

Shakes & Smoothies

Peanut Butter Chia Shake

Ingredients:

- 2 scoops *The Hormone Cure Vanilla Hormone Balancing Shake*
- ½ avocado
- 1 tablespoon organic, unsweetened peanut butter
- 1 cup of spinach
- 2 tablespoons chia seeds
- 3-4 ice cubes

Instructions:

- Blend ingredients until smooth

Geek Out with Dr. Sara:

Don't be concerned about the high number of calories found in chia seeds. Chia seeds have long been used in central and South American folk medicine and as a staple food for increased energy and overall health.

Modern science is beginning to recognize and study the many health benefits of chia as well. Although they are high in calories, they also contain omega 3 and 6 oils, which have been proven to increase insulin sensitivity in the body. Since insulin insensitivity causes weight gain, obesity, and type-2 diabetes, consuming chia seeds can actually promote weight loss and overall health.

References:

Ali, Norlaily Mohd, Swee Keong Yeap, Wan Yong Ho, Boon Kee Beh, Sheau Wei Tan, and Soon Guan Tan. "The Promising Future of Chia, *Salvia hispanica* L." *Journal of Biomedicine and Biotechnology* 2012 (2012).

<http://www.ncbi.nlm.nih.gov/pubmed/23251075>

Li, Pingping, Nathanael J. Spann, Minna U. Kaikkonen, Min Lu, Da Young Oh, Jesse N. Fox, Gautam Bandyopadhyay et al. "NCoR Repression of LXRs Restricts Macrophage Biosynthesis of Insulin-Sensitizing Omega 3 Fatty Acids." *Cell* 155, no. 1 (2013): 200-214. <http://www.ncbi.nlm.nih.gov/pubmed/24074869>

Green Ginger Smoothie

Adapted from a recipe by Dr. Mark Hyman.

Ingredients:

- ½ cup raw almonds, soaked in water for at least an hour
- ½ cup soaked chia seeds
- ½ cup kale, stems removed
- ½-inch piece of ginger
- 1 cucumber, peeled and seeded
- 3 cups water
- 2 scoops *The Hormone Cure Vanilla Hormone Balancing Shake*

Instructions:

- Blend ingredients until smooth

References:

Hyman, Mark. "The Blood Sugar Solution 10-Day Detox Diet Beta Test Manual." Hyman Enterprises, 2013.

Salads

Warm Beet & Spinach Salad

Makes 2-3 servings

Ingredients:

- 1 large beet, thinly sliced and soaked overnight in rice vinegar
- 2 pounds fresh spinach
- 1 tablespoons olive oil
- 1 teaspoon sliced almonds
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

Instructions:

1. Heat olive oil in sauté pan over medium heat.
2. Add beets and cook until tender. Remove from pan.
3. Add a few handfuls of spinach at a time to pan and heat until leaves just begin to wilt and brighten. This takes about a minute or less.
4. Toss wilted spinach and beets together in large bowl with almonds, balsamic vinegar, and salt and pepper.
5. Enjoy!

Main Courses

Almond Crusted Stuffed Chicken Breasts

Makes 4 servings

Ingredients:

- 4 skinless, boneless chicken breasts
- 1 tablespoon extra virgin olive oil
- 1 tablespoon cashew butter
- 2 tablespoons lemon juice
- 1 teaspoon sea salt
- ½ teaspoon onion powder
- ½ teaspoon oregano
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ½ cup Quinoa Flakes
- ½ cup almond meal
- ½ ground pistachios
- 2 or 3 leaves of kale
- 4 sun dried tomatoes
- 3 ounces of almond cheese
- 3 tablespoons coconut oil

Instructions:

1. Pre-heat oven to 350 degrees.
2. Rinse chicken breasts and dry with paper towel. Slice into the side of each breast at its thickest point to create a pocket for stuffing.
3. Slice kale leaves, and sun dried tomatoes into thin slices. Shred almond cheese and stir together in small bowl with kale and tomatoes.
4. Stuff the kale, tomato, and almond cheese mixture into the pocket you created in each chicken breast. Pin the pocket closed to seal in stuffing with a few toothpicks.

5. In a large bowl, mix olive oil, cashew butter, lemon juice, and all spices and herbs until well combined.
6. Carefully dip the chicken breasts in this mixture one at a time, without allowing them to come unpinned. Make sure each breast is fully coated. It may be necessary to use your hands to spread the mixture onto breasts to coat evenly.
7. Combine the Quinoa Flakes, pistachios, and almond meal in a large bowl. Dip the breasts into this mixture, again you may want to use your hands to make sure the dry crumbs stick to the wet coating.
8. Heat the coconut oil in a large skillet over high heat.
9. Once oil is hot, brown the chicken, this should take about a minute or two on each side.
10. Remove chicken from skillet and place in a glass baking dish.
11. Bake in oven for 20-30 minutes.

Mashed Cauliflower

Makes 6 servings

Ingredients:

- 3 cups cauliflower florets
- ½ cup canned coconut milk (full fat)
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary
- ½ clove fresh garlic or 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper

Instructions:

1. Steam cauliflower for 5-10 minutes, until tender
2. Blend steamed cauliflower, coconut milk, olive oil, rosemary, garlic, salt and pepper in food processor or Vitamix until smooth.
3. Enjoy!

Geek Out with Dr. Sara:

High in vitamins C, K, B6, potassium, and fiber, cauliflower is an excellent substitute mashed potatoes. Mashed cauliflower also has more flavor than mashed potatoes, is easier to prepare, and is much lower in calories than its starchy counterpart.

Eggs Florentine

Adapted from Danielle Walker's *Paleo Coconut Oil Hollandaise Sauce*

Makes 1-2 servings

Ingredients:

- 3 eggs, whites and yolks separated
- 3 ½ tablespoons coconut oil
- 3 tablespoons lemon juice
- ½ teaspoon salt
- ¼ teaspoon paprika
- 2 cups spinach
- 1 medium tomato
- Salt and pepper to taste

Instructions:

Hollandaise:

1. Beat egg yolks and 3 tablespoons coconut oil together in saucepan over low heat for approximately 5 minutes, do not allow eggs to scramble.
2. Remove pan from heat, stir in lemon juice, salt, and paprika and set aside.

Eggs Florentine:

1. Heat remaining coconut oil in a large frying pan.
2. Cut tomato into slices and fry each slice over medium-high heat until slightly browned.
3. Pour eggs whites over tomato slices, cover pan and cook until eggs harden.
4. Place spinach in thick layer over eggs and tomatoes, cover pan again for 30-60 seconds, or until spinach has wilted slightly and turned bright green.
5. Remove from pan.

6. Stir hollandaise and pour over spinach, eggs, and tomatoes to serve. Sprinkle with salt and pepper.

Geek Out with Dr. Sara:

Eggs may be among the most nutritious foods on earth. For years, those at risk of cardiovascular disease have been advised to avoid eggs due to their high levels of cholesterol, however an overwhelming amount of data now supports that consuming eggs will not raise your risk of heart disease. In fact, eggs increase HDL, or good cholesterol, levels in the blood and even convert LDL, bad cholesterol, into HDL. Eggs are also rich in vitamins, minerals, protein, and rare antioxidants that have been shown to protect the health of your eyes as you age.

Handelman, G. J., Z. D. Nightingale, A. H. Lichtenstein, E. J. Schaefer, and J. B. Blumberg. "Lutein and zeaxanthin concentrations in plasma after dietary supplementation with egg yolk." *The American journal of clinical nutrition* 70, no. 2 (1999): 247.
<http://www.ncbi.nlm.nih.gov/pubmed/10426702>

Mutungi, Gisella, David Waters, Joseph Ratliff, Michael Puglisi, Richard M. Clark, Jeff S. Volek, and Maria Luz Fernandez. "Eggs distinctly modulate plasma carotenoid and lipoprotein subclasses in adult men following a carbohydrate-restricted diet." *The Journal of nutritional biochemistry* 21, no. 4 (2010): 261-267.
<http://www.ncbi.nlm.nih.gov/pubmed/19369056>

Shin, Jang Yel, Pengcheng Xun, Yasuyuki Nakamura, and Ka He. "Egg consumption in relation to risk of cardiovascular disease and diabetes: a systematic review and meta-analysis." *The American journal of clinical nutrition* 98, no. 1 (2013): 146-159.
<http://www.ncbi.nlm.nih.gov/pubmed/23676423>

Walker, Danielle. "Paleo Coconut Oil Hollandaise Sauce." *Against All Grain*. February 21, 2012. <http://www.againstallgrain.com/2012/02/21/paleo-coconut-oil-hollandaise-sauce/>

Coconut Lime Roast Chicken

Makes 3-4 servings

Ingredients:

- 1 whole chicken, small to medium sized
- 1 kaffir lime
- 3 tablespoons coconut oil
- 3 cloves of garlic, finely chopped
- 1 small sweet onion, peeled and quartered.
- 2 teaspoons sea salt
- 1 teaspoon black pepper
- 3 tablespoons unsweetened shredded coconut.

Instructions:

1. Preheat oven to 475 degrees.
2. Rinse chicken and pat dry with paper towel.
3. Remove peel from kaffir lime using a zester or grater. Chop the remaining lime into four pieces and set aside.
4. Combine zest in a small bowl with coconut oil, garlic, salt, and pepper.
5. Using your hands, carefully spread coconut oil mixture underneath the skin of the chicken, over the breasts and thighs. To loosen skin, separate skin at the cavity end of the bird, and slowly work your fingers up under skin towards the neck to avoid tearing.
6. Stuff any remaining oil into the cavity of the bird, along with the quartered lime and onion.
7. Place bird breast up in a small roasting pan or cast iron frying pan, and sprinkle with shredded coconut.
8. Cook at 475 for 15-20 minutes until skin is golden brown.
9. Reduce heat to 400 and cook for another 45 minutes to an hour. Allow chicken to cool for 5 minutes before carving.

Adapted from: Jenkins, Sara, Mindy Fox. "Sara's Roast Chicken with Sage and Garlic."
Saveur Magazine 19, no. 117 (2009) <http://www.saveur.com/article/Recipes/Saras-Roast-Chicken-with-Sage-and-Garlic>.

Dessert

Pumpkin Dumpling Pie

Ingredients:

Crust:

- 1 ½ cup almond meal
- 1 tablespoon creamed coconut
- ½ teaspoon salt
- 1 tablespoon almond butter
- 1 egg
- 1 teaspoon xanthan gum
- Coconut oil cooking spray

Filling:

- 1 dumpling squash
- 1 cup fresh pumpkin puree, or about ½ of a can
- 4 egg yolks
- 1 ½ cup coconut milk, full fat
- ½ cup xylitol sweetener
- 1 ½ teaspoon pure vanilla extract
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 1 teaspoon ground allspice
- ½ teaspoon ground cloves

Instructions:

Crust:

1. Preheat oven to 350
2. Place all ingredients in food processor and blend until well combined.
3. Remove dough from food processor and pat into a ball.
4. Spray a glass pie dish with a light layer of coconut oil cooking spray, and press dough into pie pan to form a thin even crust.
5. Bake for 30 minutes.

Filling:

1. Slice dumpling squash and pumpkin in half (if using fresh), remove seeds and pulp, place on baking tray, and cover with aluminum foil. Bake in oven at 350 for 45-55.
2. Once squash and pumpkin are tender, remove from oven and allow to cool. Scoop out flesh of dumpling squash, and 1 cup of pumpkin flesh, and add to a food processor.
3. Blend with all other ingredients until smooth.
4. Pour filling into crust and bake at 350 for 30 minutes. Allow pie to cool before serving.
5. Enjoy!

Holiday

Coconut "Hot Chocolate"

Ingredients:

- 2 cups coconut milk
- 2 tablespoons cacao nibs
- ¼ teaspoon vanilla extract
- Stevia to taste (optional)

Instructions:

1. Combine ingredients in a small sauce pan over low heat
2. Stir until milk turns brown from cacao infusion, then add vanilla extract
3. Enjoy!

Optional: *Pour milk through strainer into a mug to remove cacao nibs. Add a pinch of Stevia to taste.*

Geek Out with Dr. Sara:

Cacao is an excellent source of fiber- a one-ounce serving contains 36 grams! And on a somewhat unappetizing note: a recent study in "Nutrition and Metabolism" found that adding as little as 6.6 grams of cacao fiber per day to your diet may improve regularity and bowel function.

References:

Sarriá, Beatriz, Sara Martínez-López, Aránzazu Fernández-Espinosa, Miren Gómez-Juaristi, Luis Goya, Raquel Mateos, and Laura Bravo. "Effects of regularly consuming dietary fibre rich soluble cocoa products on bowel habits in healthy subjects: a free-living, two-stage, randomized, crossover, single-blind intervention." *Nutrition & metabolism* 9, no. 1 (2012): 1-10.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3369210/>

Turkey with Gluten-Free Stuffing

Ingredients:

Turkey:

- One 12-14 pound organic, free-range turkey
- ¼ cup Himalayan pink salt or sea salt (for dry brine)
- ¼ cup rendered duck fat (available at Whole Foods)
- ¼ cup coconut oil
- 3 teaspoons truffle salt
- 3 tablespoons freshly ground black pepper

Stuffing:

- ½ cup coconut oil or ghee
- 6 egg whites
- ½ cup coconut flour
- ¼ cup almond flour
- 3 tablespoons ground white chia seeds
- 1 tablespoon baking soda
- ½ teaspoon salt
- ¼ cup rendered duck fat
- One yellow onion, chopped
- 3-4 celery stalks, chopped
- 1 cup chopped Swiss chard
- 1 cup chicken broth
- Handful of fresh sage
- 1 tablespoon fresh chopped marjoram
- 1 teaspoon nutmeg
- Sea salt or truffle salt and black pepper to taste

Instructions:

1. Up to 2 days before cooking, rinse your turkey, pat it dry, and rub the bird inside and out with the Himalayan or sea salt. Place turkey in a dry brining bag, (available at most grocery stores) and place in refrigerator. After a day, massage the juices and salt that has collected in the bottom of the bag back into the bird, and rotate turkey upside down. Return to refrigerator.
2. You can prepare your grain-free bread for the stuffing a few days ahead of time, while your turkey in brining. Preheat oven to 350. Bring ghee or coconut oil to room temperature and beat together with egg whites, coconut flour, almond flour, ground chia seeds, baking soda,

and ¼ teaspoon of salt. Bake this mixture in a greased bread pan for 20-30 minutes or until top is golden brown. Set aside.

3. After two days, remove turkey from brine bag and pat dry. Preheat oven to 350.
4. While turkey is coming to room temperature, prepare stuffing. Cut your wheat-free bread into one-inch cubes. Arrange cubes in a single layer on a baking sheet and toast in oven until slightly browned and crispy. Remove from oven and set aside.
5. Heat remaining duck fat in large skillet over medium heat. Sauté onion, celery, chard, herbs and spices in fat. Transfer cooked vegetables to a large bowl, stir in bread cubes and chicken broth.
6. When you are ready to cook your turkey, preheat oven to 375. Mix ¼ cup rendered duck fat, ¼ cup coconut oil, 3 teaspoons truffle salt, and 3 tablespoons freshly ground black pepper together in a small bowl. Carefully separate the skin of your turkey from the flesh and work the fat mixture between the skin and flesh using your hands to massage the mixture as far up on the breast and thigh meat as you can without tearing the skin. Rub remaining mixture on the outside of the skin and inside the cavity.
7. Pack stuffing tightly into turkey cavity and bake at 375 until a thermometer inserted in the thigh reads 155 degrees, approximately 1 ½ to 2 hours depending on the size of your bird.

Dairy-Free Green Bean Casserole

Ingredients:

- 1 pound of fresh organic green beans
- 1 cup of raw organic cashews
- 2 tablespoons lemon juice
- 1 clove of garlic
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- ¼ cup hazelnut or coconut milk
- 2 tablespoons rendered duck fat
- 1 cup of shitake mushrooms, chopped
- ½ cup sliced almonds

Instructions:

1. Preheat oven to 350. Remove ends from green beans, and cut into bite sized pieces. Prepare an ice bath, and bring enough water to boil to cover beans in a large pot. Add beans to boiling water for about 5 minutes, or until they turn bright green. Remove beans from boiling water and submerge in ice bath. Set aside.
2. In a food processor or blender, blend cashews, lemon juice, garlic, salt, pepper, and hazelnut or coconut milk together until smooth. Set aside.
3. Heat duck fat over medium heat. Add mushrooms and sauté until tender.
4. Mix cashew mixture, duck fat and mushrooms, and green beans together in a large bowl until beans are well coated. Transfer to a 4x6 baking dish and top with sliced almonds.
5. Bake for 20-30 minutes at 350.

Garlic Mashed Cauliflower

Ingredients:

- 3 cups cauliflower florets
- ½ cup canned coconut milk (full fat)
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary
- ½ clove fresh garlic or 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper

Instructions:

1. Steam cauliflower for 5-10 minutes, until tender.
2. Blend steamed cauliflower, coconut milk, olive oil, rosemary, garlic, salt and pepper in food processor or blender until smooth.

Gluten-Free, Dairy-Free Noodle Kugel

Makes 8 servings

Ingredients:

- 2 medium Honeycrisp apples, peeled and chopped
- 2 bananas
- ½ cup ground chia seeds
- 3 tablespoons cashew butter
- 3 tablespoons almond butter
- 1 can unsweetened coconut milk (full fat)
- 3 tablespoons coconut oil
- 1 teaspoon vanilla extract
- 1 ½ teaspoon cinnamon
- ½ teaspoon cardamom powder
- ¼ teaspoon ginger powder
- 2 tablespoons lemon juice
- 4 cups dry quinoa noodles (or other gluten-free and corn-free noodles)
- ½ cup cacao nibs or raisins (optional)
- ¼ cup sliced almonds

Instructions:

1. Preheat oven to 375 degrees
2. Bring 6 quarts of water to a rapid boil.
3. Blend apples, bananas, chia seeds, nut butters, coconut milk, coconut oil, vanilla, spices, and lemon juice in food processor or blender until smooth.
4. Add noodles to boiling water and cook according to instructions on package, subtracting 4 minutes, until noodles are not quite al dente (they will continue to cook in oven).
5. Strain noodles and rinse with cold water.
6. Mix noodles together with blended ingredients, stir in cacao nibs or raisins if using.
7. Spread noodle mixture evenly into large glass casserole dish and top with sliced almonds.
8. Bake until top is golden brown-- approximately 30 minutes.

Yorkshire Pudding (Wheat-Free, Dairy-Free)

Makes 12 servings

Ingredients:

- 2 tablespoons creamed coconut
- 3 eggs
- 2 cups unsweetened coconut milk
- 1 cup coconut flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- Drippings from roast (such as **Coconut Lime Roast Chicken**, or vegetables roasted in olive oil)

Instructions:

1. Preheat oven to 475.
2. Spray a muffin tin lightly with olive oil or coconut cooking spray.
3. Pour approximately 2 tablespoons of roast drippings into the bottom of each muffin cup.
4. Once oven is preheated, put muffin tin in oven to heat drippings.
5. While drippings heat, beat eggs until frothy. Whisk in creamed coconut, and coconut milk.
6. In separate bowl, mix together coconut flour, baking powder, and salt. Combine with wet ingredients.
7. Once drippings are very hot and begin to smoke, remove from oven and quickly spoon batter into each tin.
8. Bake at 475 for 25 minutes.
9. Allow to cool slightly before serving.
10. Enjoy with roasted meat or **Eggs Florentine!**