

Autoimmune-Friendly Recipes

gluten-free, dairy-free, vegan, oil-free (but not taste-free)

Fluffy Pancakes & Waffles

1 1/4 cup hulled buckwheat (soaked overnight or 8 hours, drained, rinsed well)
1 1/4 cup quinoa (soaked overnight or 8 hours, drained, rinsed well)
1/2 cup almonds (soaked overnight or 8 hours, drained, rinsed well)
2 Tbs ground flaxseed or ground chia
1 medium apple, pear, or banana
1 1/2 tsp Himalayan mineral salt
1 inch piece of vanilla bean
2 cups water
1 Tbs psyllium husk

Soak buckwheat, quinoa, and almonds overnight or 8 hours. They can be soaked together in the same bowl. In the morning, drain with a strainer and rinse well.

Blend all ingredients except for the psyllium husk until smooth. Add the psyllium husk and blend again until combined. Pour pancakes onto a seasoned cast iron skillet on medium heat. Cook for 3 minutes then flip the pancakes and cook for another 3 minutes.

Serve with your favorite toppings such as maple syrup, coconut milk or cashew cream, fresh fruit, fruit sauce or nuts.

NOTE: This recipe is also very good as waffles. For waffles, you can omit the psyllium husk and increase the water by 1/2 to 1 cup to desired consistency.

NOTE for Lasagna: If you are in the beginnings of getting better from your autoimmune, it would be better to omit the soy (even though it's organic) until you're making improvements in your autoimmune recovery. This is because after eating GMO soy for so long, the body can reject even the organic soy until it's had a rest from all soy.

Vegetable Lasagna

1 package brown rice lasagna noodles
1 25 oz. jar of marinara sauce
1 medium sweet potato
1 medium zucchini, sliced in 1/4 inches
1 lb. frozen spinach, fresh spinach or swiss chard, chopped
half of a 13.5 ounce can coconut milk
16 oz. firm or extra firm organic tofu, drained
1/2 tsp Himalayan mineral salt
1/3 cup fresh basil, chopped (optional)

Slice sweet potato and zucchini in 1/4 inch slices. Pour 1/3 cup of sauce on the bottom of a 9 x 13 glass baking dish and spread it evenly. **Layer in this order:** uncooked noodles, sweet potato slices, light layer of sauce, noodles, zucchini slices, crumbled tofu, salt, 1/4 of a can of coconut milk

(If you're omitting the tofu, you can replace the tofu with the other half of the can of coconut milk. So instead of 1/4 of a can of coconut milk here, you would use 3/4s of the can.)

Next layer: spinach or swiss chard, sauce, last layer of noodles, rest of the sauce

Put about an inch of water in the jar, put the lid back on, and shake to get the remaining sauce out of the jar. Adding this extra liquid will help this lasagna become the right texture as the noodles are uncooked. Make sure the sauce is spread evenly over the noodles so that all of the dry parts of the noodles are covered with sauce.

Drizzle remaining 1/4 can of coconut milk over the top. Cover the lasagna with a glass lid, or if unavailable, use a piece of parchment paper and then a piece of foil over that. The parchment paper will protect the lasagna from aluminum leaching into it.

Bake in a preheated oven at 350 F for 50 minutes. Remove lasagna from the oven and let it sit for 10 minutes before serving. Top with freshly cut basil and serve.

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Anti-Inflammatory Healing Soup

1 red onion, organic, cut in large pieces
1 potato, organic, cut in large pieces
2 inches orange peel, organic
1 inch fresh ginger, minced
1 inch fresh turmeric, minced (or 1 tsp turmeric powder)
1 tsp Himalayan salt (or other unrefined full mineral salt)
coconut milk (optional)

Bring all of the ingredients except the coconut milk to a boil, then simmer for 30 minutes until the potatoes are tender. Add a spoonful of coconut milk to each bowl when serving to give it a rich, creamy taste.

I ate this soup or drank the broth before going to bed to coat and heal the small intestine lining. In serious conditions, you can do a 48-72 hour onion broth fast — only drinking the broth from a chopped onion with the salt.

Variation for Pizza: Pour the dough into two seasoned cast iron pans or onto two baking sheets. Spread it evenly. You could also use a 9 x 13 inch baking dish lined with parchment paper. Let the dough rise for 50 minutes. It will have almost doubled in size. Bake for 25 minutes at 350F.

Chop the toppings. Add the sauce, vegan cheese, and toppings to the pizza. Sprinkle the salt and oregano over the top. Bake the pizza for another 20 minutes. When it comes out of the oven, sprinkle fresh basil over the top.

TOPPINGS

organic marinara sauce
vegan cheese
vegetable toppings such as onions, olives, bell peppers, basil
1/2 tsp Himalayan mineral salt
1/2 tsp dried oregano

Bread or Deep Dish Pizza

1 cup hot water (100 - 110F)
3 Tbs honey
2 1/2 tsp active dry yeast

2 cups hulled buckwheat, soaked 8 hours
1 cup quinoa, soaked 8 hours
1 medium organic potato
2 tsp Himalayan mineral salt
3 Tbs ground flaxseed
3 Tbs psyllium husk
1 cup arrowroot powder

Soak buckwheat and quinoa overnight or 8 hours. Drain with a strainer and rinse well. Put the hot water, honey, and active dry yeast into a blender. Turn the blender on for a few seconds just to mix it together, then let it sit for 10 minutes to activate the yeast.

While the yeast is activating, wash the potato, quarter it, and steam it in half an inch of water until it's tender (about 10 minutes.) Don't throw out the potato broth when it's done. Drink it as a hot tea to get the minerals.

Add the buckwheat and quinoa to the yeast mixture in the blender. Add the cooked potato and salt. Blend this mixture until it's a smooth batter. You may have to stop and restart the blender several times if the top of the batter stops blending to release the air bubble that builds up in the bottom of the blender.

Pour the batter into a large bowl. Add the ground flaxseed and psyllium husk and vigorously beat it with a spoon for about a minute until the batter becomes thicker and stretchy. Stir in the arrowroot powder. Beat it again for about a minute whipping air bubbles into the dough. The dough should be very moist and sticky, much more than gluten pizza dough.

Pour dough into two bread baking dishes. Let it rise for 45 minutes. Bake for 50 minutes at 350F. Let it completely cool on a wire rack. (Not allowing the bread to fully cool before cutting may result in a gummy interior.)