organic soy sauce for the coconut aminos.
- You can swap stew meat for sliced sirloin steak.

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## Spiced Citrus Salmon

Submitted by Tom Malterre, MS, CN, CFMP

This salmon recipe contains a bouquet of citrus flavors and pairs well with steamed vegetables and cooked quinoa. Try topping the baked salmon with Mango Salsa. Recipe from *The Whole Life Nutrition Cookbook* (April, 2014).

### INGREDIENTS:

- 2 lbs wild Alaskan salmon fillets

#### **Marinade:**

- 1/2 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lime juice
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup extra virgin olive oil
- 2 tbsp minced shallots
- 2 cloves garlic, crushed
- 1 to 2 tsp sea salt
- 1/2 to 1 tsp crushed red chili flakes

### PREPARATION:

- Rinse salmon under cool running water and place skin-side up in a shallow baking dish. In a separate dish, whisk together all of the ingredients for the marinade. Pour marinade over salmon, cover, and refrigerate for 2 to 4 hours.
- Preheat oven to 400° F. Pour off marinade and flip salmon so the skin is down. Bake, uncovered, for 10 minutes per inch of salmon thickness. It is best to take salmon out just before it is cooked through because it will continue to cook after you take it out of the oven.
- Serves: 4-6

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## Spring Artichoke Chicken Stir-Fry

Submitted by Leanne Ely

### INGREDIENTS:

- 2 tbsp coconut oil
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 2 large boneless, skinless chicken breasts, chopped
- 1/2 cup low sodium chicken stock
- Sea salt and freshly ground black pepper to taste
- 2 cups artichokes, canned in water and chopped
- 2 large ribs celery, chopped
- 2 cups spinach leaves
- 2 tbsp ground cumin
- 1 tsp ground chili powder

### PREPARATION:

- Prep time: 10 minutes
- Cook time: 15 minutes
- In a large skillet over medium heat, heat the coconut oil.
- To the skillet, add the garlic, onion and chicken.
- Stir and cook for 5 minutes, then add the remaining ingredients (chicken stock through chili powder).
- Reduce heat to low and cook for 10 minutes, until chicken is cooked through and vegetables are tender.
- Serve warm.
- Serves: 4

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## Super Sloppy Joes

Submitted by Jen Wittman

Sloppy Joes is one of my favorite recipes of all time. My taste buds danced the first time I tasted a homemade version vs. the one we'd always made from the can. Learning it was simple to make sealed the deal – now here's our version!

### INGREDIENTS:

- 2 tbsp olive or coconut oil
- 1 medium onion, chopped
- 1 medium green or red pepper, chopped
- 2 garlic cloves, minced
- 1 lb ground beef
- 1 (15 oz) can crushed roasted tomato sauce
- 1 tbsp chili powder
- 1/2 tsp ground cumin
- Romaine lettuce leaves to wrap your Joes in, or Udi's Gluten Free buns for the kids

### PREPARATION:

- Heat a large skillet over medium-high heat. Add oil when hot.
- Add onion, green pepper, and garlic, and sauté until tender.
- Add ground beef, and continue cook until beef starts to brown (stir occasionally).
- Finally, stir in tomato sauce, chili powder and ground cumin.
- Remove from heat and serve when beef is cooked through and tomato sauce is hot.
- Place on gluten free buns or wrap in lettuce leaves.

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# Trudy's Gluten Free Bobotie

Submitted by Trudy Scott, CN

Bobotie is a great traditional South African meat dish and is a delicious slightly spicy version of meatloaf; it's super for holiday parties. I grew up in South Africa so this is a favorite of mine. I've modified it to create a healthier version: I added carrots and garlic, replaced the sugar with apple, did not use bread in the recipe, replaced cows milk with rice milk, and recommend organic produce and grass-fed or wild meat, plus organic or pastured eggs. It's also popular with my clients because research is showing that quality grass-fed meat in combination with a whole real food diet (i.e. no junk food) reduces the risk of anxiety and depression in women.

## INGREDIENTS:

- 2 tbsp coconut oil
- 2 onions, peeled and sliced
- 4 cloves garlic, chopped (more if you're brave – I always use tons of garlic!)
- 4 medium carrots, thinly chopped or grated
- 2 pounds/1 kg good quality grass-fed ground beef or bison
- 1 tbsp medium curry powder or garam masala
- 1 small apple, finely chopped
- 2 tsp sea salt
- 1/2 tsp pepper
- 3/4 tsp turmeric
- 1 1/2 tbsp apple cider vinegar
- 1/2 cup seedless organic raisins
- 2 tbsp chutney (look for Mrs. Ball's South African chutney at World Markets)
- 3 medium organic or pastured eggs
- 1/2 cup rice milk

## PREPARATION:

- Cook onions and garlic over medium heat in coconut oil until onions are transparent. Add ground beef and carrots. Cook until lightly browned and crumbly.
- Add curry, apple, salt, pepper, turmeric, vinegar, raisins, and chutney to the beef mixture and mix. Spoon the mixture into a greased baking dish and bake for 30 minutes in preheated 350°F oven.
- Beat eggs with milk, pour over the cooked meat and bake for a further 30 minutes. Note: The egg/milk topping can be omitted if there is a food intolerance to these foods.
- Serve with brown rice, steamed veggies and extra chutney.
- Serves: 6



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# Zughetti Sundried Tomato Pesto with Shrimp

Submitted by Dr. Jayson Calton, PhD and Mira Calton, CN

## INGREDIENTS:

### Pesto Ingredients:

- 1 cup organic dry-packed sun-dried tomatoes
- Handful of organic macadamia nuts
- 2 cloves garlic
- Unrefined sea salt and organic black pepper to taste
- 1/4 cup SKINNYFat olive oil

### Other Ingredients

- 4 or 5 large zucchini (to make zughetti fun wheat free zucchini noodles)
- 2 tbsp SKINNYFat olive oil (skinnyfatfoods.com) or cold pressed organic extra virgin olive oil (or ghee)
- 1 pound raw shrimp (between 20-25)

## PREPARATION:

### First - Make The Pesto

- Reconstitute the dried tomatoes by soaking them in warm water for 30 minutes.
- Combine all the ingredients in a blender to create the pesto. Add extra SKINNYFat if necessary.
- Refrigerate or freeze in ice cube trays to use later in recipes.

### Second - Create Your Zughetti

- Prepare the zucchini into noodles using either an inexpensive julienne peeler or vegetable mandolin/spiral slicer. You can find our favorite picks in the resource center on caltonnutrition.com. We love the long zughetti ribbons that the slicer forms—you can even wrap them around a fork like the real thing. A small investment with a ton of great uses.
- Put the zughetti ribbons in a colander and toss in with 2 teaspoons of unrefined sea salt. The salt will help pull the water out of the zucchini and make them even more noodle-like. Place the colander over a bowl to catch released water. Let stand for 20 minutes.
- Rinse the zughetti well. You don't want salty noodles!
- Pat dry.

### Third - Ready The Shrimp

- Heat the olive oil in a large skillet over medium heat. Add your shrimp (cleaned) and cook, stirring occasionally until they appear pink, approximately 5-6 minutes. (Dr. Calton and I like to add in a bit of cayenne and salt and pepper at this point to give the shrimp a bit of hidden heat).

### Fourth - Toss It All Together

- Add the pesto and dry zughetti noodles to the large skillet.
- Toss and coat the noodles and allow to cook on medium heat for 2 to 3 minutes.
- Serve and enjoy!



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# 5

## Soups



***You're not 'sick' because you're 'fat', you're 'fat' because you're 'sick'.***

- Damian & Heather Dubé

***Just keep moving.***

***Keep living.***

***Keep loving.***

***Keep doing your own inner work.***

***And the rest of your life***

***Will come together***

***In its own perfect time.***

- Stacey Robins

***The reason why most people fail isn't due to fear, it's due to lack of motivation.***

***What's motivating YOU?***

- Dietitian Cassie

***We can't continue to spend our energy trying to fix a broken system that has no intention of changing. They will only change within their context, which is so very limited. We need to reinvent healthcare and merge the genius of Allopathic and Holistic medicine with simple lifestyle changes.***

- Dana Walsh





# Bone Broth

Submitted by Dr. Izabella Wentz, PharmD, FASCP

You can buy chicken legs and throw them into the pot or purchase beef bones from the butcher.

There are many variations to bone broth...

Here I share my favorite, easy recipe. You can use bones with or without meat, but I've found that having a bit of meat on the bones makes the recipes tastier. It can also be made in a slow-cooker.

## INGREDIENTS:

- 10 carrots
- 4 stalks of celery
- 1 onion
- 1 tsp sea salt
- Bones of your choice

## PREPARATION:

- Add all ingredients to a large stock pot (or slow cooker), and cover with water.
- Bring to a boil, then reduce the heat and simmer for 1-4 hours (or slow cook for 4-24 hours).
- Add sea salt to taste.

### Tip:

Adding 2 tbsp of apple cider vinegar will help extract minerals from the bones and add them into your broth.

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# Butternut Squash Soup

Submitted by Dr. Trevor Cates, ND

## INGREDIENTS:

- 1 large butternut squash
- 2 tbsp coconut oil
- 3/4 cup chopped onion
- 1/2 cup thinly sliced carrot
- 1/4-1/2 tsp ground cumin
- Celtic or Himalayan salt and black pepper to taste
- 2 cups free range chicken stock
- 1/4 cup unsweetened coconut milk

## PREPARATION:

- Cut the squash in half and scoop out the seeds.
- Peel the squash and cut into 1" pieces.
- In a large pot, heat coconut oil and onion over medium heat.
- Add and cook for about 5 minutes.
- Add the carrot, cumin, salt, and pepper.
- Cook for a minute, and then add squash and chicken stock.
- Bring to a boil, reduce heat and simmer for about 20 minutes, until the vegetables are tender.
- Remove from heat and purée the soup with a hand blender or food processor.
- Return to heat, add the coconut milk and season to taste.

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# Coconut Carrot Ginger Soup

Submitted by Michelle Corey

## INGREDIENTS:

- 6 carrots
- 1 medium onion
- 1 tsp sea salt
- 1 tsp cumin
- 4 cups coconut milk
- 6" piece fresh ginger
- Fresh parsley to garnish

## PREPARATION:

- Wash, peel and cut carrots and onion into chunks.
- Place vegetables and salt in a pot, add coconut milk, bring to a boil and cover. Simmer on low heat for about 25 minutes.
- Transfer soup into blender (use caution), adding water if necessary to achieve desired consistency.
- When blending is done, squeeze juice from grated ginger and add to soup.
- Garnish with parsley and serve. For extra flavor, sauté veggies before cooking.

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# Coconut Salmon Chowder

Submitted by Michelle Corey

## INGREDIENTS:

- 1 pound lightly poached salmon fillet—skin and bones removed
- 1 medium onion, finely chopped, or 1 1/2 cups leeks, sliced
- 2 cups carrots, diced into small pieces
- 1 tbsp of fresh dill, chopped
- 2 tbsp olive or coconut oil
- 1 bay leaf
- 2 cups of chopped cauliflower florets
- 3 cups of chicken stock or organic chicken broth
- 1 can of organic unsweetened, full-fat coconut milk
- Sea salt to taste
- Fresh dill to garnish

## PREPARATION:

- In a large stockpot, add olive oil, onions/leeks and carrots; sauté 5 minutes, or until tender.
- Add the chicken broth, coconut milk, cauliflower, bay leaf and dill; bring to a simmer.
- Add poached salmon filets and simmer until filets break apart easily. Stir well to break apart the salmon and cook until tender.
- To poach salmon: Sprinkle salmon fillets with a dash of sea salt. Place salmon fillets skin-side down in a sauté pan. Cover with 1 cup chicken or fish stock and bring to a simmer on medium heat. Cook 5-10 minutes, depending on the thickness of the fillet.

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## Creamy Asparagus Soup

Submitted by Shannon Garrett, BS, RN, CHLC, CNN

### INGREDIENTS:

- 1 large onion, chopped
- 2 tbsp extra virgin olive oil
- 1 pound fresh asparagus, cut into 1/2" sections
- 1 cup cauliflower, chopped
- 3 cups organic low-sodium vegetable broth (Imagine® brand is gluten free)
- Sea salt
- 1 lemon, juiced
- Garnish: fresh parsley or basil

### PREPARATION:

- Sauté onion with olive oil until fragrant, about 4 minutes.
- Add asparagus and season with salt and pepper to taste and cook, stirring 5 minutes.
- Add cauliflower and vegetable broth, bring to a simmer and cover.
- Cook until vegetables are tender, 15-20 minutes.
- Remove from heat and place into a high speed blender and blend until smooth.
- Garnish with a sprig of fresh parsley or basil.

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# Creamy Pork Chop and Sweet Potato Soup

Submitted by Shannon Garrett, BS, RN, CHLC, CNN

## INGREDIENTS:

- 2 tbsp coconut oil
- 12 ounces boneless pork chops, cubed
- 2 cups sliced sweet potatoes
- 2 cloves garlic, minced
- 1 large onion, chopped
- 2 1/2 cups low sodium chicken broth
- 1 (14oz) can unsweetened coconut milk
- 2 large leeks, chopped
- 1 large head cauliflower, chopped
- Sea salt and freshly ground black pepper, to taste

## PREPARATION:

- To a large pot, add coconut oil and heat over medium heat.
- To the pot, add the pork and sauté for 5 minutes, until browned and lightly pink in the center. Remove pork and set aside.
- To the same pot, add the remaining ingredients (sweet potatoes through salt and pepper).
- Turn heat up to high and bring soup to a boil.
- To the soup, add the pork and cook for 10 minutes (until pork is tender and completely cooked through) and serve.
- Serves: 4

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# “Green” Beef Vegetable Soup

Submitted by Shannon Garrett, BS, RN, CHLC, CNN

## INGREDIENTS:

- 1 tbsp coconut oil
- 1 pound lean ground beef
- 1 small onion, chopped
- 1 clove garlic, minced
- 4 cups low sodium beef broth
- 1 cup chopped spinach
- 1 cup chopped kale
- 2 cups chopped asparagus
- 2 cups chopped green beans
- Sea salt and freshly ground black pepper to taste
- 1 tbsp chili powder
- 3 tbsp chopped basil

## PREPARATION:

- In a large pot over medium heat, heat coconut oil
- To the pot, add the beef, onion and garlic. Cook for 10 minutes, until beef is browned.
- To the pot, add the remaining ingredients (beef broth through basil) and stir. Cook for 15 minutes, until beef is cooked through and vegetables are tender.
- Serve warm
- Serves: 4

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## “Live More” Carrot Ginger Coconut Curry Soup

Submitted by Brent Martin & Dana Walsh

### INGREDIENTS:

- 4 Large carrots
- 1 small onion
- 1/4 tsp grated ginger
- 2 tbsp coconut oil
- 1 tbsp olive oil
- 1 1/2 cups water
- 1/2 tsp curry
- 1/4 tsp powdered ginger
- 1/4 tsp salt

### PREPARATION:

- Steam carrots.
- Sauté chopped onion and grated ginger in 1 tsp coconut oil on medium heat. Cook until onions are browned.
- Throw carrots, browned onions and water in the blender and blend until smooth.
- Lower the speed and slowly add one tablespoon of olive oil to emulsify and make velvety.
- Add 1 tbsp coconut oil, powdered ginger, curry and salt.
- Blend.
- Enjoy the vibrant goodness!

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# Rich Vegetable Soup

Submitted by Dr. Raphael Kellman, MD

The French call this type of soup "Soupe à la pistou": a fragrant vegetable soup garnished with pistou, a savory infusion of chopped fresh basil, garlic, and tomato. It's a wonderful way to load up on vegetables, which will leave you feeling full and satisfied without that overstuffed, bloated feeling you can sometimes get from too much meat or starch. You're also loading up on microbiome foods - leeks and carrots in the soup and garlic and tomato in the pistou. If you're looking for some extra protein, add the chicken pieces. The pistou makes enough for a few servings and will keep well in the fridge or freezer.

## INGREDIENTS:

- 2 tbsp olive oil
- 1 leek, washed and sliced, green tops discarded
- 1/4 bunch kale, washed, ribs removed, roughly chopped
- 1 tbsp chopped garlic
- 1 small turnip, peeled and chopped
- 1 celery stalk, chopped
- 1 carrot, peeled and chopped
- 1 parsnip, peeled and sliced
- 3 cups chicken broth
- 1 zucchini, diced
- 1/4 pound mushrooms, stemmed, cleaned and sliced
- 1/4 cup cooked chicken pieces (optional)

### Pistou

- 2 tbsp minced garlic
- 4 cups basil leaves (about 2 ounces)
- 1/3 cup rough chopped tomatoes or 3 tbsp organic tomato paste
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/3 cup olive oil
- Salt and pepper

## PREPARATION:

- In a large, heavy bottomed pot, gently heat olive oil over medium low heat, add leek and kale, and cook for five minutes until golden. Add garlic, and cook for two minutes.
- Add the turnip, celery, carrot, and parsnip, and cook for five minutes. Add the chicken broth, and simmer for 45 minutes or until vegetables are tender.
- Add the zucchini, mushrooms, and optional chicken, and simmer for 10 minutes until tender.
- Make the pistou: while the soup is cooking, put the garlic, basil, tomatoes, and salt and pepper in a food processor or blender, and purée until almost smooth. Gradually add the oil. Refrigerate until ready to serve.
- To serve, stir 3 tbsp of the pistou into the hot soup. Add salt, pepper, and more pistou to taste.



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# Spring Greens Soup

Submitted by Amy Medling, CHC

Spring inspires me. All of the new sprouts and beautiful greens at the farmers' market make me want to find new and tasty ways to enjoy them. The fresh greens available naturally detoxify my blood and rejuvenate me. They protect my liver and digestive tract, cleanse my blood, and trigger burning of winter fat. Spring Greens Soup is a perfect example of what to do with all of this fantastic new produce. It contains Swiss chard, which is a nutritional powerhouse, a great source of calcium and potassium, vitamin C, vitamin A and beta-carotene, as well as two carotenoids (lutein and zeaxanthin). In addition, I add spinach, which always tastes best in the early spring and contains 25 percent of your daily calcium requirement, plus iron and lutein.

## INGREDIENTS:

- 1 tbsp olive oil (plus more to drizzle on top before serving)
- 1 tbsp coconut oil
- 2 large yellow onions, chopped
- 2 leeks, cleaned and chopped
- 1/2 cup white wine
- 6 cups vegetable or chicken stock
- 1 bunch Swiss chard or kale (about 1 pound), ribs removed and coarsely chopped
- 1 lb baby spinach
- 1/2 cup cooked brown rice
- 1/3 cup cilantro or parsley
- Big pinch of cayenne pepper, sea salt and black pepper to taste
- 1 tbsp lemon juice, or more to taste

## PREPARATION:

- Heat oil and coconut oil in a large skillet.
- Add onions and leeks, and cook, stirring frequently, until the onions begin to brown, about 5 minutes.
- Reduce the heat to low, add wine, and simmer, stirring frequently until the pan cools down, and then stir occasionally, always covering the pan again, until the onions and leeks are reduced and caramelized, about 25-30 minutes.
- In a stock pot, add stock and bring to a boil.
- Reduce heat to simmer, and add kale/chard and spinach, onion and leek mixture and cooked rice.
- Let greens wilt, but don't simmer so long that they lose color. You want them to be a bright green.
- Add a pinch of cayenne, salt and pepper to taste, parsley or cilantro and lemon juice.
- Puree the soup in the pot with an immersion blender until perfectly smooth, or in a regular blender in batches (return it to the pot).
- Taste, and add more lemon juice or seasonings if desired.
- Garnish each bowl of soup with a drizzle of olive oil.
- Serves: 6-8



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# Sweet Potato and Butternut Squash Soup

Submitted by Dr. Amy Myers (Brienne Williams, RD, LD)

You may have seen other versions of this delicious soup in *The Autoimmune Solution* or new patient resources, but they are a little more time intensive. This one is incredibly easy, especially if you have an immersion blender.

This recipe is approved on The Myers Way® Autoimmune, Candida (minimized), Paleo and Standard Protocols.

## INGREDIENTS:

- 2 large sweet potatoes, peeled and chopped
- 1 large butternut squash, peeled, seeded, and chopped
- 1 large sweet onion, chopped
- 2 cloves garlic, minced
- 3-4 cups bone broth (less bone broth will yield a thicker soup)
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp sea salt
- 1 BPA free can organic coconut milk

## PREPARATION:

- Add sweet potatoes, butternut squash, onion, garlic, and broth to slow-cooker.
- Let cook on high for about 4-6 hours.
- When vegetables are soft add cinnamon, nutmeg, sea salt and coconut milk.
- Using an immersion blender, blend until smooth. If you don't have an immersion blender, transfer ingredients into a regular blender in batches and blend until smooth.
- Serves: 6

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# Thai Chicken Chowder

Submitted by Amy Medling, CHC

Living in New England, I grew up on "Chowda." Whether it is New England clam or delicious native corn chowder, it is hard not to love this cream based style of soup. When I eliminated milk from my diet, I didn't want to eliminate chowder too. Coconut milk is an excellent substitute for cream in this recipe. The addition of lemongrass and fresh ginger creates an exotic base for this delicious and healthy chicken chowder.

## INGREDIENTS:

- 1 tbsp coconut oil
- 1/2 cup celery, sliced
- 1 cup onions, chopped
- 2 garlic cloves, minced
- 2 cups sweet potato, peeled and diced
- 1/4 cup cilantro, chopped
- 2 tsp freshly grated ginger
- 2 tbsp lemongrass, peeled and minced
- 1 32 oz. carton of chicken stock
- (2) 8 oz. bone-in chicken breasts, or 3 cups cooked shredded chicken breast
- 1 14 oz. can light coconut milk
- 1/2 lime, juiced
- 1/4 tsp crushed red pepper flakes, or desired amount to taste
- 1/3 cup green onions, sliced

## PREPARATION:

- If you don't have cooked chicken on hand, bake a few breasts drizzled with olive oil and sprinkled with salt and pepper until fully cooked. Set chicken aside to cool.
- In a large Dutch oven or heavy stockpot, heat the coconut oil and add the sweet potatoes, celery, garlic and onions.
- Cook for about 10 minutes or until the veggies begin to soften, stirring occasionally. Increase the heat to medium-high, add in the cilantro, ginger, lemongrass and cook for one minute, stirring frequently to avoid burning.
- Pour in the chicken stock and increase heat to high. Bring to a boil and reduce to a simmer, cover, and cook about 10 minutes.
- Add the chicken, coconut milk, lime juice, red pepper flakes and a bit of freshly ground pepper, stirring to combine and season with salt to taste.
- Let simmer about 5 more minutes. Serve with a garnish of fresh green onion and cilantro.
- Serves: 4-6



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# Turkey Meatball Soup

Submitted by Dr. Josh Axe, DC

This turkey meatball soup is a favorite at our house. It's delicious, great for your gut and full of healthy vegetables and lean protein. Try this delicious soup recipe today!

## INGREDIENTS:

- 1 lb ground turkey
- 2 eggs
- 1/4 cup onion, minced
- 1 tsp garlic, minced
- 1/2 tsp onion powder
- Sea salt and black pepper to taste
- 1/3 cup coconut flour
- 1/2 cup onions, chopped
- 1-2 cups celery, chopped
- 1-2 cups carrots, chopped
- 1 tsp thyme
- 3/4 tsp sage
- 3/4 tsp rosemary
- Sea salt to taste
- 4 cups chicken bone broth
- 2-3 tbsp coconut oil

## PREPARATION:

- Mix first 7 ingredients together in a bowl. Form into small meatballs.
- In a stock pot over medium high heat, add coconut oil, onions, celery, and carrots and cook until onions are translucent.
- Pour bone broth into the stock pot and bring mixture to a simmer. Add remaining seasonings.
- Carefully drop meatballs into simmering broth and cook for an additional 45 minutes.
- Serves: 2-4

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# 6

## Salads



***When medicine shifted from the art and science of “healing” to the “business of trying to understand the mechanisms of disease, much of the feminine, more intuitive, wisdom of the ancient ways was lost. If we are going to succeed in healing chronic illness and our world, we must bring the feminine back.***

- Michelle Corey

***Wellness is first a values shift.***

- Damian & Heather Dubé

***Eating is not only necessary for survival; it is one of life's great pleasures!  
Give yourself plenty of time to enjoy your meals and snacks.***

- Stephanie Matos

***Nutrition is not low-fat. It's not low-calorie. It's not being hungry and feeling deprived. It's nourishing your body with real, whole food so that you are consistently satisfied and energized to live life to the fullest. After all, isn't that what this life is about?***

- Dietitian Cassie

***It's easy to use food, media or busy-ness as a distraction:  
Anesthetizing ourselves to feelings we don't want to face.***

***But avoiding the real issue isn't going to make it go away.***

***Notice today if you're reaching for that brownie, smart phone or remote control – maybe what you really need to do is pause and get in touch with your heart.***

- Stacey Robbins





## Antioxidant-Rich Salad

Submitted by Dr. Trevor Cates, ND

### INGREDIENTS:

- 6 cups mixed salad greens
- 1 cup fresh or dried (no sugar added) organic blueberries
- 1/2 cup pomegranate seeds
- 1 cup walnut pieces
- 1/2 cup pomegranate juice
- 2 tbsp balsamic or apple cider vinegar
- 1 tsp Dijon-style mustard
- 1/4 cup extra virgin olive oil
- Ground pepper and pinch of salt (to taste)
- Fresh oregano, basil, or other herbs of choice.

### PREPARATION:

- Place greens, blueberries, pomegranate seeds and walnuts in large bowl.
- Mix vinegar, pomegranate juice, mustard, salt and pepper with wire whisk until well blended.
- Add oil, whisking until well blended.
- Pour over salad, add fresh herbs, and toss to coat with dressing.
- Serve immediately.

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## Bacon Apple Salad with Spiced Walnuts

Submitted by Leanne Ely

### INGREDIENTS:

- 1 pound bacon, chopped
- 1 cup walnut halves
- 1 tsp cayenne pepper
- 1 tsp raw honey
- Sea salt and freshly ground black pepper to taste
- 4 cups baby spinach leaves
- 1 large shallot, sliced
- 2 medium apples, sliced
- 2 tbsp coconut cream
- 1/2 tsp minced garlic
- 2 tbsp lemon juice
- 1 tsp maple syrup

### PREPARATION:

- In a large skillet over medium heat, add bacon. Cook for 10 minutes, until bacon is brown and very crispy.
- Transfer bacon to a paper towel lined plate and discard all but 1/2 tbsp of bacon fat from skillet.
- Reduce heat to low. To the skillet, add the walnuts, cayenne pepper, honey and salt and pepper. Cook for 10 minutes, stirring occasionally.
- In a large bowl, layer the spinach, shallot, apples, bacon and walnuts.
- In a small bowl, whisk the remaining ingredients (coconut cream through maple syrup), sea salt and freshly ground black pepper to taste.
- Pour the dressing over the salad. Toss and serve.

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## Easy Kale Salad

Submitted by Michelle Corey

### INGREDIENTS:

- 6 cups chopped blanched kale
- 3 tbsp Go Raw Organic Sprouted Sunflower Seeds or Pumpkin Seeds
- 1/4 cup organic dried cranberries or cherries

### PREPARATION:

- Wash kale.
- Strip the leaves off the stalks.
- Discard the stalks.
- Lightly steam or blanch.
- Chop the kale into bite-sized pieces.
- Sprinkle with cranberries/cherries and serve with Bragg's Vinaigrette, or your favorite healing vinaigrette dressing.

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## Michelle's Liver Bliss Fennel and Green Salad

Submitted by Michelle Corey

### INGREDIENTS:

- 2 cups Organic Girl 50/50 Spring Mix (or equivalent)
- 1/2 fennel bulb
- 1 medium carrot
- 1/2 medium cucumber
- 1/2 avocado
- 3 tbsp organic dried cranberries
- 3 tbsp Go Raw Organic Sprouted Sunflower Seeds

### PREPARATION:

- Add 2 cups of 50/50 spring mix to salad bowl.
- Slice the fennel to desired thickness, and add to bowl.
- Grate carrot and add to bowl.
- Slice and cube the avocado, and add to bowl.
- Add the cranberries and sunflower seeds.
- Toss with Bragg's Vinaigrette, or your favorite healing vinaigrette dressing.
- You may add 6-8 ounces of grilled fish, organic lean meat or chicken.
- Serves: 1-2

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## Dietitian Cassie's "No-Potato" Cauliflower Salad

Submitted by Cassie Bjork, RD

### INGREDIENTS:

- 1 head cauliflower
- 1/2 dozen hard boiled eggs, peeled and chopped
- 1 cup real, full fat mayonnaise (look for a canola free brand or a brand that uses non-GMO canola)
- 1 cup sunflower seeds
- 1/2 cup diced red onion
- 1 tbsp dill weed
- 1/2 lemon, juiced
- 1/2 tsp sea salt

### PREPARATION:

- Cut the cauliflower into small florets and steam.
- Run under cold water, pat dry and place in a large bowl.
- Mix together the mayonnaise, red onion, dill weed, lemon juice, sea salt and sunflower seeds.
- Combine all ingredients into the bowl with the cauliflower and gently fold in the hard boiled eggs.
- Serve immediately, or for best results, let chill in refrigerator overnight or for an hour or two before serving.

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# Quick Curry Chicken Salad

Submitted by Jen Wittman

This is a quick and simple way to zazz up a chicken salad into total deliciousness.

## INGREDIENTS:

- 4 cups pre-cooked pastured or organic chicken, shredded
- 1/2 cup mayonnaise (look for a canola free brand or a brand that uses non-GMO canola)
- 4 tbsps curry powder (more or less to taste)
- 1/4 cup celery, chopped
- 1/4 cup raisins
- 1/4 cup soaked cashews or almonds, chopped
- Celtic sea salt & fresh cracked pepper, to taste
- Lettuce, 1 head (optional)

## PREPARATION:

- Prep Time: 5 min
- Combine all ingredients (except lettuce) in a bowl and stir until well mixed.
- Serve alone or on a bed of lettuce.
- Serves: 4

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# e3 Energy Evolved™ Taco Salad

Submitted by Heather Dubé

## INGREDIENTS:

- 1 lb boneless skinless chicken breast (sliced into small pieces) or organic ground beef
- 2 tbsp olive oil
- 2 cups shredded brussel sprouts or chopped kale
- 4 cups shredded green cabbage
- 1 1/2 cups vine ripe tomatoes (chopped)
- 1 sweet yellow onion (coarsely chopped)
- 1/2 cup scallions/green onions  
(chopped 5 cloves garlic (coarsely chopped))
- 2-3 tbsp cumin
- 1 1/2 tbsp chili powder
- 1 tsp dried oregano
- 2-3 tsp raw sea salt
- 1 avocado (cut into small pieces)



## PREPARATION:

- Preheat large skillet on medium for 3-5 minutes. Once hot, add olive oil and chicken pieces sautéing until nearly cooked. If using organic ground beef, use 1 tbsp. olive oil rather than two.
- Add sweet yellow onions, green onions and garlic, continuing to sauté until onions are tender (about 3-4 minutes).
- Reduce heat to low/medium and add brussel sprouts or kale, cumin, chili powder oregano and sea salt continuing to sauté for 3 minutes, stirring frequently.
- Add tomatoes and simmer for 3-4 minutes, stirring frequently.
- While simmering, place shredded cabbage on dinner plates.
- Remove taco mixture from heat and spoon over shredded cabbage. Top with avocado pieces. Ready to serve.

## Alternate Suggestion:

- Replace cabbage with 6-8 lightly steamed collard green leaves. Spoon mixture in center of collard green leaf. Add avocado pieces. Fold leaves to form a wrap/burrito then serve.
- Serves: 3-4

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# The Power of Green Salad

Submitted by Michelle Corey

## INGREDIENTS:

- 4 cups chopped spinach
- 3 cups chopped green chard
- 1 avocado
- 4 cups baby greens or mache
- 2 cups steamed broccoli
- 2 cups steamed asparagus, cut into bite sized pieces
- 1/2 cup organic dried cranberries
- 1/4 cup soaked and sprouted sunflower seeds

## PREPARATION:

- Lightly steam broccoli and asparagus (about 6 minutes).
- Remove, and put in freezer to cool (about 5 minutes).
- Mix spinach, chard and baby greens together.
- Add cooled steamed veggies and avocado, then sprinkle with sunflower seeds and cranberries.
- Serve with healing vinaigrette.

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# 7

## Sauces & Dressings



### **Today's Hashimoment: Find Your Brutus**

If you've ever read Shakespeare, you might be familiar with the play *Julius Caesar*.

In it, Brutus betrays Caesar and is instrumental in his assassination.

And the reason he is able to succeed is that he is so close.

He knows his habits, his routines, his weaknesses.

All of us have at least one Brutus of our own.

And it's often related to something we do all the time.

It may be a food or foods, it may be a habit or addiction, it may be a destructive behavior.

Sugar, alcohol, gluten, dairy, stress-filled lives, electronic devices, rage and co-dependency are just a few examples of things that can undermine our progress and take us down.

They're often things we do all the time.

Whatever it is, it's sometimes the key to why we aren't making progress and why some of us are getting worse.

So we have to find our Brutus and kick him out of our lives.

Sometimes getting rid of him is the key to healing!

And this can be harder than you think.

Habits and addictions are well worn neural pathways.

It takes conscious effort and repetition to replace them.

But it's well worth the effort.

After all, with a Brutus inside us, we are our own enemies.

- Marc Ryan





## “Live More” Garlic Curry Aioli

Submitted by **Brent Martin** and **Dana Walsh**

This Garlic/Curry Aioli is a quick and delicious addition to your favorite vegetables or any dish. This recipe is non-dairy, eggless and simply delicious.

### INGREDIENTS:

- 3 tbsp olive oil
- 1 large raw or steamed garlic clove
- 2 tbsp Bulletproof Collagen or Great Lakes gelatin
- 1/2 tsp curry
- 1/4 tsp apple cider vinegar (ACV)
- 1/4 cup warm water
- Pinch of salt

### PREPARATION:

- In small blender, combine warm water, garlic clove, olive oil, ACV, curry, salt and collagen/gelatin.
- Blend until smooth.
- Let stand for 5-10 minutes to thicken.
- Serve and eat immediately over steamed broccoli, artichoke or your favorite vegetables.
- Eat it all up because it will turn into a pudding if you let it sit too long!

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## “Live More” Green Goodness Dressing

Submitted by Brent Martin and Dana Walsh

This dressing is a blend of liver loving foods that you can put on salads, vegetables or use as a dip. It should not be cooked to get optimal results. Use liberally. Will stay fresh in the fridge for about a day.

- Make small batches.
- Feel your liver being nourished.
- Lovely with smoked trout salad or a bed of arugula.

### INGREDIENTS:

- 1 whole organic avocado
- 1 tbsp organic apple cider vinegar (assists in digestion)
- 1 clove organic garlic (anti-microbial, anti-fungal)
- Handful of organic cilantro (can mobilize heavy metals)
- Squeeze of lime to taste
- 2 tsp organic hemp seeds (high omega-3s and protein)
- Dash of Himalayan salt (72 trace minerals)
- Olive oil to taste (start with a tsp)
- 1/4-1/2 cup water

### PREPARATION:

- Throw all ingredients in a high-powered blender.
- Blend for 30 seconds or until desired consistency.
- Add water, oil or lime juice to thin.

#### **For Asian flare:**

- Add 1/4 tsp ginger
- 2" x 4" piece of nori
- 1/4-1/2 tsp medium miso
- 1/4 cup water

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## Pesto Sauce

Submitted by Dr. Angeli Maun Akey, MD FACP

### INGREDIENTS:

- Handful of pine nuts
- 2-3 cloves of garlic, depending on taste
- Salt & fresh ground black pepper
- 3 handfuls of fresh basil, chopped
- Olive oil
- 1-2 drops of lemon juice to taste

### PREPARATION:

- Brown half of the pine nuts in a dry pan.
- Place all of the ingredients in a blender and blend together.
- Mix with olive oil.
- Adjust the flavor of your dairy free pesto by adding a drop or two of lemon juice at a time.

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# 8

## Sides & Appetizers

### 12 LIVE MORE LESSONS

1. Our suffering doesn't make us SPECIAL - how we handle it does.
2. Our sensitivities are a sign of STRENGTH - not weakness.
3. One size doesn't fit all. Our illness is UNIQUE and so too is our recovery.
4. To heal, cleansing is required: body, mind and SOUL.
5. We can love toxic people, but we don't need them in OUR LIVES.
6. We mustn't solely rely on doctors/medicine to take CARE of us.  
They can only do so much.
7. We are in control of how we FEEL and the emotions that we generate.
8. Our bodies need the basics to HEAL: good food, water, love and connection.
9. People are so much DEEPER after they have suffered.
10. We live on this PLANET, so we are a part of every problem (and every solution)  
- including Lyme disease.
11. We are NOT BROKEN.
12. We are NOT ALONE.



## Apricot Zingers

Submitted by Carrie Vitt

Apricot Zingers are simple to make and are such a crowd pleaser! They come from the cookbook, *The Grain-Free Family Table* by Carrie Vitt. The apricot has a melty-sweet quality—there's a small bite from the jalapeño, and it's all wrapped in salty bacon. It's truly the ultimate appetizer. Makes 20 appetizers.

### INGREDIENTS:

- 20 dried apricots
- 20 jarred organic jalapeños
- 7 bacon slices, cut into thirds (organic and pastured preferred)
- 20 strong toothpicks

### PREPARATION:

- Preheat the oven to 400°F and adjust the rack to the middle position.
- Line a baking sheet with unbleached parchment paper.
- Using a paring knife, cut a slice horizontally down the apricot. Cut almost but not all the way through, so that it will open like a book.
- Place a jalapeño slice inside the apricot, wrap the apricot in a piece of the cut bacon, secure it with a toothpick, and place it on the prepared baking sheet. Repeat with remaining ingredients.
- Bake for 10 minutes. Using a pair of tongs, flip the zingers and bake 10 minutes more, or until the bacon is golden brown.
- Serve immediately.

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# Cashew Chicken in Lettuce Wraps

Submitted by Dr. Josh Axe, DC

This Cashew Chicken in Lettuce Wraps recipe is full of flavor, healthy fats and protein! It's healthy, easy to make and a favorite of many!

## INGREDIENTS:

- 2 tbsp tamari or coconut aminos
- 2 tbsp honey
- 2 tbsp coconut oil
- 1 1/2 lbs. chicken breasts, cut into 3/4" pieces
- Sea salt and black pepper
- 2 cloves garlic, finely chopped
- 1 tbsp grated ginger root
- 1 bunch scallions, trimmed and sliced
- (1) 8-oz. can sliced water chestnuts, drained
- 1/4 cup roasted, unsalted cashews
- 1 small head Boston or Bibb lettuce, leaves separated

## PREPARATION:

- Total prep and cook time: 15-20 minutes.
- Combine tamari and honey/agave in a small bowl, set aside.
- Heat oil in large skillet over med/high heat.
- Season chicken with sea salt and pepper and cook, stirring occasionally, until chicken begins to brown, about 3 min.
- Lower heat to medium and stir in garlic and ginger.
- Add scallions and cook for 1 min.
- Stir in water chesnuts and soy sauce mixture. Continue to cook until chicken is cooked through, about 4 min.
- Remove from heat and sprinkle with cashews.
- Divide lettuce leaves among individual plates and spoon chicken over the top.
- Serves: 3-4

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## Dietitian Cassie's Chicken Kale Sweet Potato Cakes

Submitted by Cassie Bjork, RD

### INGREDIENTS:

- 2 chicken breasts, thawed
- 4-5 stalks of kale, de-stemmed and minced
- 1 sweet potato, diced
- 1 egg
- 1/2 cup coconut oil
- 1/2 cup almond flour (may substitute with gluten free flour of your choice)
- 2 tsp sage
- 2 tsp rosemary
- 1 garlic clove
- 1 tsp paprika
- 1 tsp sea salt

### PREPARATION:

- Shred chicken in a food processor.
- Add kale to chicken in food processor, along with sweet potato, egg, garlic and seasonings.
- Don't pulverize; keep slightly chunky with ability to differentiate between ingredients.
- Make patties the size of your palm. Pat into round shapes and lightly flour on all sides.
- Heat oil in a skillet.
- Add patties and fry until browned.

### Modifications:

- Rosemary is great in this recipe; add more or less to your taste. Same goes for all seasonings!
- This counts as a balanced PFC dinner, as it has Protein (chicken), Fat (olive oil) and Carbs (sweet potato and kale). Try serving it with Dijon mustard!

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## Coconut Crust Pizza

Submitted by Dr. Josh Axe, DC

Coconut has been around for centuries but has recently gained increased popularity in the media. Coconut has many health benefits and even aids in weight loss and helps to stimulate the metabolism! Experience the full benefit of coconut and satisfy your cravings with this delicious coconut crust pizza recipe! Makes 1 pizza crust.

### INGREDIENTS:

- 1/4 cup + 2 tbsp coconut flour
- 1/4 cup coconut oil
- 3 eggs
- 1 tsp honey
- 1 tsp baking powder
- 1/4 tsp sea salt

### PREPARATION:

- Total Time: 25-30 minutes
- Preheat oven to 350° F.
- Line a pizza sheet with parchment paper.
- Mix together the wet ingredients in one bowl and the dry ingredients in another.
- Combine the wet and dry ingredients.
- Roll batter onto parchment paper until about 1/2 to 3/4" in thickness.
- Bake for 20 minutes.
- Take the crust out and top with favorite ingredients.
- Place back in oven to bake for another 2-3 minutes or just until the cheese has melted.

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## Easy Zucchini Fritters

Submitted by Katie Wellness Mama

### INGREDIENTS:

- 2 medium zucchini
- 2 eggs
- 1 onion
- 1/2 cup almond flour or 3 tbsp of coconut flour
- 1/4 cup almond flour
- 1 tsp each of garlic powder, salt, pepper and basil leaf

### PREPARATION:

- Prep time: 10 mins
- Cook time: 20 mins
- Preheat oven to 400° F.
- Grate the zucchini with a cheese grater or food processor.
- Add the salt and squeeze very tightly with a towel or some paper towels to get the excess liquid out. Put in a medium sized bowl.
- Grate the onion and add to the bowl.
- Add eggs and almond flour.
- Sprinkle the spices on top of the mixture and mix until evenly incorporated.
- To bake: Well grease a baking sheet or muffin tins and put tablespoon size amounts of the mixture onto the baking sheet or fill the muffin tins 1/2 full.
- Bake for approximately 18-20 minutes or until tops and sides are starting to brown.
- Serve alone or with homemade ketchup. Can also pan fry in coconut oil for a crispier outer coating.
- Enjoy!
- Serves: 4

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## Fresh Mango Salsa

Submitted by Tom Malterre, MS, CN, CFMP

Serve this salsa over the Spiced Citrus Salmon, or atop fresh baby arugula greens for a light, refreshing salad. Recipe from *The Whole Life Nutrition Cookbook* (April, 2014).

### INGREDIENTS:

- 2 mangos, peeled and diced small
- 1 small red onion, finely diced
- 1/2 red bell pepper, finely diced
- 1 small jalapeño pepper, seeded and minced
- 2-3 tbsp freshly squeezed lime juice
- Sea salt or Herbamare

### PREPARATION:

- Place ingredients into a small bowl and gently mix.
- Add sea salt or Herbamare to taste.
- Store in a covered glass container in the refrigerator for up to 3 days.
- Yield: 1 1/2 cups

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# Pickled Basil Beets

Submitted by Tom Malterre, MS, CN, CFMP

I serve these probiotic-rich beets with scrambled eggs in the morning or on top of a green salad for lunch. You can use the flavorful purple brine in place of vinegar in a salad dressing. Generally I use 3 tablespoons of brine to 4 tablespoons of extra virgin olive oil. Recipe from *The Whole Life Nutrition Cookbook* (April, 2014).

## INGREDIENTS:

- 3 medium beets, peeled and sliced into thin rounds
- 1 small red onion, sliced into thin rounds
- 1/2 cup fresh basil leaves
- 1 tbsp sea salt
- 2 cups filtered water
- 1 tbsp sea salt
- Small cabbage leaf

## PREPARATION:

- Layer the sliced beets, onions, and basil in a wide-mouth quart jar, packing them down.
- Mix the sea salt and water together in a 2 cup liquid glass measuring cup; pour over vegetables until they are submerged with at least half an inch of brine. Place a folded cabbage leaf or boiled rock on top and push it down to submerge the vegetables. They need to stay below the brine to properly ferment.
- Cover the jar tightly with the lid and place into a dark place to ferment. It should take 5 to 10 days depending on the temperature of your house. The warmer it is, the shorter it takes to ferment. You can check them after 5 days; they should be sour and crispy. Make sure to "burp" the jar everyday once bubbles start forming, usually by day 2. You can do this by slightly unscrewing the lid to release the gases and then screw it back down.
- Once the beets have fermented to your liking, place the jar into the refrigerator and store for up to 6 months. They will keep fermenting while in the refrigerator, just at a much slower rate.
- Yield: 1 quart



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## Sautéed Swiss Chard with Coconut Milk

Submitted by Shannon Garrett, BS, RN, CHLC, CNN

Swiss chard is rich in vitamin A and lutein for eye health and vitamin K, which supports healthy blood clotting.

### INGREDIENTS:

- 1 tsp coconut oil, unrefined, organic
- 1 onion, sliced
- 1 large leek, sliced
- 1/2 cup coconut milk, canned, full fat
- 1 bunch Swiss chard, thinly sliced
- 1 tsp curry powder
- 1/2 tsp sea salt
- 1 tsp black pepper

### PREPARATION:

- Warm a large sauté pan over medium/low heat and add coconut oil.
- When the pan is hot, add onions and leeks.
- Sauté for 5-7 minutes until the onions and leeks are soft.
- Add coconut milk, Swiss chard, curry powder, salt and pepper. Sauté for an additional 3 minutes until the Swiss chard wilts.
- Serve immediately.
- Serves: 4

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## Sweet Potato Meatballs

Submitted by Dr. Amy Myers (Brianne Williams, RD, LD)

I was brainstorming for some different versions of Paleo meatballs and was inspired by the cooked sweet potatoes in my fridge. These Sweet Potato Meatballs are unique and delicious!

### INGREDIENTS:

- 2 lbs grass fed ground beef or bison
- 2 small sweet potatoes, cooked and peeled
- 1/3 cup coconut flour
- 1/2 yellow onion, minced
- 1 1/2 tsp garlic salt
- 1 tsp thyme
- 1 tsp ground ginger
- 4 tbsp coconut oil, divided

### PREPARATION:

- Take meat out of the refrigerator and let warm to room temperature.
- In a large bowl, mix together ground meat, sweet potatoes, coconut flour, onion, garlic salt, thyme, ginger, and 2 tbsp coconut oil (I used a potato masher, then my hands).
- Form into balls. Heat a large pan over medium heat with remaining coconut oil or animal fat.
- Place meatballs in pan in batches, turning occasionally to cook through on all sides. When meatballs are cooked through, remove from pan and serve hot.
- This recipe is approved on The Myers Way®.

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# Sweet and Sour Meatballs

Submitted by Carrie Vitt

Sweet and Sour Meatballs is a fun, savory dish you can pair with cauliflower fried rice, sautéed vegetables or spiraled squash. This recipe comes from Carrie Vitt's blog, *Deliciously Organic*.

## INGREDIENTS:

### For the Meatballs:

- 1 pound ground pork or chicken
- 1/2 pound wild shrimp, finely chopped
- 1 tbsp coconut aminos
- 1 tbsp dry sherry
- 3 green onions, finely chopped
- 2 cloves garlic, minced
- 1 tbsp minced fresh ginger
- 2 tbsp coconut flour
- 2 tbsp coconut oil

### For the Sauce:

- 1/4 cup water
- 1/4 cup fresh orange juice
- 2 tbsp raw honey
- 3 tbsp coconut vinegar
- 1 tbsp coconut aminos
- 1 tbsp apricot jam
- 1 tbsp plum jam
- 1 tbsp arrowroot

## PREPARATION:

- Place pork, shrimp, aminos, sherry, onions, garlic, ginger and coconut flour in a medium bowl and using your hands, massage the ingredients until incorporated. Let sit for 10 minutes.
- Form the meat mixture into 2-inch diameter balls.
- Heat a large skillet over medium heat for 2 minutes.
- Add the coconut oil to the pan and swirl to coat.
- Place the meatballs in the skillet and cook for 3-4 minutes, until the bottom of the meatballs are golden brown. Using a spatula, turn the meatballs over and continue to cook until the second side is golden brown.
- Place the meatballs on a platter.
- Whisk the water, orange juice, honey, vinegar, aminos, and jams together in a measuring cup.
- Pour the sauce into the now empty skillet. Increase the heat to medium-high, bring the sauce to a simmer and continue to simmer for 2 minutes.
- Whisk the arrowroot and 2 tbsp of water in a small bowl and slowly pour into the sauce mixture, whisking constantly. Cook for about 1 minute until the sauce turns thick.
- Add the meatballs back to the pan and stir so the meatballs are coated with the sauce. Serve immediately.
- Serves: 6

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# Vegan Cashew Cheese Ball

Submitted by Michael Larsen

Try this gluten, dairy and soy free cheese as an after school snack or holiday appetizer! Adapted from Urban Poser.

## INGREDIENTS:

- 1 cup raw cashews (soaked for at least 2 hours and drained)
- 3-4 tbsp water or combination of water, Bragg apple cider vinegar or lemon juice
- 1/2 tbsp warmed coconut oil
- 1/4 cup Tula's CocoKefir™ (Original or Citrus)
- 1 tbsp shallot, finely minced
- 2 tsp garlic, finely minced (use more or less depending on your preference here)
- 1 tbsp chives, minced
- 3 tbsp oil of choice
- 1 tsp sea salt to taste
- ground pepper to taste
- 1 cup raw/roasted pecans, finely chopped



## PREPARATION:

- Make sure all your utensils are sanitized (run through hot dishwasher or rinse with boiling water) and dry.
- Add cashews, water (or liquid combination of choice), coconut oil and CocoKefir™ in a high powered blender or food processor.
- Blend the mixture stopping to stir as needed. You can add a little more liquid if you're not getting a very smooth mixture as a result. The less water used the better; the cheese will set later. Process until it is very smooth (roughly 5 minutes).
- Transfer the mixture to a medium sized bowl, cover with a lid or clean dish towel. Place the bowl in the oven with the light on and allow it to ferment for roughly 16 hours. A dehydrator would work as well (may take less time to ferment in there). You might notice it will rise slightly.
- When the 'cheese' is ready, prepare the onions, garlic and chives. Cook the minced onions and garlic in about 2 tablespoons of oil in a skillet over low heat. Cook slowly and keep your eye on them for about 10 min, just until they are nice and golden, careful not to burn. Drain the onion mixture and let cool on a paper towel.
- Wipe out the pan and roast chopped pecans until they are browned as well, but not burned. Add salt and pepper to taste, set aside to cool.
- Combine the onion mixture into the cashew cheese, add chives, salt and pepper to taste. Chill the mixture until firm, then make the ball.
- Press the raw/roasted pecans on the outside of the cheese ball. Wrap and chill well until ready to serve.

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## World's Best Hummus

Submitted by Dr. Alan Christianson, NMD

### INGREDIENTS:

- 1/2 cup tahini paste
- 1/3-2/3 cup water drained from beans (use more or less depending on desired consistency)
- 3 lemons, juiced
- 1/3 cup extra virgin olive oil
- 2-4 cloves of peeled garlic
- 1 1/2-2 tsp kosher salt
- 2 tsp ground cumin
- Optional: cayenne pepper, to taste
- Optional: black pepper, to taste
- 3 cups of cooked chickpeas or garbanzo beans (or 2-15 oz. cans chickpeas), drained

### PREPARATION:

- In a food processor, purée all ingredients until smooth and creamy.
- Add 1 to 2 tbsp of water as necessary to achieve the desired consistency.
- Enjoy!

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# 9

## Desserts & Snacks



***A thyroid condition is a full body condition.***

- Michelle Corey

***Every single piece of food you put in your mouth brings you closer to or further from your health goals.***

- Dietitian Cassie

***The less complicated stuff you put in and on your body, the less complicated your health & life becomes.***

- Damian & Heather Dubé

***Simply put, mindfulness is the practice of focusing on the HERE and NOW. Basically, this means focusing on exactly what you are doing in the present moment.***

- Stephanie Matos

***Your doctor might tell you that you have a genetic predisposition that led you to develop your autoimmune condition. My experience has shown that by removing the physical, emotional and environmental factors that trigger autoimmunity, your condition can be reversed. You can get better. The bottom line is that you have a lot of control over your health and your genetic expression.***

- Michelle Corey





## CocoYo™ Cherry Lemon Parfait

Submitted by Dr. Raphael Kellman

This simple recipe is ready in minutes, naturally very low in sugars and satisfies any sweet tooth craving! Kid friendly, Tula approved ;) Adapted from a Body Ecology recipe.

### INGREDIENTS:

- 2 cups of CocoYo™
- 1/4 cup fresh Bing cherries (pits removed), plus 4 stemmed cherries (for topping)
- 1 tsp agar agar (seaweed used like gelatin, may use gelatin if preferred)
- 3 tbsp Lakanto
- 1/2 cup water
- 1 tbsp fresh lemon juice
- 1 tsp finely grated lemon zest
- Few drops of Liquid Stevia (to taste – optional)
- 4 wine glasses

### PREPARATION:

- In a blender, combine 1-cup CocoYo™, Bing cherries, and a few drops of liquid stevia to taste. Blend until creamy. Move to a mixing bowl.
- Add the remaining CocoYo™, Lakanto, lemon juice and lemon zest to your blender and blend until creamy. Move to a separate mixing bowl.
- Boil 1/2 cup of water on stove top, turn off heat, add agar agar flakes and stir until dissolved.
- Quickly add half of the agar agar gelatin to each bowl, and stir.
- You can re-blend each fruit/cream if you like.
- Spoon half of the lemon cream into 4 wineglasses and top with half of the cherry cream. Top with the remaining lemon and cherry creams and refrigerate for 20 minutes before serving.

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## Chocolate Brownies

Submitted by Dr. Jayson Calton, PhD and Mira Calton, CN

### INGREDIENTS:

- 1 block dark Baker's Chocolate (4 oz sugar free)
- 1 tbsp SKINNYFat Original
- 2 very ripe avocados, halved, pitted, and peeled
- 1/4 cup chocolate Stevita Delight
- 1 tbsp coconut flour
- 1 tbsp organic vanilla extract
- 1 tsp aluminum free baking powder
- 5 tbsp Lakanto sweetener
- 1 pinch of unrefined sea salt

### PREPARATION:

- Preheat the oven to 350°F.
- Coat a 6x9" baking dish with SKINNYFat or coconut oil.
- Melt the chocolate and SKINNYFat in a small pot over the stove or in the microwave; do not burn.
- Place the avocados in a blender and process until smooth.
- In a large mixing bowl, combine the melted chocolate and blended avocados.
- Add in the remaining ingredients and use a hand mixer or large wooden spoon to completely combine into a luxuriously dark batter.
- Pour in the baking dish and bake for 35 minutes.
- Store in the refrigerator to keep them extra fudgy!

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## Chocolate Mousse Cups

Submitted by Jen Wittman

Decadent, Paleo chocolate mousse (dairy free & no added sugar!)

### INGREDIENTS:

- 1 bar (3.5 oz) of Trader Joe's Organic 73% Super Dark Chocolate
- 1 can Organic Native Forest Unsweetened Coconut Milk
- 1 tbsp Vanilla Extract
- 1/4 tsp Almond Extract

### PREPARATION:

- Prep Time: 2 min
- Cook Time: 10 min
- Total Time: 3 hr
- Break up chocolate into chunks.
- In a medium saucepan, melt chocolate into coconut milk over very low heat, stir frequently.
- Stir in vanilla and almond extracts.
- Spoon mousse into small, individual containers (like espresso cups).
- Refrigerate 2-3 hours, until firm.
- Serve.

### Notes

- For a little extra snazz, add some berries or cherries or dust with a little cinnamon.
- To speed up the time, I often put the mousse in the freezer for the first hour.

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## Chocolate Raspberry Avocado Mousse

Submitted by Dr. Eric Osansky, DC

### INGREDIENTS:

- 2 ripe avocados
- 1/2 cup raw cacao powder
- 4 tbsp raspberry jam
- 2-4 tbsp maple syrup (more or less depending on taste)
- 3 tbsp full fat coconut milk
- 2 tsp vanilla extract

### PREPARATION:

- Blend avocado in food processor or blender until smooth.
- Add raw cacao powder, raspberry jam, maple syrup, coconut milk, almond extract, and blend again.
- Separate into serving cups, chill & serve.

Choose all organic ingredients if possible.

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## Coconut Protein Balls

Submitted by Shannon Garrett, BS, RN, CHLC, CNN

### INGREDIENTS:

- 2 tbsp unrefined, organic coconut oil
- 1 scoop protein powder of choice
- 1 tbsp sugar free Sunbutter
- 3 tbsp coconut milk
- 2 tbsp ground flaxseed meal
- 1/2 tsp organic vanilla (Simply Organic® is gluten free)
- 1 tsp cinnamon
- 1/2 cup organic unsweetened shredded coconut

### PREPARATION:

- Combine all of the wet ingredients in a large bowl and stir.
- Add dry ingredients (more or less may be necessary depending on the consistency of wet ingredients used - varies with different brands).
- Mix all ingredients until blended well.
- Once the ingredients are blended well, roll into 6 even balls.
- Roll in the shredded coconut, place on a parchment lined dish and transfer to the freezer for 30 minutes to set.
- Be sure to store in the refrigerator in a tightly covered container.
- Serves: 6

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## Crispy Green Bean Chips

Submitted by Shannon Garrett, BS, RN, CHLC, CNN

### INGREDIENTS:

- 5 pounds green beans (organic preferred)
- 1/3 cup oil (melted coconut oil preferred)
- 4 tsp salt (Real Salt recommended)
- 1/4 cup nutritional yeast
- (Alternatively, if you don't like or don't use nutritional yeast, use 1 tsp each garlic powder and onion powder)

### PREPARATION:

- Place green beans in a large bowl. If using frozen green beans, simply allow them to thaw in a bowl. If using fresh beans, you will need to blanch them first.
- Pour oil on top of beans. If using coconut oil, melt the oil first and work fast as the oils solidifies quickly if your room or beans are cold.
- Sprinkle seasonings on top of coated beans and stir well.
- Dry in dehydrator until crisp dry. This takes approximately 8 hours at 125° F, or 6 hours at 135° F, but occasionally longer. You could also bake in a low temperature oven.
- Store in an airtight container.

**Note:** The chips need to be really, really dry in order to be crispy. If you remove them from the dehydrator too soon, they will be really hard to chew.

So many seasonings would taste great on these chips. Here are just a few of the countless options:

- All-Purpose Seasoning
- Chat Masala (a superb Indian seasoning)
- Taco Seasoning
- Chili Powder

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# Curried Roasted Cauliflower

Submitted by Dr. Raphael Kellman, MD

This recipe is an addictive snack that can be eaten solo, added to a salad, or used as a side vegetable to a dinner entrée. The recipe includes turmeric, a ground spice that is used in India and Asia to promote health and has a history of medicinal uses in many cultures. And no wonder: this microbiome superspice helps heal inflammation, support your immune system, and promote brain and immune function. Onions and garlic add two more microbiome superfoods to the healthy mix. This is a snack that will make you feel refreshed and satisfied, with no sugar rush or salt overload. Give it a try and see for yourself.

## INGREDIENTS:

- 1 tsp minced garlic
- 2 tbsp coconut oil
- 1 tbsp olive oil
- 2 tbsp chopped onion
- 2 tbsp chopped fresh ginger root
- 1 cup coconut milk
- 1 large head cauliflower, trimmed and broken into bite-size florets
- 1 tbsp curry powder
- 1/4 tsp turmeric
- 1/4 tsp ground cumin
- 1/4 tsp ground cardamom
- 1/4 tsp mustard seeds (optional)

## PREPARATION:

- Preheat oven to 400° F. Line a 13x18" sheet pan with parchment paper.
- Warm the garlic in the oils in a medium saucepan over low heat, and add the onion and ginger. Sauté over low heat until the onion is soft, for about seven minutes. Add the coconut milk, and gently simmer for five minutes. Add the cauliflower, curry, turmeric, cumin, cardamom, and mustard seeds, if desired, and cook for 15 minutes, frequently ladling the coconut liquid over the cauliflower. The liquid will reduce substantially.
- Transfer the cauliflower to the parchment lined pan, and spoon the coconut milk mixture over the florets. Bake for 30 minutes until golden. Serve warm or at room temperature.
- Serves: 4

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## Estrogen Boosting Cracker

Submitted by Magdalena Wszelaki

Two tablespoons of flaxseed or pumpkin seeds per day have been shown to help boost estrogen production. This can be equally valuable for menstruating women in the first part of the cycle (day 1 to 15), as well as women going through peri-menopause and menopause. Powerhouses: Flaxseed, pumpkin seed, turmeric

### INGREDIENTS:

- 1 cup almonds
- 1 cup flaxseed
- 1 cup pumpkin seeds
- 1 cup dried apples, diced
- 1 cup roasted coconut flakes
- 1 tbsp apple cider vinegar
- 1 tbsp curry powder
- 1 tsp sea salt

### PREPARATION:

- Time to prepare: 30 minutes
- Time to dehydrate: 6 hours
- Equipment: dehydrator
- Soak almonds for 12 hours and flaxseed and pumpkin seeds for 4 hours.
- Strain all excess water and mix in all the remaining ingredients.
- Spread on dehydrator trays, about 1/3".
- Dehydrate for 6 hours at 115° F or until fully dried.
- Serves: 20

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# Homemade Protein Bars

Submitted by **Adrienne Urban**

## INGREDIENTS:

### Base:

- 2 cups nuts or seeds (almonds, sunflower, pumpkin, or macadamia. Mixing several kinds is fine too. Soak and dry these if at all possible.)
- 1/2 cup flax meal (flax seeds ground in a blender or spice grinder) (alternatively, use rice bran or protein powder)
- 1/2 cup shredded coconut (unsweetened and organic if possible)
- 1/2 cup seed or nut butter (made from soaked and dried nuts is preferable)
- 3/8 tsp salt (Real Salt recommended)
- 1/2 cup coconut oil (or alternative solid fat. Use cocoa butter or butter for a more warm weather-stable bar)
- 2 tbsp liquid sweetener – use 1/32 tsp of stevia extract
- 2 tsp vanilla extract

### Topping:

- Top with either Homemade Chocolate / Carob Bar or melted Homemade Chocolate / Carob Chips (1 cup of chips per bar recipe)



## PREPARATION:

- Place nuts or seeds, flax meal, coconut, seed or nut butter and salt in the bowl of a food processor.
- Process until the nuts or seeds are ground into a coarse meal
- Melt coconut oil over low heat. If the temperature of your home is around 76° F, you can skip this step and add the oil directly to the food processor as it will be soft enough to process easily.
- Add coconut oil, sweeteners and vanilla to processor bowl and process until well combined to form a thick, yet crunchy paste.
- Press the mixture into an 8x8" square pan (you can be quite flexible here. A 9x9" will work just fine. A larger pan will produce thin bars, while a smaller pan will yield thicker ones.)
- Place in refrigerator to chill.
- While bars are chilling, prepare Homemade Chocolate / Carob Bar, but don't harden it.
- Top bars with the Homemade Bar. Alternatively, you can make your own Homemade Chocolate / Carob Chips before melting, or melt and top with those.
- Place back in refrigerator to chill (if you can wait that long :-))
- Cut into squares and serve.
- Store in refrigerator.
- \*You can also use used xylitol and erythritol.
- Makes approx. 16 bars (or 1 big bar :), depending on how big you make 'em!!

### Variations and Notes:

- Use vegetable glycerine for a low carb version. If you don't need low carb, use Sucanat or honey for more natural options. If you don't use glycerine, then 1 scoop stevia extract is a good choice.
- Substitute up to the total amount of the flax meal with the same amount of rice protein for an extra punch of protein.
- Rice bran is a great nutrient-boosting alternative to the flax meal as well.

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# Healthy Pumpkin Bread

Submitted by Dr. Josh Axe, DC

This gluten free pumpkin bread recipe is soft, sweet and super satisfying.

The fluffy texture melts in your mouth and has a rich nutty flavor with a strong pumpkin taste.

The best part about this recipe is that it's gluten free and uses all natural ingredients.

Top off this healthy pumpkin bread recipe with some warm grass fed butter and pair it with a glass of almond milk.

## INGREDIENTS:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 3/4 cup pumpkin
- 1/4 cup maple syrup
- 1/4 cup coconut oil
- 3-4 eggs

## PREPARATION:

- Total prep and cook time: 85 minutes
- Preheat oven to 325° F.
- Combine all wet ingredients in a bowl.
- Combine all dry ingredients in another bowl.
- Mix both bowls together until well incorporated.
- Pour into greased loaf pan and bake for 45-60 minutes.
- Serves: 8-10

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## Lemon Blueberry Ice Cream

Submitted by Dr.Amy Myers (Brianne Williams, RD LD)

Craving something sweet? This Lemon Blueberry Ice Cream is just the thing for you, and it can be prepared in less than five minutes!

### INGREDIENTS:

- 1/2 cup blueberries
- 1/2 cup full fat coconut milk
- 1 lemon, juiced
- 3 ice cubes
- 1/2 avocado
- Lemon wedge
- Mint leaves

### PREPARATION:

- Blend blueberries, coconut milk, lemon juice, ice cubes and avocado in a blender until smooth and creamy.
- Spoon into serving dishes and garnish with lemon and mint leaves.
- This recipe is approved on The Myers Way®

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# Lemon Cacao Cheesecake

Submitted by Michael Larsen

This recipe is very versatile, plus it's quick and easy, gluten free, dairy free, soy free and kid friendly!

## INGREDIENTS:

- 1/2 cup cashews
- 1/2 cup CocoYo™
- Splash filtered water (Citrus or Original CocoKefir™ work too! )
- 3 tbsp virgin coconut oil
- 1 pinch of Himalayan salt
- 1/4 tsp stevia or 6-9 drops liquid stevia
- Zest from one organic lemon
- 1 tsp lemon juice
- Small handful of cacao nibs (use as many or as little as you like)

## PREPARATION:

- Place the dry cashews in a blender and grind into fine flour, set aside in a bowl.
- Put the CocoYo™ into the blender (no need to rinse, a little residue is fine) and depending on how thick your CocoYo™ is you may want to add a splash of water or CocoKefir™ to get it to a consistency that blends easily.
- Add the cashew flour, oil, salt, stevia, lemon zest and juice. Blend until completely smooth. Stir in the cacao nibs, and then pour the filling into a glass or metal bowl (or custard cups as shown).
- You can either refrigerate your cheesecake if you like a softer or more ice cream like texture (as shown) or freeze and make a fancy mold when fully frozen (about 3-4 hours).
- Place the whole cake upside down with a plate underneath and give it an hour or so to thaw (or dip the bottom of the bowl in warm water for a few seconds) gently tap to loosen from the mold.
- Optional: Top with chopped hazelnuts and extra cacao nibs!

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## No Bake Coconut Delights

Submitted by **Adrianne Urban**

### INGREDIENTS:

- 3 cups unsweetened, shredded coconut
- 3/8 cup (6 tbsp) coconut oil
- 1/2 cup sweetener (for candida friendly diets, use xylitol. Subbing 4 scoops stevia extract would work as well. Or use 1/2 of one sweetener and 1/2 stevia.)
- 2 tsp vanilla (alcohol free vanilla is recommended, since you will not be baking these)
- 3/8 tsp salt (Real Salt recommended)

### Optional toppings:

- Homemade chocolate / carob chips melted, for drizzle
- Coconut shreds
- Finely chopped nuts, etc.

### PREPARATION:

- Put all ingredients in a food processor or blender.
- Combine until the mixture is blended and sticks together  
(Note: If you are using a high-powered blender like a Vitamix, do not turn your machine on high. You will likely end up with Coconut Butter. While it will be delicious, it won't be these no bake cookies :-)!).
- Remove the mixture from the blender / food processor and form into desired shape.
- If you have any trouble with the "balls" falling apart, just gently press them back into the desired shape.

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## Nutty Pomegranate Snack

Submitted by Magdalena Wszelaki

In the Indian, Persian and Middle Eastern culture, pomegranate is a woman's superfood. It was used for generations as an elixir to lessen the symptoms of menopause, and to improve fertility and the overall health of a woman. A number of published research studies show that pomegranates not only have phytoestrogenic properties, but are also potent antioxidants.

Pomegranates offer the widest range of estrogens, including the safe and protective ones like estrone and estriol. Fascinatingly, research shows that pomegranate can inhibit the proliferation of breast cancer cells by blocking the aggressive estrogen, estradiol, excess of which has been linked to breast cancer. On the other hand, pomegranates promote the good estrogens, which are key in our feeling hormonally balanced.

Healing food: Pomegranate, coconut milk, walnuts

### INGREDIENTS:

- 1/2 pomegranate, de-seeded
- 1-2 tbsp walnut butter (or any nut butter you like)
- 2 tbsp coconut milk

### PREPARATION:

- You don't really make it. Just place all the ingredients together and enjoy it with a full heart.
- Serves: 1

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## Paleo Apple Berry Pie

Submitted by Dr. Izabella Wentz, PharmD, FASCP

### INGREDIENTS:

#### Crust

- 2 cups almond flour
- 1/2 cup melted coconut oil
- 4 tbsp honey or maple syrup
- 1 tsp vanilla extract

#### Filling

- (1) 26 oz jar of baked apple chunks and slices
- 1 cup blueberries
- 1/2 cup blackberries

### PREPARATION:

- **For the crust:** Mix almond flour, coconut oil, honey/maple syrup and vanilla in a mixer. Use mixture to fill out a round pie pan.
- **For the filling:** Mix all ingredients and add into the pie crust.
- Preheat oven for 350° F.
- Bake for 30-45 minutes.

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## Paleo Banana Almond Muffins

Submitted by Dr. Izabella Wentz, PharmD, FASCP

These muffins are not only delicious but are also gluten free, sugar free, can stabilize your blood sugar and are filled with antioxidants!

### INGREDIENTS:

- 1 & 1/4 cup almond flour
- 1/4 cup flaxseed flour (optional)
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp cinnamon
- 1/2 cup unsweetened apple sauce
- 2 eggs\*
- 3 ripe mashed bananas

**Optional** - may choose to add one or more of the following

- 1/2 cup shaved coconut
- 1/2 cup blueberries
- 1/2 cup walnuts
- 1/4 cup poppy seeds
- 1 tbsp unsweetened cocoa powder + 1/4 cup honey

### PREPARATION:

- Mix all ingredients.
- Bake for 45 minutes to 1 hour at 350° F or until tops of muffins are lightly browned, one hour if baking banana bread.

\*If avoiding eggs: Replace each egg with 1 tbsp of apple cider vinegar.

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## Peppermint Patties

Submitted by Dr. Josh Axe, DC

Coconut is one of the healthiest foods you can eat! Coconut contains medium chain fatty acids which are easily digested and converted to energy instead of being stored as fat. Because of this, coconut aids in weight loss, helps to stimulate the metabolism, and has amazing anti-microbial properties. Experience the full benefit of coconut and try this peppermint patties recipe!

### INGREDIENTS:

- 2 cups coconut oil, room temperature
- 1/2 cup honey
- 1 tsp peppermint extract
- 3 dark chocolate bars, minimum 72% cacao
- 1/2 cup coconut oil, melted

### PREPARATION:

- Total time: 30 minutes
- In a bowl, mix the 2 cups of coconut oil, honey and peppermint extract.
- Form patties out of the mixture and place on a plate of parchment paper. Place in freezer to harden.
- While waiting, melt the chocolate bars and 1/2 cup coconut oil over medium low heat in a saucepan. Remove from heat to cool for 5-10 minutes.
- Dip the hardened patties in the chocolate until covered and place back on the plate. Place in the freezer until the chocolate has hardened.
- Serves: 12

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# Probiotic Rich Coconut Yogurt

Submitted by Dr. Marc Ryan

( From Hashimotoshealing.com, photo and recipe by Olesia Farberov, L.Ac.)

You may be aware that while on an Autoimmune Paleo Diet, there are not many yogurt choices currently available. All the yogurt products on market shelves are either made with dairy or contain rice, corn and guar gum which are "no no"s for someone who is on the elimination diet.

We are blessed to live in a neighborhood where our markets sell fresh young coconuts by the case. You can't beat the satisfaction of cracking one of the coconuts open...all by yourself...and sipping on thirst quenching coconut water through a straw while sitting under an umbrella in your own lush garden... then scooping out meat and making your own probiotic-rich coconut yogurt.

This particular recipe you are about to embark on requires some time, patience and physical work using a couple of manly tools... a screwdriver and a hammer. It is a multiple step process and can get a little messy but the rewards of making and having your own coconut yogurt far outweigh the time and effort spent.

Plus, you know exactly what's in it because YOU made it!

To prepare you mentally, here is the outline of the steps involved. First you have to crack open the coconuts, pour out and reserve coconut water, scoop out coconut meat, blend coconut meat with probiotics, pour into jars and finally, set in a warm place for 4 hours before it is ready and can go in the refrigerator.

I like to make a Superprobiotic version of this recipe where you double the amount of probiotics. The yogurt literally bubbles over when in a warm oven. This happens because the good bacteria is eating up coconut sugar and rapidly multiplying into thousands of little soldiers. This probiotic army, you will have grown; will help protect you by fighting the bad bugs which may be destroying your gut. Victory sure tastes good!

Since, there are many great YouTube videos on how to crack open a young coconut and it takes an entire post to explain how to do it, I decided to leave this part up to you. Just be very careful not to injure yourself.

## INGREDIENTS:

- 9 young coconuts, cracked open
- 1-2 cups coconut water (more if you like your yogurt thin)
- 3 capsules probiotics, discard capsule and use powder only

## PREPARATION:

- Open each coconut by following the instructions on How to Open a Young Coconut you found on YouTube.
- Reserve 2 cups coconut water and save the rest in a large glass pitcher or jars. Refrigerate up to one week or freeze for later use in other recipes.
- Scoop out coconut meat with a strong tablespoon or teaspoon, whichever feels most comfortable to you.
- Place coconut meat, 1-2 cups reserved coconut water, and probiotic powder into a high speed blender or food processor and blend until smooth but do not overblend or you will kill the probiotics too. If you have a tendency to overblend, I suggest you add probiotics after you blend the mixture and just pulse until probiotics are well combined.
- Pour 2/3rds of the way into 3 quart size jars. Do not overfill or you will end up with a mess in the oven.
- Place on a cookie sheet, in case it bubbles over.
- Preheat oven to lowest temperature. Once temperature is reached, TURN OFF the oven and place uncovered jars in warm oven. Leave undisturbed for no more than 4 hours then transfer to refrigerator. Going beyond 4 hours can make your yogurt taste strange.
- Tip: Resist the urge to open the oven to check on the yogurt, which will cause the temperature to drop. Warmth is essential when it comes to making yogurt. Alternate method: Place jars in a yogurt maker or in an area with constant warmth.



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## Strawberry Almond Scone

Submitted by Amy Medling, CHC

This scone is a wonderful treat, especially with tea. It is certainly an indulgence, but I have composed the recipe to be PCOS friendly, leaving out the gluten and sweetening it with coconut sugar and fresh strawberries. It has just the right amount of sweetness to satisfy without sending sugar cravings soaring.

### INGREDIENTS:

- 2 cups almond flour
- 1/2 cup coconut flour
- 4-5 tbsp coconut sugar
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 1 tsp almond extract
- 2 eggs
- 4 tbsp coconut oil, melted
- 1/2 cup chopped strawberries

### PREPARATION:

- Heat oven to 350° F.
- In a large bowl, combine almond flour, coconut flour, salt, baking soda and coconut sugar.
- In a smaller bowl, combine eggs, melted coconut oil and almond extract.
- Mix wet ingredients into the dry.
- Fold in strawberries.
- Mix dough and form into a circle that is about 1" thick. Cut into 8 wedges and separate.
- Place on parchment paper lined cookie sheet and bake for 15 minutes.
- Serves: 8

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# Strawberry Lemon Basil Muffins

Submitted by Amy Medling, CHC

One of my favorite ways to drink water is having it infused with frozen strawberries, a squeeze of lemon and a few basil leaves. I adore this flavor combination and tried to recreate it in these muffins. I used store bought strawberries while I was creating this recipe. The strawberries were not very juicy, even after they macerated. I probably won't have to use the extra coconut milk to thin out the batter when I use freshly picked strawberries since their juices will do the trick, but if you find the batter is really thick, add a little coconut milk as I did in the recipe below. Also, I like using almond and coconut flour because I can still enjoy "baked goods" without the gluten or high glycemic gluten free flours like potato starch and rice flour.

## INGREDIENTS:

- 2 cups almond flour
- 1/2 cup coconut flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 2 cups strawberries
- 11/3 cup coconut sugar
- Zest of one lemon
- 1 tbsp lemon juice
- 2 tbsp fresh basil, thinly shredded
- 2 tsp vanilla extract
- 2 eggs
- 4 tbsp melted organic coconut oil
- 1/4 cup coconut milk (I used Trader Joe's vanilla.) – you may not need this if your strawberries are freshly picked and juicy



## PREPARATION:

- Preheat oven to 350°F
- Spray a muffin tin with coconut oil spray.
- In a medium bowl, whisk together the almond flour, coconut flour, baking powder, baking soda, and salt.
- In a separate bowl, add the strawberries and sugar, use a potato masher to crush and let macerate for a few minutes.
- Add the lemon zest, lemon juice, basil and vanilla. In another small bowl, beat the eggs add in the melted coconut oil and coconut milk.
- Add the dry mixture to the wet, stirring until combined and fold in the strawberry mixture.
- Spoon the batter into the muffin tin, filling to the top. Bake for 25 to 30 minutes or until the tops are golden brown and a toothpick inserted into the center comes out clean.
- Cool the muffin pan on a wire rack for five minutes, and then remove and finish cooling on a rack.
- Don't cool them longer than 5 minutes because they will get soggy. These freeze well.

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## Summertime Apricot Fruit Dip

Submitted by Shannon Garrett, BS, RN, CHLC, CNN

### INGREDIENTS:

- 8 oz So Delicious plain Greek cultured coconut milk yogurt
- 9 oz Simple Coconut Whipped Cream (see separate recipe below)
- 2 tbsp fresh squeezed lemon juice
- 12 oz Bonne Maman apricot preserves (gluten free)
- Dash of curry powder

### PREPARATION:

- Mix all ingredients except coconut cream and blend well. Add coconut cream and garnish with a sprig of mint or rosemary. Serve with sliced pears, pineapple, apples, berries, and if desired, gluten free graham crackers.
- Serves: 6-8

### Simple Coconut Whipped Cream

### INGREDIENTS:

- 1 can organic coconut milk, full fat (Native Forest® is BPA free)
- 1/2 can organic coconut crème (Native Forest)
- 1/2 cup organic coconut palm sugar, vanilla
- 1 tsp organic vanilla (Simply Organic® is gluten free)

### PREPARATION:

- Refrigerate the coconut milk and coconut crème a minimum of 24-48 hours. Plan ahead and place a stainless bowl and beater blades or whisk in the freezer.
- Remove coconut milk and coconut crème from the refrigerator and punch a hole in the bottom of the cans with a bottle opener to drain the coconut water (save for smoothies!). Open the top of the cans and scoop out the thickened cream.
- Add the cream to your ice cold mixing bowl and beat with a hand mixer using chilled beater blades or a blender. Start to mix on low and move up slowly to moderate speed.
- As the volume of the cream starts to increase (3-5 minutes) while mixing, gradually add in the coconut palm sugar and vanilla. Continue mixing until it is fluffy and looks like whipped cream. You'll know when it's ready
- Serves: 6-8

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## “Dorito” or Taco Popcorn Recipe

Submitted by **Adrienne Urban**

### INGREDIENTS:

- 1/2 cup unpopped popcorn kernels (organic preferred)
- 2-3 tbsp coconut oil for popping
- 1/4 cup nutritional yeast
- 1 tsp garlic powder or granules
- 1 tsp onion powder or granules
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp chili powder
- 1/8-1/4 tsp cayenne pepper (optional)
- 2 tsp salt (Real Salt recommended)

### PREPARATION:

- Prepare popcorn using oil with preferred method.
- Note: Air popped popcorn won't work without additional oil since the seasoning needs moisture from the oil in order to adhere to the popcorn.
- Makes 6-8 cups

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# Zesty Lemon Tart

Submitted by Tom Malterre, MS, CN, CFMP

Serve this simple, nutritious grain free, vegan dessert for brunch or after a special occasion meal. The turmeric powder gives the filling a beautiful yellow hue; add more or less depending on how bright you would like the tart to be! Recipe from *The Whole Life Nutrition Cookbook* (April, 2014).

## INGREDIENTS:

### Crust:

- 1 1/4 cups blanched almond flour
- 1/4 cup arrowroot powder
- 1 tbsp coconut flour
- 1/2 tsp sea salt
- 1/4 cup coconut oil
- 1 tbsp honey or coconut nectar
- 2 tbsp water

### Filling:

- 1 1/2 cups almond or cashew milk
- 1/2 cup freshly squeezed lemon juice
- 1/3 cup honey or coconut nectar
- 2 tbsp arrowroot powder
- 2 tsp agar powder
- Pinch turmeric
- Pinch sea salt

## PREPARATION:

- Preheat oven to 350° F.
- Lightly grease an 8x8" baking dish with coconut oil.
- In a small bowl, whisk together the almond flour, arrowroot, coconut flour, and sea salt. Cut in the coconut oil using your hands or a pastry cutter. Add the honey and water; stir together using a fork.
- Form dough into a ball with your hands and place into the baking dish. Evenly press it into the pan and place into the oven; bake for about 25 minutes. Then remove from oven to cool.
- Place all ingredients for the filling into a blender and blend on high for about 30 seconds.
- Pour into a 2-quart saucepan and bring to a rapid simmer, whisking constantly. Then reduce heat to medium-low and cook for 5-7 minutes.
- Pour filling over cooled crust and place into the refrigerator to set. This should take about 2 hours. Then slice and serve. Store any leftovers in the refrigerator for up to a week.
- Yield: About 12 small squares



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