

Recipes for Digestive Health

Lili Hanft, FNTTP

Shopping List:

Tigernut Chocolate Chip Cookies:

- Tigernut flour
- Baking soda
- Salt
- Collagen powder
- Butter
- Maple syrup
- Vanilla
- Chocolate chips
- Nuts: macadamia, cashew, walnut, pecan, etc.

Bone Broth Soup:

- Chicken bone broth
- Onion
- Carrot
- Kale or other veggies: celery, broccoli, green beans, etc.

Fermented Veggie Medley:

- Onion
- Garlic
- Carrots
- Broccoli stalks
- Sea salt

Fire Cider:

- Onion
- Garlic
- Ginger root
- Horseradish root
- Lemon
- Cayenne
- Raw apple cider vinegar
- Honey

Digestive Health Tips:

Chew well and eat in a relaxed state:

- Take time to sit down for meals and set aside distractions
- Shift your body into parasympathetic mode by breathing slowly with long exhales
- Chew each bite thoroughly, savoring the flavors and textures of the food

Stimulate stomach acid and digestive enzymes with sour and bitter foods:

- Bitter greens: dandelion, arugula, radicchio
- Beets
- Apple cider vinegar
- Ginger
- Digestive bitters tincture containing fennel, citrus peel, burdock, etc. or fire cider

Emphasize the gut-healing and anti-inflammatory amino acids glycine and glutamine:

- Collagen peptides and gelatin
- Bone broth
- Gelatinous cuts of meat: oxtail, shanks, bone-in roasts

Eat probiotics and prebiotics to supply and feed good gut bacteria:

- Probiotics: raw lactofermented sauerkraut, kimchi, pickles, kefir, yogurt, etc.
- Prebiotics: tigernuts, onions, garlic, asparagus, artichoke, legumes, plantains, etc.

Minimize gut irritants:

- Gluten - has the ability to create intestinal permeability (“leaky gut”)
- Soy - contains enzyme inhibitors that interfere with digestion
- Conventional dairy - difficult to digest
- Refined seed oils (corn, canola, cottonseed, soybean, safflower) - inflammatory

Add minerals to water to improve hydration and elimination:

- Bone broth
- Filtered water with a splash of fermented veggie brine
- Trace mineral drops (i.e. ConcenTrace) in filtered water
- Mineral-rich herbal teas (nettle, dandelion, etc.)

Tigernut Chocolate Chip Cookies



Makes 14

- 1 c. (4 oz) tigernut flour
- 1 tsp baking soda
- 1/4 tsp salt
- 1/4 c. (1 oz) collagen powder
- 5 Tbsp (2.5 oz) butter
- 3 Tbsp (2 oz) maple syrup
- 1 tsp vanilla
- 1/3 c. (2 oz) chocolate chips
- 1/3 c. (1.5 oz) chopped nuts: macadamia, cashew, walnut, pecan, etc.

Combine dry and wet ingredients separately. Mix together. Stir in the chocolate chips and nuts. Form into 14 balls, flatten into disks, and place on a parchment lined cookie sheet. Bake at 350 degrees for 12 minutes.

Bone Broth Soup



2 cups bone broth (store-bought or homemade, see recipe below)
1/2 onion, sliced
2 carrots, sliced
1 cup green vegetables: kale, broccoli florets, green beans, celery, etc.

Combine all ingredients in a saucepan, cover, bring to a boil, reduce heat, and simmer until veggies are tender. Season with salt and pepper to taste.

Chicken Bone Broth

Place bones and cartilage from 1 roast chicken in a large stockpot, add chopped onion, carrot, celery, and 2 Tbsp apple cider vinegar, and simmer for 4 hours. Alternatively, place all ingredients in a slow cooker and cook on low for 8 hours. Strain the broth and discard the bones and veggies. Once the broth has chilled, remove the layer of fat on top. Ideally the broth will be jiggly, indicating it is rich in gelatin. Season the broth with sea salt.

Fermented Veggie Medley



Stalks from 2 heads of broccoli
1 large carrot
1 small onion (or 1/2 large)
3 cloves of garlic
1 Tbsp sea salt
Filtered water

Slice the broccoli stalks and carrots into thin slices. Peel the onion and slice into half moons. Dice the garlic. Combine the vegetables and pack into a wide-mouth quart mason jar, pressing them in tightly. Add the salt. Pour over filtered water to dissolve the salt and cover the vegetables. Screw the lid on tightly and place in a dark, room temperature place (a kitchen cupboard works well) and let ferment for 3+ days. (The fermentation process will happen more quickly in a warm environment, more slowly in a chilly one.) When done, little bubbles will be visible in the brine when you move the jar. Place in the fridge for several days before eating. The fermenting liquid can be added to water for a refreshing beverage.

Fire Cider



Makes 1 pint

1/2 large onion, diced
2 cloves garlic, minced
3" piece of ginger, peeled and minced
3" piece of horseradish, peeled and minced
Zest of 1/2 a lemon
Pinch of cayenne
2 c. raw apple cider vinegar
Honey

Mix together the onion, garlic, ginger, horseradish, lemon zest, and cayenne and place in a wide mouth mason jar. Pour the apple cider vinegar over to cover. Screw on the lid and place in a cupboard out of direct sunlight. Let sit for 2-4 weeks, shaking daily. Strain off the vinegar and stir in several tablespoons of honey to taste. Fire cider can be stored in dropper bottles. You can make a second batch by pouring fresh vinegar over the vegetables.

Lili Hanft

Functional Nutritional Therapy Practitioner

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