

# Anti-Recipes

Healing Histamine



# **Anti-Recipes**

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Anti-Recipes for Healing Histamine/Yasmina Ykelenstam,  
Healing Histamine. — 1st ed.

## ABOUT THE AUTHOR



**Yasmina Ykelenstam** is the author of eleven low histamine ebooks: *Anti-Recipes*, *The Anti-Detox*, *The Anti-Cookbook*, *The Anti-Cookbook Paleo*, *The Low Oxalate Cookbook*, *Low Histamine On the Go*, *The Low Histamine Dessert Book*, *Short But Sweet*, *The Low Histamine Beauty Survival Guide*, *The Low Histamine Lifestyle 101 Guide*, *The Little Book of Muffins* and *The DAO Support Cook Book*. Previously,



she spent a decade as an international television news producer, writer, researcher and contributing reporter for CNN, FOX and the BBC.

Yasmina has covered the Iraq and Lebanon wars, Libya's renouncement of WMD, reported from the Saddam Hussein trial in 2005, and Hezbollah's anti-government protests.

In 2006 she was a member of the CNN team awarded an Edward R. Murrow for coverage of the 2006 Lebanon War.

Her first step to recovery was giving it all up.

Yasmina can now be found lugging a yoga mat, juicer and positive attitude across various continents in search of the perfect anti-lifestyle.

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## What folks are saying

"You are providing an invaluable service to all those afflicted with mast cell disorders and histamine intolerance issues. There are very few remedies available to people struggling to cope with these conditions, and negligible resources based on natural foods, which as you and I are well aware, can and should be the basis for ensuring optimum health while remedying many of the chronic conditions associated with food sensitivities. Unfortunately the medical paradigm for management of such illnesses inevitably relies on medicinal drugs, which can and do result in unacceptable side-effects. It is work such as yours, which applies the data from scientists involved in the field (in which I humbly number myself) in a practical way so that natural remedies are available to everyone in need. I welcome the opportunity to continue to contribute to your valuable work." - *Dr. Janice Joneja, author and immunologist* [www.allergynutrition.com](http://www.allergynutrition.com)

(For those with histamine related conditions) "I recommend avoiding foods with high histamine. A good site with useful information is [The Low Histamine Chef]." - *NIH funded researcher Dr. Theoharides, Tuft's University.* [www.mastcellmaster.com](http://www.mastcellmaster.com)

"Histamine intolerance is a very pressing issue which is largely unknown and, therefore, needlessly plaguing countless men, women and children. It is not easy to identify histamine intolerance let alone treat it. I am constantly referring physicians and the public in general to Yasmina's amazing resource, The Low Histamine Chef. Her information allows people to quickly understand, identify and take action against

histamine intolerance. Thank you for your work – and I look forward to doing a webinar together on this important topic.” - *Dr. Ben Lynch*, [MTHFR.net](http://MTHFR.net)

“I refer patients to Yasmina’s website because I know they will benefit from her balanced sensibilities on using lifestyle change to cope with their mast cell activation disorders. If you are histamine-challenged and looking for perfectly-seasoned insight, you’ll get it...” - *Keith Berndston, MD*  
[www.parkridgemultimed.com](http://www.parkridgemultimed.com)

“You can’t put this problem in a vacuum. Such as avoiding histamine containing foods, on a standard deficient and toxic diet. The body works in conjunction with thousands of complicated chemical reactions, and only with superior nutrition can the histamine sensitivity be better controlled. So exposure to thousands of phytochemicals and even to a low dose of histamine in their diet is good, not bad and can offer hope of getting better over the years to come.” - *Dr Joel Fuhrman, MD*  
[www.drfuhrman.com](http://www.drfuhrman.com)

### **[The Anti-Cookbook](#)**

“I can’t believe how this book has revolutionised the way I eat.” Angela.

“Oh my god thank you. I can eat again now.” - Lucie.

“I had no idea there were so many beneficial foods I was completely ignoring!” - Jane.



“Wow. Just wow. You’ve changed my life. Again.” - Marianne.

### [The Anti-Cookbook \(Paleo\)](#)

“Such a relief to find a low histamine Paleo book - with antihistamine foods. Bonus!” - Mike.

“Yes! Finally. You’ve taken the stress out of eating.” - Anne Marie.

### [Low Histamine On the Go](#)

“As someone who struggles in the kitchen at the best of times, this book is a godsend.” BB.

“The menus from the Low Histamine Chef have given me the support and guidelines to cook, grocery shop, eat at restaurants and basically get my life back with food reactions reduced to a minimum. Best of all - the recipes are delicious.” PD.

“Yasmina has made understanding the low-histamine way of eating accessible and easy to understand. Her recipes are luscious and personally researched!” JMS.

“...family and friends never know what to cook for me, now we can all eat together again.” SU.

[Click this link for more reader testimonials.](#)

## ***Disclaimer***

*As stated in the description of the book, these recipes are high salicylate and as such are unsuitable for those intolerant to salicylic acid. Please remember we are all different in our tolerance level and sensitivities. Antihistamine and anti-inflammatory foods may still bother us, so please use your best judgement when approaching this book, and make sure to check with your doctor, nutritionist or shamanic healer before trying these recipes.*

*Most of all, as always, enjoy.*

# Anti-Recipes

You have no way of knowing it, but this book (my best and favourite to date) was originally conceived as being targeted to men.

Women may ask themselves: “Why would you think that men need a separate book?”

Meanwhile, guys were thinking: “hell yeah, finally!”

This book is the result of a frank conversation with my now best friend, who has, for the most part, fully embraced the whole anti-diet concept. He was already a healthy eater to begin with, so cutting out low nutrient high histamine food, while adding antihistamine and anti-inflammatory ones, wasn't such a big deal. But one day, enough was enough.

“Healthy is great, but where's the man food?” he earnestly enquired.

And then it clicked.

Guys want to be healthy, but they don't want to eat like chicks.

I don't know, maybe they're scared they'll grow boobs and start crying over Sandra Bullock flicks (pre-Gravity of course). Or maybe they're just happier

channelling their inner caveman, but aren't into the whole Paleo thing. Either way, it was time to rope in the dudes.

So here we are, a chick's interpretation of man food, that's still really girly.

This book is a departure from my previous books in that even the healthiest guys hit their "salad with, or as, every meal" limit within nanoseconds of its proposal, so you'll find some gluten free breads and other things to enjoy as a guilty treat here and there. If you're a woman, or one of those rare enlightened dudes who doesn't feel a traitor to his sex when indulging in the green stuff, you're definitely encouraged to serve every meal with side of salad and grilled veggies.

Your body will thank you for it.

I haven't included animal proteins in every meal, so please go ahead and serve up your choice, as necessary. I know a lot of you work out and need it. I tend to favour anti-inflammatory choices: salmon, tuna (no, it's a myth that darker fish is high histamine), duck, duck eggs, with very small quantities of beef and lamb.

I highly recommend checking out the [Anti-Cookbook \(Paleo and regular versions\)](#) and [Anti-Detox books](#) for more high nutrient recipes.

Bullock flick optional.

# Food n'things

So here's how this is gonna go down: **don't stress the specifics**. If an ingredient doesn't work for you, toss it out and use something that does. These recipes aren't meant to be read as gospel, but rather used as inspiration to get the creative juices flowing.

You may see some stuff in here that's found in the "high histamine/avoid/danger danger Will Robinson" column on various random food lists floating around the internet. The reason is simple.

The lists are full of crap (mine included).

It's not because of faulty research or because we're trying to misinform people, but rather because they're based on scientific research that:

- a. Likely has a bias of some kind
- b. Was conducted on poor, defenceless, tiny mammals
- c. Or in a test tube
- d. Doesn't take into account individual physiology
- e. Or the complementary benefits foods possess
- f. Doesn't take into account other foods with opposing benefits that may have been consumed along with them (ie antihistamine and anti-inflammatory foods)



g. Even if tested on humans, we're all so freaking different it's a total crapshoot anyway

Sure, in theory, knowing which foods are high in histamine or histamine-liberators would be useful, but to just send people away with a list of foods to avoid post-diagnosis, with little other explanation, or leaving people who are self-diagnosing roaming the net, trying to make sense of this restrictive diet they've been told holds the key to stopping symptoms, isn't enough - we need to know how it all comes together.

My biggest axe to grind is something that's really poorly understood: just because a food is low histamine, doesn't mean it's not inflammatory. Just because a food possesses antihistamine properties, doesn't necessarily mean it doesn't raise histamine, or cause inflammation generally.

How can this be? There's endogenous and exogenous histamine. The former means it's in the body and the latter that it's from outside the body.

In the body, histamine lives in mast cells (and basophils and neutrophils) - a part of the white blood cell system. Thing is though, histamine is only one of many inflammatory molecules safely housed in the mast cells (until needed) to promote healing, help get digestion going etc. In my case, and that of many others, the mast cells leak, even when they're not needed, spilling unnecessary inflammation into the body. And this is the big reason I'm not a fan of the standard low histamine diet, because I'm more

concerned with inflammation as a whole, rather than isolating histamine.

Histamine release from mast cells is triggered by food (allergies/intolerances/high histamine foods/inflammatory foods), stress hormones, chemicals, animal dander, cosmetics, heat, exercise and many, many others that I have spoken of extensively on my blog and in the [Low Histamine Lifestyle 101 book](#).

Given that there are SO many triggers, rather than living in a bubble and trying to avoid a growing list of them, I chose to give my mast cells what I felt they needed.

Stability.

To this end I...

1. Eat a diet high in mast cell stabilising bioflavonoids (stopping mast cells from leaking histamine and other inflammation)
2. Work in as many antihistamine and anti-inflammatory rich foods as possible
3. Make sure to schedule regular meals
4. 86 the stress. Meditation is key!
5. Exercise in a way that doesn't raise my stress levels (swapping out the intensive kickboxing for yoga)

Please note: many of the studies referenced in this ebook were conducted on animals or in vitro (test tube). Human physiology is a different beast, but let's also bear in mind that the histamine lists on the internet

most likely also rely on similar studies. One day maybe someone will explain to me exactly how those lists are put together...I do keep asking...

The SIGHI list everyone seems to follow says the following: "Dietary instructions for patients with histamine intolerance (histaminosis), based on literature and reported experiences". So what we're saying here is that they haven't gone out and measured the histamine levels of foods. I suspect that's the case with most lists out there.

Of all the lists on the internet, I have found that SIGHI at least update it once in a while, most notably to recently downgrade turmeric from a level 2 histamine food (on a scale of 0-3) to 0, which I'm very happy about. Especially given that I've been banging on about not understanding how it's on so many lists as high histamine given that we know it has very strong antihistamine and mast cell stabilising properties (citations for this and other claims made in the book are referenced in later text).

Then again, we're relying on similar medical tests to determine the antihistamine activity of these foods too.

You see the problem we're up against here! That's why it's best to rely on your own reactions rather than any list.

# Digestion: an inflammatory process

One of the biggest mistakes I ever made was not understanding that digestion is an inflammatory process. Just thinking of food is enough to get gastric juices flowing (according to the many digestion flowcharts I've read).

Those of you who are chronic snackers out there (\*raises hand shamefully\*) aren't doing your body any favours - constantly chowing down, no matter the caloric content or food type (protein schmotien), is going to ensure your body is releasing localised inflammation in spades.

The greatest relief I have ever experienced is from fasting. Like a real fast - not a wussified juice feast. I'm talking nothing but the h<sub>2</sub>O. It's amazing how nuts not eating can make you though. The longest I've managed to go is 3.5 days.

Sadly, I eventually realised that going without food was just way too stressful for my body and what worked better for me was adding more nutrients in rather than taking them out.

And so I wrote the Anti-Detox book - a collection of the non-hardcore recipes I used before travel, important events, or just to help my body chill out.

The long and the short of it is: try not to eat too frequently, try to eat sensible amounts, in other words, eat like non-PMS'ing females, treat your body like the temple it is, even if you need to carb load to hit the gym. Looking great to score chicks is important, but so is your health. The body needs a little downtime to conduct essential maintenance. I suggest checking out Dr. Fuhrman's Eat to Live for more on that.



# Spending Your Histamine Allowance

I look at histamine in my diet as a kind of balance sheet. Consider the idea of the histamine bucket. In other words, there's a certain amount of histamine that we're able to put into the body before we spill over with symptoms, and then once we're full, no matter what we put in, low histamine or not, it causes symptoms. I realised that for most of us, it's not the histamine bucket we need to work with. It's the inflammation bucket.

By that I mean: adding wheat, which is inflammatory, to our bucket, is more likely to make us spill over into symptoms, than adding something like basil. That's because basil is antihistamine and anti-inflammatory whereas wheat most certainly is not.

The simple way I explained it to people in consultations is that we have a histamine allowance. I choose to increase my allowance, or rather my spend, by eating antihistamine and anti-inflammatory foods. Because of this my diet is far higher in high histamine foods than people not eating in this way. That's why I now call my diet histamine-balanced, rather than low histamine.

I still need to watch the pocketbook though. If I have a big trip, a party or project due, I will lower my consumption of high histamine foods in order to spend what I've accrued all in one go. The project thing is because I have found that in my case, and for many others, a lack of sleep and increase in stress fills up the bucket just as fast as a Big Mac. Well, it would if I still ate that kind of garbage. A juicy T-bone the size of my head, potatoes and a glass of wine will do just fine instead thank you.

# Protein powders

I've seen guys in my social circle heaping the nastiest, crappiest protein powders into their otherwise clean and buff bodies. It's a sad world we live in that all you need to do is slap on an "organic" label to get a best-selling product. To that end, I spent quite a bit of time looking for and testing various brands. This is not an exhaustive list, and (as always) what's here might not work for you. Hopefully it's a good starting point for you to find something that suits your needs/tolerances.

## *Top brand choices in the US and UK:*

Pulsin', Nutiva, Omega Nutrition, Navitas.

## *My top ingredient choices:*

Pea, pumpkin seed, chia, rice (not fermented).

## *[You'll find links to my favourite products here.](#)*

For generally gaining weight (fat with protein) our top choices at home have been: tahini sauce, almond butter, fresh young Thai coconut, in addition to generally adding protein powders and lots of nuts to recipes. You can add a tablespoon of protein powder to pretty much every recipe in this book. Your results and

tolerance will vary. We just try to eat a little bit of everything and achieve a good pleasure/nutrition balance.

# Baking Substitutions

I used to pull my hair out measuring everything to the gram/ounce, and worrying over every single substitution. In the end, once I let go of the desire to have my baked goods resemble the god awful plasticine iced nonsense I drooled over in the years I was my sickest (no coincidence there really), I managed to truly enjoy the healthful treats I'd whipped up.

Regarding gluten - go ahead and use any flours you like. I'm neither coeliac nor gluten intolerant, I just find that gluten containing flours are too high in oxalic acid, a plant defence mechanism that can cause inflammation in sensitive individuals. Wheat products, perhaps due to the incredibly high modern day amounts of gluten artificially added to them (as proposed by a study covered in the New York Times) can just generally cause major inflammation in the body.

I do sneak in a cheeky baguette or glorious plate of wheat pasta when traveling, but in my day to day life and in this book I stick with the GF approach. I've found a baking mix of sorghum or chestnut flour and tapioca starch/flour in a ratio of 2/3 to 1/3 ideal. It's simply the most pleasing low histamine, low-



inflammatory, gluten free, low-medium oxalate, nut free blend I've come up with, but please remember tapioca is a latex food.

## **EGGS**

Most commonly used to bind and add leavening to baked goods. You can substitute with:

### **Flax or chia seeds**

For one egg: mix 1 tablespoon of recently ground flax seeds (or 1 tablespoon whole chia seeds) with 3 tablespoons hot water and let stand for about 5-10 mins until the mixture becomes gel-like and 'eggy' looking.

### **Pureed fruit or vegetables**

Apple sauce, mashed banana, butternut squash, sweet potato or coconut yoghurt work well as binding agents. Use 3 tablespoons or 1/4 cup fruit/vegetable puree and then squeeze in some lemon juice for a leavening effect. You might need to adjust the sweetener if you're using something naturally sweet.

### **Lemon juice / Vitamin C / Calcium**

I've found that lemon juice, vitamin C powder and calcium all leaven my baked goods quite nicely, but they won't add any binding.

## **Mylks**

You can substitute any dairy free (or not) milk for coconut milk. They're super easy to make at home: soak a handful of nuts/seeds/oats for a few hours (preferably overnight), blend with a couple of cups of filtered water and then strain through a nut milk or jelly bag (unless you have a Vitamix!).

## **Oils**

Just about anything will do here. My favourite, coconut oil, has been shown to prevent alzheimer's and other inflammatory neurological conditions, in addition to being heart healthy (in moderation!). Coconut oil is solid at room temperature, so lightly melt it before using it in baking. You could use cacao butter (supposedly not low histamine), sunflower, canola, and even highly refined olive oil (in moderation) can give an interesting depth of flavour.

## **FLOURS**

### **Coconut**

I don't recommend using this on its own as the flavour is quite overpowering. If you go for it, you'll need to use more eggs. Like...a lot more. I can't really suggest the right amount as I don't agree with using so many of them. You'll find hundreds of Paleo recipes online sharing the secret for successful coconut flour baking.

### **Rice**

Very crumbly and dry in texture, you could add just 1/3 instead of the tapioca flour. I also recommend using sweet rice flour instead. Sadly I can't find it out here in Spain.

### **Water chestnut flour**

While I LOVE this stuff for wraps and tortillas, I've found that it's also too crumbly and far better suited to savoury foods. You could try using 1/3 in these muffin recipes.

## **SWEETENERS**

In this book I use primarily date syrup. It's a whole food and full of anti-inflammatory goodness. It is still, however, a sugar, and as people keep pointing out to me, dates are on some high histamine lists ([here's why I still include foods on these lists in my diet](#)). I also often use coconut sugar, which is simply dried coconut palm sap.

### **Agave**

A decent substitute for the date syrup I'm now using. I eventually found I was reacting to it, probably because it doesn't possess as many anti-inflammatory properties as dates.

### **Coconut nectar**

The taste of this varies hugely from brand to brand. I recommend taste testing a bunch of them before

writing it off. Raw, untreated coconut nectar is made from the sap of the coconut palm. When I use it for baking, I go for the high grade, raw, and incredibly costly stuff because I know it hasn't been adulterated in some way.

### **Going sweetener free**

Though the sugars used in this book are as natural as they get, we can always be far more hardcore in our approach. For a really long time I made baked goods with only whole fruits. The trick to doing this is mashing up enough banana or using (homemade) apple sauce, home made blueberry jam (1 cup blobs, 1/2 lemon squeezed, and a little apple juice in a pan until thick), or dairy free coconut yogurt to make up for the liquid sweetener. This'll take some experimentation. I can't give you an exact recipe because we're all different in our expectation of sweetness.

### **BERRIES**

I am now fine with all berries, including strawberries and raspberries. I find that blueberries definitely help on days when I'm feeling inflamed.

Please go ahead and substitute any berry for another berry. You can also cut up your chosen fruit into approximately the same size and substitute.

# Operating Manual

No one can tell you what to eat, including me. I really hope you'll use this book in the spirit it was intended: as inspiration for creating your own healthy eating plan.

To that end, all oils, vegetables, and fruits can be subbed for another. Please consider all amounts (except for any baked recipes) to be mere suggestions. You go ahead and use as much or as little grated ginger or thyme as you please - and the world isn't going to come crashing down on you if you have to use rice instead of quinoa.

The important thing is not to write off a recipe based on the title or skim-reading the ingredients. I often, if not always, provide some alternatives.

My goal here is to show you it's possible to eat well within the confines of a low histamine diet, or even better, what could soon be a histamine-balanced one, though it may seem right now like you may never have an empty enough bucket for that.

You are better placed than an author to make sure you're getting enough calories to power your fitness routine and balance your proteins and carbs as needed.

I write cookbooks, you operate your body.

Ok?

Same goes for the dairy free milks etc.

For those who don't have the time (or maybe the will) to spend endless hours slaving away at the stove (like your author!) you can go ahead and boil quinoa, rice and other grains in bulk and then freeze into small portions. You can then defrost quickly with a little boiling water, or just break up a bit with a wooden spoon and toss in with whatever you're cooking. Same thing goes for beans/pulses/legumes.

Feeling brave? You can also chop onion in bulk and freeze raw.

Luckily, soup is one of my favourite meals, and I cook that up in bulk and freeze into little tupperware boxes like a good 1940s hausfrau.

Where I say young Thai coconut, mature, brown hairy coconut will not do. You could use [Nutiva Coconut Manna/Biona Coconut Bliss](#) instead, or try some coconut cream, but it's at your discretion.

Spiralised zucchini or any other squash/veggie pasta is a great substitution for any gluten free pasta in this book. I like the veggie boost, but you guys might need the extra calories.

Apple cider vinegar is supposedly the lowest histamine of all vinegars, but many will still react. Lemon is great where I say vinegar, but it also appears on high histamine lists, though I have always been totally fine with it. We're all different. If you react to lemon, you can experiment with lemon basil or thyme blended with a little water or oil.

Fish is not inherently high histamine. It does need to be fresh though, as it's the bacteria as it spoils that cause histamine reactions. If flash frozen at sea or right out of the water it is often fine. Nowadays I just buy the fish on ice at the supermarket. I know, right? I'm living dangerously...but I don't need to worry anymore.

Where I say mesclun, feel free to use any mixture of your tolerated greens: arugula, watercress, lamb's lettuce and chard for example.

Chickpeas and beans high histamine? [I have research that shows exactly the opposite](#). Not only that, but chickpeas are high in plant based DAO, so if sprouted and consumed may help with histamine metabolism (according to Dr. Janice Joneja). What may be an issue is the lectins, [so have a read of this on how to inactivate them](#).

Can't find lentil, chickpea or other "exotic" flours? Invest in a [Nutribullet](#) and make your own. Just toss some lentils or whatever into it and buzz like crazy. It's great! I take that sucker on the road with me too, it makes great soups and (thick) smoothies. If using for smoothies it works best with creamy fruits and vegetables like mango, peach, pear, broccoli stem only, cucumber for example. And make sure to use lots of water.

Where you have optional ingredients, I have included these in case you want to try cooking the same food for more than just yourself. At the end of the day, these are just really healthy recipes and most people will benefit from high nutrient foods like these.

Just make sure to keep everything balanced. I also added them because I'd like you to grow with the book and to see that I am now able to tolerate so many things I would not have dreamt were possible, all in a relatively short time (a couple of years). I know people get annoyed when I say this, but there's nothing special about me and I truly believe that most of us will get through this just by making wiser dietary choices.

Regarding salt and pepper. Do I use them? They're not in my recipes because I don't micromanage. You're an adult and can decide for yourself if you'd like some.

Salt acts specifically on the inflammatory cytokine interleukin-17, which is known to play a role in autoimmune diseases [3]. Interleukins are one of the many inflammatory molecules released when mast cells degranulate.

I know some people say it's an antihistamine, but even if it is, I'm interested in generally keeping inflammation down.

As for the question I'm so often asked: "How big are your cups?!"

The short answer is that it doesn't matter.

Cooking, at least in my world, isn't an exact science. It's alternately a pleasure, a sloppy art created by a 5-year-old cracked out on pink candy floss, and a means to an end.

Food is fuel, health, and sometimes happiness.

These are rarely determined by something as trivial as whether my cups are 10% larger than standard canteen issue non-porcelain mugs.



We're eating here folks, not building rocket ships.

p.s. The real answer to that question is that I have about 20 cups and they're a sorry, mismatched bunch. It doesn't really matter anyway because according to the domestic goddess Nigella Lawson, US - UK cup sizes vary by 10%, an insignificant amount (her words not mine). So at least finally she and I agree on something, because when it comes to the sugar and fat content of her recipes...we most certainly do not.

p.p.s. You'll find products linked to my affiliate program thingy in the book. Hope it doesn't bug you, if so, feel free to use google instead. The clicks help pay for site maintenance and development. Amazon pays me, not you.

# Breakfasts

*When possible, look at breakfast as an opportunity to stuff even more greens and herbs into the diet.*

# The Dahab

Prep Time: 10mins | Cook Time: 0 | Servings: 1-2



This juice recipe appears in the all-liquid [Anti-Detox](#) and is bursting with quercetin rich veggies and fruit, features mast cell stabilising spirulina and antihistamine chlorella, as well as a number of mast cell degranulation and nasty prostaglandin inhibiting ingredients. Guys might want to add in a couple of spoons of protein powder or some kind of seed/nut butter.

## INGREDIENTS

- 2-3 large apples
- 1 head broccoli
- 1 large cucumber
- 2 handfuls romaine

2 handfuls arugula  
1 handful watercress  
1 inch cube ginger  
1 level teaspoon spirulina  
1/2 teaspoon chlorella

### **PREPARATION**

#### *Juice together*

2-3 large apples  
1 head broccoli  
1 large cucumber

#### *Blend together*

2 handfuls romaine  
2 handfuls arugula  
1 handful watercress  
1 inch cube ginger  
1 level teaspoon spirulina  
1/2 teaspoon chlorella

### **BENEFITS**

Vitamin K: 444%, Vitamin C: 349%, Omega 3: 197mg,  
Vitamin A: 135%

Antihistamine: apples, broccoli, watercress, ginger,  
spirulina, chlorella.

Anti-inflammatory: cucumber, romaine, watercress,  
ginger, spirulin, chlorella, arugula.

## Almond (or GF) Flour Blueberry Pancakes with Cream

Prep Time: 15mins | Cook Time: 5-10 | Servings: about 6 - 8 mini pancakes



I'd volunteer to be the first woman to eat nothing but pancakes from here to eternity, if not for an undoubtedly never ending expanding waistline. You can sub the flours here with your choice of gluten free ones. The trick I've found is to combine a couple of them and to keep it to a third of a cup each. If using coconut flour, please add *at least* one more egg. You can use any tolerated non-dairy milk instead of coconut and replace the blueberries with any fruit you prefer. Go ahead and use sunflower seed/almond/any

tolerated butter instead of young Thai coconut, just omit the coconut oil and add in a little sweetener and non-dairy milk to thin it out.

## **INGREDIENTS**

### ***Pancakes***

1/3 cup almond flour

1/3 cup tapioca

1/3 cup chestnut flour

3 eggs

1/4 cup water or coconut milk, depending on desired consistency

1/2 an apple

2 tablespoons coconut oil

Pinch of salt

Pinch of raw vanilla powder (if tolerated)

### ***Cream***

1 cup young Thai coconut meat

1/4 - 1/2 cup coconut oil, depending on desired thickness or 1 can coconut cream, flipped over and refrigerated overnight

1/4 cup liquid sweetener (I used agave simply to preserve the creamy coconut colour)

Pinch of raw vanilla powder

Pinch of salt

1 cup blueberries

## PREPARATION

### ***Coconut cream***

#### *Fresh coconut*

Blend up your young Thai coconut meat with a little sweetener (or not). I use agave here simply to preserve the lovely porcelain colour of the coconut. I have used coconut sugar in the past for a lovely toffee like flavour, but you'll have to warm up the sauce to integrate the granules. It'll literally be the texture of cream.

#### *Canned coconut*

Open your flipped over can (the right way up) and scoop out the hard white coconut cream that has collected there. Transfer to a blender and whip with some sweetener (or not) until fluffy.

#### *Pancakes*

Seriously – do you have time to combine the wet and dry ingredients separately? I don't, so I just toss everything into a mixer/blender and combine. Heat a little oil in a pan – I use coconut. Pour in just under a ladle full of batter, cook through, then flip over. Repeat until the batter is finished. Add coconut cream on every layer of pancakes and smoosh some blueberries in there too. Then add another layer of pancake, then cream, until you get a nice stack. I drizzled mine with a little extra date syrup for the photo, but you could use agave, coconut nectar or nothing at all!

## **BENEFITS**

Manganese: 134%, Vitamin E: 105%, Selenium 94%,  
Copper: 93%, Vitamin B2: 78%

Antihistamine: apple, blueberries (due to quercetin -  
some may react to the benzoates)

Anti-inflammatory: apple, coconut, blueberries,  
chestnuts, almonds, vanilla.



# **Duck Eggs on Chickpea Paratha with Sautéed Leeks, Mushrooms & Asparagus**

Prep Time: 10mins | Cook Time: 15-20 minutes | Servings: 1

Go ahead and sub the duck eggs with any protein you tolerate: salmon is great, lamb would be tasty, some ground beef would also work well. These aren't traditional breakfast proteins - but hey, in the day and age of Paleo, anything goes. The deal is that many of us don't do well with eggs. Chicken eggs at least. Those of you who are not IgE allergic to them may want to check with your doc if duck eggs might be ok. A lot of folks do fine. I really love duck eggs because two provide about 130% of your Vitamin B12 RDA, 30% of your iron, and they're a good source of choline which might be necessary to mitigate the potentially neurodegenerative effects of antihistamines and other anticholinergic medications.

I know many people won't be bothered to look up the reference on this one, so here it is: I recently reported on a study that showed a significant link between these medications (Benadryl is one) and an up to 60% increase in Alzheimer's in folks over the age of 60. Please visit my blog to read the full post (check the references section at the back of this ebook for the link), but absolutely do not stop taking any medications without speaking with your doctor type people.

Nigella sativa is a potent H1 receptor antagonist, being as strong as the most commonly prescribed steroid nasal spray for allergies, and is also an H2 receptor antagonist, working on gastric symptoms, with one study in particular finding that nigella sativa was able to heal gastric ulcers caused by acetylsalicylic acid (aspirin) in rats, as well as cimetidine, an older generation antihistamine that blocks the DAO (diamine oxidase) histamine lowering enzyme. Just one of many examples of the opposing properties of medications and foods (raspberry is on high histamine lists but medical literature shows it also possesses antihistamine benefits, perhaps due to quercetin content for example).

### **INGREDIENTS**

2 leeks, sliced thinly lengthways  
6 Portabello mushrooms, roughly chopped  
8 asparagus spears, sliced in half lengthways  
2 duck eggs

#### *Optional*

pinch of asafoetida  
pinch of fenugreek

#### ***Paratha***

1 cup lentil flour  
1/2 - 3/4 cup water, depending on desired thickness  
2 tablespoons olive oil  
Handful basil, finely chopped

Handful coriander, finely chopped  
2 tablespoons turmeric, grated  
2-4 tablespoons nigella seeds

## PREPARATION

### *Paratha*

In a medium bowl, combine the water, flour, olive oil, basil, coriander, turmeric and nigella seeds. Drizzle a little oil onto a very, very non-stick pan ([click the link for the non-teflon “green” griddle I use](#)) and then warm it up. Pour a ladle full of the lentil mixture as if making a pancake. Use a spatula to thin out the mixture once it begins warming up a little, just extending the edges of the pancake a little. This is just to make sure it's not too thick. Alternatively you could just thin out the mixture with a bit more water.

### *Eggs*

Drizzle some oil into a pan and then begin sautéing the leeks, mushrooms and asparagus. If using the antihistamine and anti-inflammatory Indian spices, go ahead and add them now. I don't recommend trying anything like them until you're past the elimination phase, as we will react to most foods when overloaded.

Push the vegetables to one side of the pan and crack the duck eggs into the other half. Cook to your taste, place the paratha on a plate, cover with the vegetables and place the eggs on top.

## **BENEFITS**

Vitamin B12: 315%, Copper: 263%, Selenium 251%,  
Vitamin K: 245%, Vitamin A: 229%

Antihistamine: basil, coriander, turmeric, nigella seeds.

Anti-inflammatory: basil, coriander, turmeric, nigella  
seeds, lentils, mushrooms, leeks, asparagus, olive oil.

# **Bobby Building Paleo (or not) Granola with Fresh Coconut Milk**

Prep Time: 5mins | Cook Time: 5-7mins | Servings: 2



Nope, the name of this granola isn't a typo - it's a nod to my guy who absolutely adores this stuff. Nuts were not a part of my diet for many years. If they're still not a part of yours, you can go ahead and substitute most/all of them in this recipe with more seeds, some oats, popped sorghum, rice, or your choice of gluten free grain.

You'll notice I use raspberries and dates, which are on

some lists as high histamine. Use any fruit you like. This is how I eat, what helped me get better, and so I share what worked for me. I don't eat them daily, but I do believe that eating a wide variety of fruits and vegetables has been integral to the healing process. I really feel that for many of us, histamine issues may be transient, the result of massive stress, trauma, viral or bacterial infection, and that they will pass. The people I see heal the fastest are those who maintain a positive outlook and don't consider themselves to be sick. They refuse to limit their diets, choosing to eat a very healthy diet generally rather than subsisting on a few low histamine foods. When we're inflamed we're going to react to pretty much everything. Bearing this in mind, as long as the reactions are not severe (and believe me, dizziness, nausea and brain fog are mild compared to what many go through), keeping things in perspective and not focusing on food as the enemy are both powerful tools.

### **INGREDIENTS**

1/4 cup mixed seeds like flax, chia, a few pumpkin  
1/4 cup mixed nuts like almonds, pecans  
1/4 cup coconut chips or freshly grated  
brown/hairy/mature coconut  
2 tablespoons ginger, grated  
2 Medjool dates (on some lists as high histamine)  
2 tablespoons coconut oil  
1 cup coconut or your choice dairy free milk  
Raspberries & blueberries, for garnish

#### *Optional*

pinch raw vanilla powder

2 tablespoons liquid sweetener (I use date syrup) or coconut sugar

### **PREPARATION**

Place the nuts, seeds and dates in a food processor and pulse a few times. Now, the traditional way to proceed is to make a big batch of granola in the oven. Takes upwards of an hour. Who has time?! Not me, and generally not at breakfast time. So I heat up the coconut oil in a pan over low heat, toss in the coconut chips, mixed seeds and nuts, dates, ginger and sweetener if using (you really don't need it but my man likes it) and cook gently, stirring once in a while, until it's all nice and toasty. Garnish with berries and serve with milk. You can make this in bulk and then freeze, just omit the berries.

### **BENEFITS**

Manganese: 408%, Copper: 152%, Magnesium: 94%, Vitamin K: 86%, Phosphorus: 74%

Antihistamine: flax, ginger, blueberries.

Anti-inflammatory: flax, ginger, blueberries, coconut, almonds, pumpkin seeds, pecans, raspberries.

# Mango Blueberry Muffins

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9



My research over the years turned up that some varieties of tropical mango have antihistamine properties (as I mention in the [Anti-Cookbook](#)), but sadly I haven't been able to confirm it in anything found in the US or Europe. I definitely feel better after mango



- I've used it to calm down bad reactions since the beginning of this crazy journey (though they appear on some lists as high histamine). They're super high in vitamin C, which is great for lowering histamine, and highly anti-inflammatory. Blueberries meanwhile are my quercetin rich superstars. Once on my "too scared to try" list, I got over my incredible fear of benzoates (something that can cause histamine release) by trusting my body to instead properly metabolise the histamine-lowering elements in them. Sometimes an attitude adjustment is all that's required - soon I was scarfing them down by the cup!

### **INGREDIENTS**

1 cup coconut sugar  
1/4 cup sorghum flour  
1/4 cup chestnut flour  
1/4 cup tapioca flour/starch  
2 tablespoons flax seeds  
2 tablespoons chia seeds  
1 chunk ginger, grated  
3 eggs or 2 duck eggs  
1 cup blueberries  
1/2 cup pureed mango  
1/4 cup coconut oil  
4 tablespoons lemon juice

### **PREPARATION**

Pre-heat oven to 180C/350F. Combine the flours and other dry ingredients with the wet ones. Pour into

muffin cups in a baking tray. Bake for 20-30 minutes (depending on oven).

### **BENEFITS**

Vitamin B12: 315%, Vitamin K: 212%, Manganese: 176%, Copper: 157%, Vitamin B6: 131%

Antihistamine: blueberries, ginger, flax.

Anti-inflammatory: blueberries, ginger, flax, tapioca, mango, coconut, dates, duck eggs, chia.

## Juicing Waffles

Prep Time: 5mins | Cook Time: 10-15mins | Servings: 6 waffles



These waffles, made with some juicing leftovers, are excellent for freezing. Just wrap 'em up, then pop in the toaster or oven. Similarly, I make my jams in big batches and then freeze them into small jars. I'll then defrost them in a bain marie/double boiler/water bath to serve.

Even though sorghum is a pseudo-grain, and tapioca is a root (careful if you have a latex issue), I don't like

using a lot of them - that's why I've worked the juicing leftovers into this recipe. If you don't juice, feel free to grate in about a cup full of apple or carrot, or just use another cup of combined flours.

## **INGREDIENTS**

### *Waffles*

1/2 cup sorghum/chestnut or almond flour  
1/4 cup tapioca or arrowroot  
1/4 cup coconut sugar  
2 tablespoons ginger, grated  
2 tablespoons turmeric, grated  
3 eggs or two duck eggs  
Juicing leftovers from 2 apples and 2 carrots  
1 cup coconut/almond or oat milk  
1/4 cup coconut oil, lightly melted  
2 tablespoons lemon juice  
Pinch salt

### *Jam*

1 cup berries/fruit  
2 tablespoons coconut sugar/1 date (totally optional)  
1/2 lemon, squeezed  
Agar agar, a few strands, or 1 tablespoon powdered berries, for serving.

## **PREPARATION**

### *Waffles*

Pre-heat your waffle iron.  
Mix your dry ingredients in a bowl. Make a well, crack in the eggs, pour in the wet ingredients and blend. Pour into the waffle iron. Should be ready in 5-7 minutes.

### *Jam*

Bring all ingredients to the boil, add in the agar agar and stir until melted in. Lower heat. Place in fridge for 5-20 mins (depending on quantity). Agar allows me to completely eliminate extra sugar and there's no need for gelling agents like pectin.

### **BENEFITS**

Vitamin A: 817%, Manganese: 338%, Vitamin B12: 125%, Magnesium: 68%, Iron: 67%

Antihistamine: apple, ginger, turmeric.

Anti-inflammatory: apple, ginger, turmeric, carrot, lemon, almond, chestnut.

# Mango Coconut Bliss Arugula Kale Cucumber Smoothie

Prep Time: 5mins | Cook Time: 0mins | Servings: 2



If I could live on a smoothie alone, this would be the one. Don't be fooled, this packs in a LOT of calories and fat. If you'd like more protein, go ahead and add some of the powders you tolerate. I still use kale even though I had a sensitivity to oxalic acid. If you're dealing with an oxalate issue, you can go ahead and use arugula or any other low oxalate greens. [You may also want to check out my Low Oxalate Cookbook.](#)

Spirulina and chlorella are mast cell stabilising and antihistamine respectively. That doesn't mean all will do well with them. In my case, and with many, many others, I have seen that we can eat something two days/times in a row and we'll be ok, but the third one will knock the wind out of our sails. It just seems the immune system doesn't like too much of the same thing. There's a more complicated explanation - look up "rotating foods for allergies" online for a more in-depth explanation.

Arugula has anti-ulcer activity, through its effect on prostaglandins, which is another inflammatory mediator (like histamine) released by mast cells. So while arugula may not have antihistamine properties, it works its magic on other inflammation that's released (synthesised really) when mast cells degranulate (break open). It's also very high in bone-building Vitamin K, which is also anti-inflammatory <sup>[25]</sup>.

While a hardcore (expensive) blender like a Vitamix isn't necessary, it will certainly make for a much more pleasant experience. You can find some second hand Vitamix's on Ebay for as little as \$150.

## INGREDIENTS

2 mangos  
1 cup kale or 2 cups arugula  
2 medium cucumbers  
1/2 cup blueberries  
2-4 tablespoons [Nutiva Coconut Manna/Biona Coconut](#)

[Bliss](#) or fresh coconut

1 tablespoon sized chunk fresh ginger

1 tablespoon turmeric, grated

1/2 teaspoon spirulina

1/2 teaspoon chlorella

1-2 cups water, depending on desired consistency

### **PREPARATION**

Place everything in the blender, add water to about half way in the jug and then hit go. Keep adding water until you're able to manage the fibrousness. Dr. Fuhrman recommends drinking slowly and "chewing" your smoothie, even if it seems there's nothing to masticate. This is basically to give saliva and digestive enzymes time to do their work. You can read more about that in his [great book 'Eat to Live'](#).

### **BENEFITS**

Vitamin A: 431%, Vitamin C: 385%, Vitamin K: 284%, Manganese: 175%, Copper: 165%, Folate: 90%

Antihistamine: blueberries, ginger, turmeric, spirulina, chlorella.

Anti-inflammatory: blueberries, ginger, turmeric, spirulina, chlorella, mango, coconut, cucumbers, arugula.



# Sweet Potato Muffins

Prep Time: 10mins | Cook Time: 25-30mins | Servings: 7-9

My greatest joy in dealing with my oxalate induced inflammation (which mostly hit me “down there”, making life miserable!) is the re-introduction of the extra-high oxalate sweet potato. It’s such a power food - its leaves have shown promise in fighting colon and stomach cancers <sup>[26]</sup>, they’re high in vitamin c, the mast-cell stabilising bioflavonoids quercetin and rutin, <sup>[27]</sup> and it’s great in salty or sweet recipes. You could add a little sweetener if needed, but I doubt you will. I use calcium carbonate to get my baked goods a little fluffier - you can go ahead and use a half tsp or more of baking powder or a baking powder/soda combo.

## INGREDIENTS

- 1 large sweet potato, baked
- 1 cup sorghum flour
- 1/2 cup chestnut flour
- 1/2 cup tapioca starch
- 1/2 cup coconut/almond/oat milk
- 1/3 cup coconut oil, lightly melted
- 1 egg
- 2 tablespoons calcium carbonate or vitamin c

## PREPARATION

Pre-heat oven to 200C/390F. Combine the sweet potato, coconut oil, milk, and flours with the egg and calcium carbonate. Place mixture into muffin cups in a muffin tray and bake for 25-30 minutes. These can be half baked and then stored in the freezer.

## **BENEFITS**

Vitamin A: 960%, Manganese: 168%, Calcium: 113%,  
Copper: 110%, Vitamin B6: 96%

Anti-inflammatory: chestnut, sweet potato, coconut.

## Oat & Chestnut Flour Pancakes with Mango Custard

Prep Time: 7mins | Cook Time: 5 - 10mins | Servings: 2



These are so tasty and fun to serve. I love the way the gooey filling just oozes out of the parcels. You can use any combination of fruits for the topping and custard - try any of the creamier fruits, ideally pears, melon, or peaches. Go grain free by using sorghum or buckwheat flour (pseudo grains), or use tapioca and chestnut flour with extra eggs.

## INGREDIENTS

### *Crepes*

1/2 cup gluten free oat flour (or your gluten free flour of choice, like rice)

1/2 cup coconut milk (or your choice of dairy free milk)

1 tablespoon date syrup/1 whole date/1 tablespoon coconut sugar/4 grapes

1 tablespoon coconut oil

2 eggs

Pinch raw vanilla powder

### *Filling*

1 mango

2 tablespoons [Nutiva Coconut Manna/Biona Coconut Bliss](#) or young Thai coconut or 2 tablespoons shaved/shredded coconut with 2 tbsp coconut oil

1 cup blueberries

1/2 cup raspberries/blackberries (or your choice low histamine berries or other fruit)

## PREPARATION

### *Crepes*

Whizz the crepe ingredients in a blender. Heat a little oil in a medium pan on low-medium heat. Pour in about a ladle of batter, twisting the pan around as you do to make sure you get an all round really thin coating. In about 1-3 minutes, flip over and cook through on the other side. Place on a plate and get the next one going. I normally have two pans on the go so I can actually enjoy my breakfast with my guy.

### *Filling*

Blend everything but the berries.

### *Serving*

Place the filling onto a quarter of the crepe and then top with some berries or fruit of choice. Fold the crepe over in half, then fold again until you have a parcel (like in the photo above). Decorate with more berries/fruit and shaved coconut. I then drizzled a bit of date syrup (to make it look pretty!). If you're not into grains, serve the filling in a bowl as below, or use grain free flours.

### **BENEFITS**

Vitamin C: 203%, Vitamin A: 195%, Vitamin B12: 103%, Copper: 71%, Manganese: 69%

Antihistamine: blueberries.

Anti-inflammatory: blueberries, coconut, date, vanilla, mango.

## **Anti-inflammatory fruit Loaf with Blueberry Jam**

Prep Time: 10mins | Cook Time: 30-40mins | Servings: 6-8



Why continue with gluten free past the initial elimination phase? In my opinion, because the research tells us gluten containing grains are inflammatory. It's up to you whether to take it a step further and go absolutely grain free, something that's certainly not a great idea if you're struggling to keep weight on, especially if you're not actually very reactive to them. I find it so easy to bake without grains that I even question why I need to use pseudo grains or rice anymore.

This fruit loaf is great with jam or just on its own. I like to slice mine, freeze it, and then toast to defrost. It's delicious slathered in jam.

### **INGREDIENTS**

1/2 cup sorghum/chestnut flour  
1/2 cup almond flour (or your choice GF flour)  
1/2 cup apple juicing remains  
1/2 cup carrot juicing remains  
2 tablespoons ginger juicing remains  
1/2 cup coconut/date sugar  
1/4 cup coconut butter  
2 eggs (or 1/2 cup vegan coconut yoghurt)  
1 teaspoon vanilla (if tolerated)  
Pinch salt

### **PREPARATION**

Pre-heat your oven to 200C/390F. Combine the flour, apple, carrot, ginger, vanilla and pinch of sea salt in a bowl. In a blender, or in a small bowl, whisk together the sugar, eggs and coconut butter until fluffy. Make a well in the flour and spoon in the egg mix. Combine, pour into a small to medium baking tin and bake for 30-40 minutes. Remove from the oven and tip out onto cooling rack. Slice and freeze.

### **BENEFITS**

Vitamin A: 416%, Phosphorus: 88%, Selenium: 63%,  
Iron: 62%, Vitamin B2: 50%  
Antihistamine: apple, ginger.

Anti-inflammatory: apple, ginger, carrot, coconut/date, chestnut.



# Chickpea Scramble

Prep Time: 2mins | Cook Time: 5-7mins | Servings: 1-2

I'll be honest, the genesis of this idea was a botched recipe..but such a delicious one! Chickpeas are stupidly high in Vitamin B6, something we're usually very much in need of when dealing with histamine issues. I encourage you to add a lot more/any veggies you like to this. It's great for kids with egg allergies.

## INGREDIENTS

1/2 cup chickpea flour

1 onion, chopped (I always use the super quercetin rich red ones)

1/4 - 1/2 cup water or coconut milk

Handful basil, finely chopped

Handful coriander, finely chopped

1 tablespoon turmeric

Olive oil

*optional*

1 teaspoon paprika

Chives

## PREPARATION

Sauté the onion in a little olive oil until soft and fragrant. In a bowl, whisk the chickpea flour with water/coconut milk, toss in the basil, coriander, turmeric, 2 tablespoons olive oil and paprika, if using. Allow to sit for 15-30 minutes or longer if you can - this helps make it more digestible. Pour the batter into the pan and

proceed as if making scrambled eggs. Just keep scraping the bottom with a wooden spoon and generally just mix it all up. A squidge of lemon juice is nice with this, as is topping with some chives or other fresh herbs.

### **BENEFITS**

Vitamin K: 225%, Vitamin A: 109%, Manganese: 104%,  
Copper: 76%, Folate: 62%

Antihistamine: chives, coriander, basil, turmeric, onion.

Anti-inflammatory: chives, coriander, basil, turmeric,  
onion, coconut, chickpea, olive oil.

# Quinoa Granola

Prep Time: 10mins | Cook Time: 10mins | Servings: 1-2

A super quick granola or muesli, depending on how much time you have! I've had this with lovely coconut yoghurt you can find at Whole Foods and other stores, and topped with berries and mango.

## INGREDIENTS

1 cup quinoa flakes  
1/4 cup apple or pomegranate juice (homemade) or 2  
tablespoons date/coconut syrup  
2-4 tablespoons coconut oil  
Your choice of seeds and nuts, suggested:  
2 tablespoons flax seeds  
2 tablespoons chia seeds  
2 tablespoons chopped almonds

## PREPARATION

Pre-heat oven to 180C/350F. Combine all ingredients. Place on a lightly oiled oven tray and bake for 15-20 mins. In a hurry? Skip the baking and call this muesli!

## BENEFITS

Vitamin K: 158%, Manganese: 55%, Magnesium: 46%,  
Phosphorus: 40%  
Antihistamine: apple, pomegranate, flax.  
Anti-inflammatory: apple, pomegranate, flax, coconut,  
chia, almonds.

# Lunches & Dinners

*All recipes should ideally be served with grilled vegetables and/or salad instead of sandwich bread.*

# **Lebanese Herby Meatballs with Cherry Sauce & Warm Thyme Chickpeas with Mesclun Greens**

Prep Time: 15mins | Cook Time: 30-60mins | Servings: 2-4



I've long got over my desperation for tomato sauces. I do have them every few weeks, but this recipe has become a mainstay of my diet. It's actually an old Lebanese/Armenian recipe that totally rocks. Cherries may appear on a couple of lists as high histamine - I honestly don't know why as they're high in quercetin, and as such possess some mast cell stabilising and antihistamine properties, in addition to being highly anti-inflammatory <sup>[28]</sup>. I finally added them into my diet a few years ago, back when I was still super reactive to everything, and was pleasantly surprised to discover that I could eat them by the bowl full. Cherries in this

recipe may seem odd, but it really works. I serve mine with chickpeas (again on some lists as high histamine - for what reason I know not - maybe lectins), so go ahead and serve with your choice of grain (rice works great with this), more protein, or grilled veggies/salad.

I use some mushrooms to keep the beef a little moist. You can sub with an equal amount of steamed cauliflower, but you could just as easily do without either. The tamarind paste can be replaced with some lemon juice or a bit of apple cider vinegar. I love it because it's highly anti-inflammatory, but it is fermented. Because this is a time-consuming recipe, I tend to make double and freeze.

## INGREDIENTS

### *Meatballs*

500g/18oz minced lamb or your choice of ground protein

1 red onion

1-2 cloves garlic

Handful coriander

Handful basil

Handful parsley

Few sprigs of mint

Chives, chopped for garnish

Olive oil

### *Optional*

1/2 cup Portobello mushrooms

1/4 cup lentil flour (to help bind the meatballs)

1 teaspoon organic mustard paste or 1/4 teaspoon mustard powder and 1/2 tablespoon apple cider vinegar and some salt

### *Cherry Sauce*

2 cups cherries, pitted and halved  
1 red onion, finely chopped  
1 cup fresh apple or pomegranate juice  
1 tablespoon coconut sugar

### *Optional*

1 tablespoon tamarind paste

### *Chickpeas*

1 cup chickpeas  
Handful thyme  
1 clove garlic  
2 cups mesclun greens or arugula/watercress/tolerated greens

## **PREPARATION**

### *Meatballs*

Pre-heat your oven to 200C/390F. Place the onion, garlic, coriander, basil, parsley, mint and mushroom, if using, in a food processor and pulse until very fine (but not liquidy). You can also just chop everything very, very finely. Combine with the meat and mustard and form into a pleasing sized ball. I make them just smaller than golf balls. Bake for about 20 minutes until they're nicely cooked through but still moist.

### *Cherry Sauce*

In a medium pan, sauté the onions in a little oil. Once soft, add in the cherries, juice, coconut sugar and tamarind, if using. Cook on low heat for up to an hour if possible, but 30 minutes will do. If you still have too much liquid when you run out of time, just turn up the heat and uncover (if covered) to reduce. Combine with meatballs when done, then sprinkle with chopped chives.

### *Chickpeas*

Warm the chickpeas in a little oil in a small pot. Add in the thyme and garlic. Pour in a little water if you need more fluid but don't want to use more oil. Simmer on low heat for about 5 minutes. Serve on mesclun greens as a side for the meatballs.

## **BENEFITS**

Vitamin K: 853%, Vitamin A: 569%, Vitamin B12: 517%, Vitamin B6: 192% Vitamin B3: 181%

Antihistamine: onion, garlic, basil, coriander, parsley, pomegranate, apple, thyme.

Anti-inflammatory: tamarind, coconut, olive oil, onion, garlic, basil, coriander, parsley, pomegranate, apple, thyme.



# Sorghum White Bean Couscous Salad

Prep Time: 5mins | Cook Time: 60mins | Servings: 2



Sorghum, while a great substitution for gluten containing Palestinian (or Israeli, depending on who you ask!) large wheat couscous, does take an hour to cook. If you take a shine to it, why not cook in quantity and freeze? You can then quickly place in boiling water before using. This stuff also works really well in the traditional couscous which I overdosed on at home as a kid, so you won't see any recipes for it here. Don't want to use beans? Toss in some roasted butternut squash and shallots.

## **INGREDIENTS**

1 cup whole sorghum  
3 cups water  
1 cup boiled beans/chickpeas or cubed butternut squash  
2 cups mesclun greens  
1 cup arugula/rocket  
1 cup carrots, shaved  
Handful basil, finely chopped  
Handful chives, chopped  
Olive oil, to taste  
Apple cider vinegar or lemon, to taste

## **PREPARATION**

Place the sorghum in a large pot. Cover with water and bring to the boil and then lower to a simmer for an hour. Toss the mesclun greens, arugula, shaved carrots, basil and chives into a bowl. Drain the sorghum and add to the salad. Drizzle in oil and vinegar or lemon.

## **BENEFITS**

Vitamin A: 1218%, Manganese: 293%, Vitamin K: 291%, Copper: 143%, Magnesium: 140%  
Antihistamine: basil, chives, beans (supposedly - depends on whose research you follow).  
Anti-inflammatory: basil, chives, beans, mesclun greens, arugula, carrot, apple cider vinegar, lemon.

## **Anti-inflammatory Zucchini Burrito with Cauliflower Rice**

Prep Time: 10mins | Cook Time: 10mins | Servings: 2-3

Cauliflower rice was a game changer. Suddenly a whole new world of possibilities opened up to me. Not only super high in vitamin C, cauli is extremely chock full of inflammation fighting, bone building, cancer preventing vitamin K. All you do is chop up a cauliflower head and drop it bit by bit into a food processor. Don't have one? Don't attempt to wing it by chopping - I'm all for hacking the kitchen, but it just won't work. You can buy a decent little food processor for about \$50 or less. Sure, you can spend a whole lot more, but it's not necessary. The "rice" is done when the cauli looks like rice! Don't over process or you'll get tiny little couscous (which is another great use for the cauliflower). You can of course use real rice too!

### **INGREDIENTS**

#### *Wrap*

1/3 cup water chestnut flour (can use more lentil flour instead)

1/3 cup lentil flour

1/2 cup water

1/2 medium zucchini

1/4 red onion

2 cloves garlic (or to taste)

2 tablespoons olive oil

Small chunk ginger

Small chunk turmeric

### *Filling*

1 cup minced beef, raw  
1 cup cooked beans of your choice  
1/2 cup cauliflower “rice”  
1/2 red onion  
2 cloves garlic (or to taste)  
Olive oil  
Handful coriander, chopped  
Handful basil, chopped  
1/2 lime  
Nigella sativa seeds

### *Optional*

1/2 teaspoon paprika  
1/2 teaspoon cumin  
1/4 teaspoon cayenne pepper

## **PREPARATION**

### *Wrap*

Pre-heat a non-stick pan or griddle. Buzz all ingredients in a blender. If your pan is super non-stick, or if you have a griddle, go ahead and add a bit more water to your mixture before making. Spoon a ladle full onto the pan or griddle, as if making a crepe (thin pancake). Use a spatula to thin out, widening the crepe. It should cook through in a couple of minutes. Then flip over. Serve with falafel, as a burrito, smeared with hummus, you name it, just go wild!

### *Filling*

In a medium pan, sauté the onion in a little oil. Add in the garlic and beef, cook for a few minutes, then follow with the “rice” and basil, coriander, nigella sativa, optional ingredients if using, and lime. Make sure there isn’t much liquid when you place the filling into the wrap, otherwise it’ll break. I just fold the top and bottom over and then roll gently on the plate. I rather British-ly use cutlery on this sucker.

### **BENEFITS**

Vitamin K: 165%, Manganese: 148%, Vitamin C: 132%, Zinc: 124%, Vitamin B6: 98%, Iron: 94%

Antihistamine: onion, garlic, basil, coriander, nigella, water chestnut flour.

Anti-inflammatory: onion, garlic, basil, coriander, nigella, olive oil, paprika, cumin, lentil, water chestnut.

# Pasta with Creamy Mushroom Sauce Thyme & Basil

Prep Time: 10mins | Cook Time: 10mins | Servings: 2



There are so many different takes on creamy vegan pasta sauce - the only limit is your imagination - or the pages of this cookbook! This super creamy sauce will satisfy even non-vegans (in my experience anyway). With non-vegans I tend not to sell it as “dairy free”, but rather a super-creamy anti-inflammatory sauce that’s super high in nutrients. It’s all about the spiel...I find it best not to focus on what’s not there, but rather the awesome stuff that is.

## INGREDIENTS

### *Creamy sauce*

4 cups cauliflower florets (about 1 medium cauli)

1 onion, chopped

2-3 cloves garlic

1/2 cup coconut milk/vegan mylk

Lemon

### *Optional*

1 cup Portobello mushrooms

### *Pasta*

2-4 cups cooked brown rice pasta or 4 cups zucchini pasta

### *Garnish*

Handful thyme

## **PREPARATION**

Steam or boil the cauliflower for about 5 minutes, until tender. While this is happening, sauté the onion, garlic and mushrooms over a low heat. Once fragrant and soft add to a blender, followed by the now drained cauliflower, a squidge of lemon juice and the coconut milk. Blend until super smooth. Leave your drained pasta or veggie pasta in the pot it was cooked in, then pour the creamy sauce over it. Garnish with a ton of thyme and a little more olive oil and season if you choose.

## **BENEFITS**

Vitamin C: 395%, Vitamin B6: 159%, Phosphorus: 120%, Magnesium: 115%, Vitamin K: 93%  
Antihistamine: onion, garlic, thyme.

Anti-inflammatory: coconut milk, onion, garlic, Portobello mushrooms, zucchini, thyme.



# Salmon Salad

Prep Time: 5mins | Cook Time: 20mins | Servings: 2

Despite the seemingly never-ending list of ingredients here, this recipe is really easy to put together. Like most things, when you get into the flow and familiarise yourself with ingredients, you'll find it very easy to create organic restaurant worthy meals in no time.

## INGREDIENTS

2 salmon steaks  
1 bag mesclun greens  
1 cup cooked Thai rice noodles or your choice  
spiralised veggies  
2 tablespoons coconut sugar or 1/4 cup  
apple/pomegranate juice  
4 carrots, spiralised into noodles  
2 spring onions, chopped  
Handful basil, chopped  
Handful coriander, chopped  
Handful watercress, chopped  
Handful arugula  
2-4 tablespoons nigella seeds  
2 tablespoons sesame seeds

### *Optional*

2 tablespoons organic mustard  
1/2 cup shredded/young Thai coconut

### *Dressing*

1 carrot

1 tablespoon tahini/almond/sunflower seed butter  
2-4 tablespoons olive oil  
1-2 tablespoons grated ginger  
2-4 tablespoons apple cider vinegar or your choice of sour  
Water, adjust according to desired thickness

### **PREPARATION**

Pre-heat your oven to 200C/390F. Place salmon on a baking tray and (if using) smear some mustard onto the salmon, then sprinkle lightly with coconut sugar or pour juice over. Bake for 10-20 minutes depending on thickness of steaks, until nicely cooked through. Meanwhile, in a bowl, combine the mesclun greens, watercress, arugula, carrots, spring onions, basil, coriander, nigella and sesame seeds. In a blender or food processor, combine the carrot, tahini, olive oil, ginger and apple cider vinegar until smooth, adding water as needed to achieve desired consistency. Pour over the salad. Either chop up the salmon into little chunks and toss into salad, or serve on the side.

### **BENEFITS**

Vitamin A: 2791%, Vitamin K: 435%, Copper: 143%, Manganese: 87%, Iron: 63%, Vitamin C: 61%

Antihistamine: watercress, spring onions, basil, coriander, nigella, ginger.

Anti-inflammatory: watercress, spring onions, basil, coriander, nigella, ginger, salmon, arugula, carrots, sesame, olive oil, apple cider vinegar.

# **Lamb Steaks with Shallots & Jerusalem Artichokes**

Prep Time: 10mins | Cook Time: 30mins | Servings: 2

Mustard is a member of the brassica family, which includes broccoli and cauliflower. Mustard seed has been found to prevent stomach cancer, are an excellent source of selenium, a nutrient that has been shown to reduce the severity of asthma and decrease the symptoms of rheumatoid arthritis, and are also a good source of magnesium. The contents of my mustard are: mustard seed, apple cider vinegar, salt. I have made mustard at home before - it's not as creamy but it does the job. I find that many of us do great with it, but there's no guarantee. Any recipe you see it in can be made without it. Asafetida is a powdered gum resin popularly used in Iranian and Indian cooking which has been shown to possess antihistamine properties, particularly in the gut. Other studies show that fenugreek inhibits allergic skin inflammation in animal studies <sup>[31]</sup>, specifically through inhibition of interleukins (one of the inflammatory mediators released by mast cells). It is a legume though and may not agree with those who are allergic to them.

## **INGREDIENTS**

2 lamb steaks or 8-12 lamb chops  
3 cups Jerusalem artichokes, quartered or halved  
8 medium shallots  
Handful thyme leaves  
Handful parsley, chopped  
4 tablespoons rosemary sprigs  
2 cloves garlic, pressed

Lemon  
Olive oil

*Optional*

2-6 tablespoons organic mustard

Pinch powdered asafetida

Pinch powdered fenugreek

**PREPARATION**

Pre-heat your oven to 200C/390F. Place your shallots and Jerusalem artichokes on an oiled baking tray and then mix in the garlic and parsley. Sprinkle with fenugreek and pour in half a cup of water and bake for 20-30 minutes depending on the oven. They're ready when easily pierced with a fork.

If using mustard or asafetida, paint one side of your lamb chops, sprinkle them with the spice and place onto an oiled baking tray and sprinkle with thyme and rosemary. Drizzle with a little olive oil if you like. Bake for 20 minutes until the juices run dry when pierced with a fork.

**BENEFITS**

Vitamin K: 565%, Vitamin B3: 132%, Vitamin A: 131%,  
Iron: 126%, Phosphorus: 121%, Copper: 114%

Antihistamine: shallots, rosemary, thyme, garlic,  
asafetida, fenugreek.

Anti-inflammatory: shallots, onion, rosemary, thyme, garlic, asafetida, fenugreek, mustard, lemon, olive oil, jerusalem artichokes.

# Lasagne

Prep Time: 15mins | Cook Time: 50mins | Servings: 4-6



This has been one of this year's greatest hits at home. A really calorie dense, work out readying, chunk of comfort food. You could go grain-free simply by omitting the rice lasagne sheets.

## INGREDIENTS

- 500g/18oz ground beef
- 9 sheets cooked brown rice lasagne sheets, prepared according to directions
- 1.5 cups white beans
- 1 cup coconut milk
- 1 red bell pepper
- 1/2 cup basil, chopped
- 4-6 cloves garlic
- 1.5 medium onions

2-4 tablespoons coconut sugar or date syrup

2 medium zucchinis, sliced razor thin

*Optional*

2 tablespoons tomato paste

### **PREPARATION**

In a pan, sauté the onions in a little oil until fragrant and soft. Add in the beef. Meanwhile, combine the beans, garlic, tomato, coconut milk, basil, onions, coconut sugar, red pepper and tomato paste in a blender and process until smooth. Remove the beef from the fire and then pour the bean mix onto it. Grab any kind of brownie tray or a deeper ceramic dish and lay down three lasagne sheets side by side. Place a ladle full of beef mix onto it, then lay down one row of zucchini. Follow with another layer of lasagne sheets and then beef, zucchini, and so on until there's none left. Pour remaining beef onto the last layer, cover with foil and bake for 45 minutes. Uncover and then hit with the grill for about 5 minutes.

### **BENEFITS**

Manganese: 964%, Vitamin B12: 642%, Zinc: 572%, Vitamin B6: 400%, Phosphorus: 392%, Selenium: 371%

Antihistamine: garlic, onions, basil.

Anti-inflammatory: garlic, onions, basil, white beans, coconut, zucchini, red bell pepper, olive oil.

# **Lentil & White Bean Polenta with Lamb Chops & Artichoke Salad**

Prep Time: 10 | Cook Time: 35mins | Servings: 2

I love polenta but though I love corn, it's highly inflammatory, so this recipe makes me super happy. I make double sometimes and then freeze. It's great for popping in the oven, or toaster if made thinly, just something I can stuff my face with as I run out the door. I really sold it there didn't I?

## **INGREDIENTS**

8 lamb chops  
1 cup lentil flour  
1 cup white beans  
1 medium onion  
2 cloves garlic, pressed  
4 tablespoons olive oil  
2-4 tablespoons rosemary  
Handful thyme  
Pinch of salt

### *Optional*

2-6 tablespoons turmeric, grated

### *Salad*

1/2 cup frozen artichoke hearts  
1 bag mixed greens  
1 cup lamb's lettuce  
1/2 cucumber, chopped  
Handful thyme



Handful basil, chopped  
Olive oil and lemon to taste

### **PREPARATION**

Pre-heat oven to 200C/390F. The lamb will take 20 minutes and the polenta about 15 minutes. I suggest getting everything ready before placing anything in the oven so you can get the timing right. Place the lamb chops in an oiled baking tray. Bake. Meanwhile, in a blender, quickly combine the lentil flour, white beans, onion, garlic, pinch of salt and turmeric, if using. By hand, mix in the herbs and pour into an oiled baking dish. The mixture shouldn't be higher than an inch or so. Bake for about 15 minutes and then blast with the grill for another few minutes. The lamb should cook for 20 minutes or until the juices run clear when pierced with a fork.

### *Salad*

In a bowl, combine the greens, the lamb's lettuce, cucumber, thyme, basil and artichoke hearts. Toss with a little olive oil and lemon, to taste.

### **BENEFITS**

Vitamin A: 623%, Vitamin K: 550%, Vitamin B12: 533%, Zinc: 281%, Selenium: 297%

Antihistamine: garlic, onion, thyme, rosemary, turmeric, basil, artichoke.

Anti-inflammatory: garlic, onion, thyme, rosemary, turmeric, basil, olive oil, lemon, artichoke.

# **Kenyan Beans with Crispy Coconut Wild Rice & Cornish Game Hens or Beef**

Prep Time: 10mins | Cook Time: 30mins | Servings: 2



If you don't have the patience to make a meal with three separate components, go ahead and just toss the wild rice and the protein in with the beans. You'll have to cook them longer though because it takes a while to cook the rice through. Omit the coconut milk if sensitive but replace with another dairy free milk. You can use chicken breasts/legs/thighs, pigeon, duck, or any other protein that appeals to you. I frequently use ground beef or lamb which is a lot faster - just brown it in the pan with the onions and then proceed from there.

## INGREDIENTS

### *Kenyan beans*

2 cups cooked beans (any you like)  
1 cup blended young Thai coconut or 1/2 cup water  
blended with 1/4 a mature coconut  
1 large onion, chopped  
4 tablespoons nigella seeds  
Handful basil, chopped  
Handful coriander, chopped  
4 tablespoons grated ginger  
4 tablespoons grated turmeric

### *Optional*

2 tablespoons mustard  
Cayenne, to taste  
Cumin, to taste

### *Crispy coconut black wild rice*

1/2 cup black wild rice  
2 cups coconut water (the content of one young Thai  
coconut) or regular water/coconut milk

2 Cornish game hens

### *Optional*

2 tbsp organic mustard  
2 tbsp coconut sugar

## **PREPARATION**

Pre-heat oven to 200C/390F. Use some of your young Thai coconut water to prepare the wild rice, according to the packet directions. Spread the mustard on the hens and sprinkle with the coconut sugar before planing them in an oiled baking tray. Place in the oven and bake for 20-30 minutes until cooked through and the juices run clear. Meanwhile, sauté an onion in a little oil. When fragrant and soft add in the beans and coconut milk, followed by the nigella seeds, turmeric, ginger, basil, coriander, and the spices and mustard (if using). Cook for about 20 minutes on very low heat. I then like to pick off the meat from the birds and toss in with the beans but you can do what you like with them.

## **BENEFITS**

Manganese: 239%, Phosphorus: 230%, Copper: 217%, Vitamin B6: 201%, Selenium: 191%

Antihistamine: turmeric, ginger, garlic, onions, nigella seed, basil, coriander.

Anti-inflammatory: turmeric, ginger, garlic, onions, nigella seed, basil, coriander, olive oil, lemon, mustard, cayenne, paprika, cumin.

# Water Chestnut Salmon (or not) Tacos

Prep Time: 10mins | Cook Time: 15mins | Servings: 2

You can use any protein you like with these - they're just a great (healthy) variation on standard gluten free crappy wraps. I love serving these with the sweet potato fries. Water chestnut possesses both antihistamine and anti-inflammatory properties and you'll find a little water chestnut flatbread tutorial I made [here](#). Just don't cook it for as long and then fold it in half. Many of my readers in the States order flash frozen at sea salmon, but I buy whatever I find at the local supermarket nowadays.

## INGREDIENTS

1 cup water chestnut flour  
1/2 – 1 cup water (depending on desired consistency)  
1-2 tablespoons olive oil  
Handful thyme (makes it more bitter though)  
2 cloves garlic  
2 tablespoons nigella seeds  
  
2 salmon steaks  
2 tablespoons coconut or date sugar  
*Optional*  
2 tablespoons organic mustard

## PREPARATION

Pre-heat oven to 200C/390F. Spoon the mustard onto the salmon (if using) and then the coconut or date sugar. Place on an oiled tray and bake for about 15-20 minutes. In a blender, combine the water chestnut flour,

water, olive oil and garlic until smooth. Toss in the nigella and thyme. Heat a little oil in a pan and pour the batter into a largish pan, the kind suitable for crepes, quickly rotating the pan to coat its entirety. This can be a bit tricky as the batter begins hardening almost immediately. Cook until flatbread is almost firm. This will take a while. You'll start seeing a powdery residue on the uncooked side. Place salmon in there, top with your choice of veggies and then fold over.

### **BENEFITS**

Vitamin D: 1072%, Vitamin B12: 783%, Selenium: 527%, Vitamin B6: 470%, Vitamin B2: 287%

Antihistamine: water chestnut, thyme, garlic, nigella.

Anti-inflammatory: water chestnut, thyme, garlic, nigella, salmon, coconut, mustard, olive oil.

# GF Mince Pies with Chickpea Salad

Prep Time: 20mins | Cook Time: 20 - 30 mins | Servings: 4

Because mince pies aren't just for Christmas! These really awesome, totally filling, "pies" are actually more like a pizza. One that's full of healing ingredients. You can make them as small or as big as you like. I serve little bite-sized ones at parties and the larger ones (which are less time consuming) when cooking for myself.

## INGREDIENTS

### *Filling*

500g /18oz minced beef

2 cups cherries

2 cups onion, chopped

2 cloves garlic, pressed

2-4 tablespoons grated turmeric

1/2 cup mixed basil and coriander, chopped

### *Optional*

1/2 teaspoons cayenne

2-4 tablespoons tamarind paste (if not use lemon)

### *Substitutions*

Any tart fruit for the cherries

### *Base*

1 cup lentil flour

1/2 cup sorghum flour

1/2 cup chestnut flour

4 tablespoons oil  
Lemon  
Water (depends on desired thickness)

*Optional but recommended*

2 teaspoons calcium carbonate or baking powder/soda

*Substitutions*

Any GF flours/starches like...

Rice flour

Chickpea flour

Arrowroot starch

*Salad*

1 cup chickpeas

1/2 red onion, chopped

1 bag mesclun greens

1 cup mustard greens or watercress

1 cucumber, chopped

1 carrot, chopped

Chives, chopped

Basil, chopped

## **PREPARATION**

*Base*

Blend your flours together, and slowly add in the water. The lentil flour is what's going to help bind all this together, but I sometimes use an egg for extra help. Roll into a ball and place in the fridge for 10 minutes to make it stickier and easier to roll out. Dust your



worktop with lentil flour, divide the ball into however many pies/pizzas you want, cover one with plastic wrap and then use a rolling pin to roll out. Repeat with the others.

### *Filling*

Pre-heat oven to 180C-350F. In a little oil, sauté the onions, turmeric, cayenne and tamarind (if using) until fragrant. Add in the cherries and simmer for a few minutes. Remove from flame and add the beef, chopped basil and coriander. Use a ladle or spoon to place enough beef mix to cover the rounds, pressing firmly into dough. Lightly oil a baking tray. Place rounds on tray and bake for 20-30 minutes, then hit with the grill for about 5 minutes. The beef topping should become a dark red colour and the base should be nice and crunchy before being served.

### *Salad*

Combine all the salad ingredients and serve with a little drizzle of olive oil and lemon.

## **BENEFITS**

Vitamin A: 1079%, Vitamin K: 504%, Vitamin B12: 517%, Zinc: 469%

Antihistamine: basil, coriander, turmeric, onion, garlic, chives.

Anti-inflammatory: basil, coriander, turmeric, onion, garlic, chives, chickpeas, lentils, cucumber, carrot,

cherries, cayenne, tamarind, chestnut, mesclun greens.

# **Lentil Coriander Farinata with Thyme & Rosemary Vegetables (add your choice of protein)**

Prep Time: 10mins | Cook Time: 20mins | Servings: 2-4

A farinata is a fancy Italian word for thin savoury pancake. It was love at first sight when Signore Farinato and I met at the raw vegan restaurant Saf at Whole Foods in London. What a great idea I thought - the perfect way to wrap up a bundle of healing vegetables! You can make them with pretty much any flour that has a little stickiness to it, like chickpea or rice for example.

## **INGREDIENTS**

### *Vegetables*

- 1 onion, finely chopped
- 1 large zucchini, sliced lengthways
- 1 leek, sliced lengthways
- 8 asparagus, halved lengthways
- A few sprigs rosemary
- Handful fresh thyme leaves

### *Optional*

- 8 Portabello mushrooms, quartered
- 2 tablespoons apple cider vinegar (or lemon)

### *Farinata*

- 1 cup lentil flour
- 1/2-3/4 cup water
- 2 tablespoons olive oil

1 clove garlic, pressed  
Handful coriander, chopped

*Optional*

2-4 tablespoons turmeric, freshly ground

## **PREPARATION**

### *Vegetables*

Heat a little oil in a pan and begin sautéing the onions. Once soft, add the leek, asparagus, zucchini, rosemary, thyme, Portabello mushrooms, and apple cider vinegar (if using). Lower the heat or remove from the fire.

Meanwhile, in a bowl, combine the water, coriander, garlic, olive oil and turmeric, if using. Slowly start adding in the water, beating with a fork or whisk until smooth. Consistency should be crepe-like. Heat a little oil in a very non-stick pan and then pour a ladleful of batter into the pan. Quickly rotate the pan, as if making a crepe or a thin pancake, and then flip to cook on the other side. Once done, place on a plate, add veggies to the middle and roll up. Drizzle with a little oil if you wish and enjoy.

## **BENEFITS**

Vitamin K: 164%, Vitamin A: 162%, Folate: 129%, Vitamin C: 123%, Manganese: 111%, Vitamin B6: 94%  
Antihistamine: garlic, coriander, thyme, turmeric, onion, leek.

Anti-inflammatory: garlic, coriander, thyme, turmeric, onion, leek, zucchini, olive oil, apple cider vinegar, lentils, mushrooms.

## Lebanese Working Man's Stew

Prep Time: 2mins | Cook Time: 7-10mins | Servings: 2



This is what my diet looks like a lot of the time. A seemingly totally random group of foods tossed into a pan with a ton of herbs, served up in 10 minutes or less. But that wouldn't make much of a cook book! I feel that simplicity in cooking is the way forward. That might seem a bit odd given that some of the recipes in here feature many ingredients. I created the recipes for me, and for you, with the intention of adding in as many healing foods as humanly possible. Once you get into

the swing of things, you begin to realise that food can be very simple and still highly nutritious, it just takes getting used to the concept of adding so many different foods just for their healing properties. It's the reason I tell people not to worry if they omit some of the ingredients - more often than not they're there just for the medicinal benefits rather than taste.

### **INGREDIENTS**

2 cups chickpeas  
2 cups beef or lamb, minced  
2 cups swiss chard, finely chopped  
1 onion, finely chopped  
2 cloves garlic, pressed  
1/2 lemon, juiced  
Handful coriander, finely chopped  
Handful basil, finely chopped  
2 tablespoons nigella seeds  
2 tablespoons turmeric, grated  
Olive oil

### **PREPARATION**

In a medium pan, sauté the onion and turmeric until nice and fragrant. Add in the beef/lamb, garlic, swiss chard, lemon, coriander, basil and nigella. Cook on low heat for about 5-7 minutes until the meat is cooked through. You can cover while cooking to speed up the process but this can make things a little mushy.

## **BENEFITS**

Vitamin K: 740%, Vitamin B12: 448%, Zinc: 379%,  
Vitamin A: 217%, Copper: 168%, Vitamin B3: 156%

Antihistamine: garlic, onion, coriander, basil, nigella,  
turmeric.

Anti-inflammatory: garlic, onion, coriander, basil,  
nigella, turmeric, chickpeas, swiss chard, lemon.



# **Chickpea/Rice Focaccia with Herbs & Kale White Bean Basil Salad with Coriander Dressing**

Prep Time: 7mins | Cook Time: 20mins | Servings: 2

This garlicky, herby, super fragrant focaccia works very well in any kind of sandwich situation. I can't say enough good things about beans/pulses. I could probably eat nothing but...but, when I first started out on this diet I had major issues with them. My advice, if you have issues, don't give up too soon, the body adapts, but if you have serious reactions or allergies obviously don't please. The interesting thing is that I noticed that the beans that bothered me were the high oxalate ones. Once I put those on a very long rotation I was able to tolerate the others just fine. I still eat the medium-high oxalate ones, just not regularly. This is another reason no one list, or even many lists, fits all.

## **INGREDIENTS**

### *Focaccia*

1/2 cup chickpea flour  
1/2 cup rice flour  
1 cup water  
1/4 cup olive oil  
1/2 onion, finely chopped  
2 cloves garlic, pressed  
2 tablespoons turmeric, grated  
Handful basil, finely chopped  
Handful thyme leaves

### *Bean salad*

2 cups flat leaf kale, chopped (or curly if you can't find it)

1 cup white beans

1 medium shallot, chopped

1/2 cucumber, chopped

Handful sliced basil

### *Optional*

Green tomato

### *Coriander dressing*

Handful coriander

1 clove garlic

1/4 cup olive oil

2 tablespoons water (or more)

1/2 - 1 lemon

## **PREPARATION**

### *Focaccia*

Pre-heat oven to 180C/350F. In a bowl, combine the chickpea and rice flour, water, basil, thyme, turmeric, onion, olive oil and garlic. Combine well until all the water is absorbed. Pour into an oiled brownie baking tin or porcelain/glass oven proof dish that's about 1 inch thick. Bake for around 15 minutes until cooked through.

### *Coriander dressing*

Place the coriander, garlic, olive oil, lemon and water in a blender. Process until smooth. Adjust lemon and oil to taste.

### *Bean salad*

Combine the kale, beans, shallot, cucumber and basil in a bowl.

Serve the bean salad on the focaccia and drizzle with dressing.

## **BENEFITS**

Vitamin K: 1402%, Vitamin A: 940%, Manganese: 452%, Copper: 212%, Vitamin E: 145%

Antihistamine: garlic, onion, coriander, basil, thyme, rosemary, turmeric, shallot.

Anti-inflammatory: garlic, onion, coriander, basil, thyme, rosemary, turmeric, shallot, chickpea, olive oil, kale, white beans, cucumber, lemon.

# **Zucchini Pasta with Meatballs & Creamy Sauce**

Prep Time: 15mins | Cook Time: 20mins | Servings: 2-4



Fennel is a lovely antihistamine, anti-inflammatory and antioxidant food. This recipe can be served with any number of the creamy sauces in other recipes in this book - my favourite to pair it with is the lasagne sauce on page 105 but I wanted to give you as many different creamy vegetable based sauces as possible so you can see that the only limit is your imagination and/or time!

## **INGREDIENTS**

4 cups spiralised zucchini pasta or 2 cups cooked gluten free pasta of your choice

*Meatballs*

500g/18oz minced beef/lamb or your choice of ground protein

1 red onion

1-2 cloves garlic

Handful coriander

Handful basil

Handful parsley

Few sprigs of mint

Olive oil

### *Optional*

1/2 cup Portobello mushrooms

1 teaspoon organic mustard paste or 1/4 teaspoon mustard powder and 1/2 tablespoon apple cider vinegar and some salt

1/4 cup lentil flour (to help bind the meatballs)

### *Creamy sauce*

2 large zucchini, roughly chopped

10 asparagus spears, roughly chopped

1 onion, roughly chopped

1/4 cup fennel, grated

2-3 cloves garlic

Handful basil

Handful coriander

Handful thyme leaves

Sprig rosemary

Half handful oregano

Olive oil

## PREPARATION

### *Meatballs*

Pre-heat your oven to 200C/390F. Place the onion, garlic, coriander, basil, parsley, mint and mushrooms (if using) in a food processor and pulse until very fine but not liquidy. You can also just chop everything very, very finely. Combine with the meat and mustard and form into a pleasing sized ball. I make them just smaller than golf balls. Bake for about 20 minutes until nicely cooked through but still moist.

### *Creamy sauce*

In a medium pot, sauté the onion in a little oil. Once fragrant and soft add in the garlic, zucchini, asparagus, fennel, garlic, basil, coriander, thyme and rosemary and cook until nicely roasted. Pour in enough water to just cover everything and bring to the boil. Turn down heat and simmer for about 30 minutes. The water should have significantly reduced, if not, turn up the heat (making sure the pot is uncovered) for a few minutes until it does. Transfer to a blender and process until smooth. If it's still too liquidy, add back to the pot and cook again until reduced, or add in a little tapioca (latex food), arrowroot, or kudzu to thicken it up. You can make this in bulk, freeze into tupperware and defrost as needed. Toss in the zucchini noodles right at the end to soften up and then serve. Don't leave them too long in there or they'll dissolve!

## **BENEFITS**

Vitamin K: 843%, Vitamin B12: 517%, Zinc: 468%,  
Vitamin C: 423%, Vitamin A: 367%, Vitamin B6: 338%

Antihistamine: garlic, onion, coriander, oregano, thyme,  
rosemary, fennel, basil, mint,

Anti-inflammatory: asparagus, olive oil, garlic, onion,  
coriander, oregano, thyme, rosemary, fennel, basil,  
mint, zucchini, asparagus.

# Paleo Wrap with Grilled Veggies & Roast Duck

Prep Time: 10mins | Cook Time: 30mins | Servings: 2

[I love love love these Paleo Coconut wraps!](#) I used to make my own but I just don't have the time to dehydrate anymore. They're also really great with hummus and veggies.

## INGREDIENTS

2 duck breasts or legs  
2-4 Coconut Paleo wraps or your choice gluten free wrap from this book  
1 cup butternut squash, cubed  
4 shallots, quartered lengthways  
4 asparagus spears, sliced in half lengthways  
2 garlic cloves  
Handful thyme leaves  
1/2 handful oregano  
1/2 lemon, juiced  
Olive oil

## PREPARATION

Pre-heat oven to 200C/390F. Place the duck on a grill rack and the the butternut, asparagus, thyme, oregano, garlic and shallots in a separate baking tray and drizzle with olive oil and lemon juice. Place both in the oven and bake for about 20-30 minutes until the veggies are soft and duck juices run clear when pierced with a fork. Remove from oven and allow duck to sit while you mash the butternut, shallots and others together a little



with a fork (not the asparagus). Moosh the veggies into the wraps, add asparagus and then top with the duck.

### **BENEFITS**

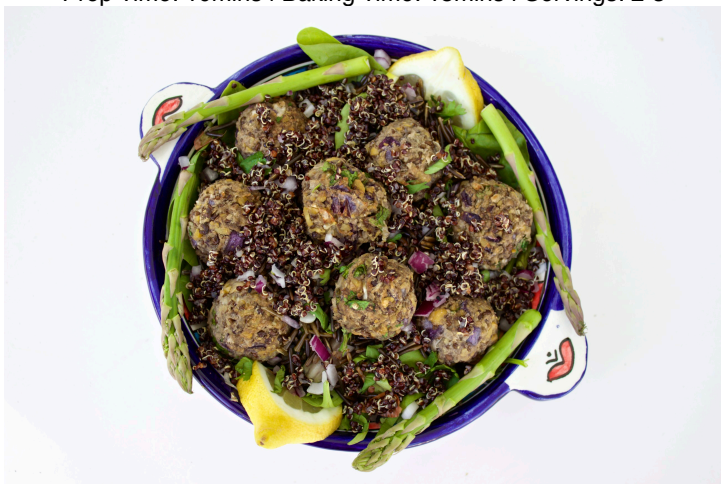
Vitamin A: 1028%, Vitamin B6: 213%, Copper: 161%,  
Vitamin B1: 154%, Phosphorus: 110%

Antihistamine: butternut, shallots, garlic, thyme, oregano.

Anti-inflammatory: butternut, shallots, garlic, thyme, oregano, duck, coconut.

## Lentil Falafel on Wild Rice & Red Quinoa

Prep Time: 10mins | Baking Time: 15mins | Servings: 2-3



This falafel recipe is even tastier than the original Lebanese/Israeli version. It's a crowd pleaser that really powers you up following intensive exercise. You don't need to prepare the recipe in its entirety, just pick what you have time for and what appeals to you. These can also be made in bulk and then just popped in the oven to be added to salads when in a hurry. Serve with a side of chunky fries, or some hummus for dipping. You can use any type of quinoa you like - the red variety is high in anthocyanins, the good stuff that prevents neurodegeneration.

### INGREDIENTS

#### *Falafel*

1 cup cooked chickpeas

1 cup cooked lentils

1/2 cup lentil flour (or any other gluten free flour that can bind)  
1/2 onion  
2 garlic cloves  
2 tablespoons turmeric, grated  
1/4 cup coriander and parsley  
2 tablespoons olive oil  
Pinch cumin (if tolerated)  
Salt and pepper (if you wish)

#### *Wild grains*

1/4 cup cooked wild black rice  
1/4 cup cooked wild rice  
1/4 cup cooked red quinoa  
4 cups arugula  
2 tablespoons lemon juice  
2 cloves garlic  
4 shallots, chopped  
1/8 cup thyme leaves  
1/2 cup basil leaves, chopped  
2-4 tablespoons apple cider vinegar or lemon  
2 tablespoons olive oil  
Salt and pepper (if you wish)

#### *Optional*

1/2 cup mushrooms

### **PREPARATION**

Pre-heat your oven to 180C/360F. Stick all the falafel ingredients in the food processor. Combine until nice

and dough-like, but leave a little chunk in there. Form into balls not larger than the palm of your hand. You can go for any size other than that really. Drizzle a little olive oil on the baking tray, place falafels. Drizzle a tiny bit more oil and bake for 10-15 minutes, depending on your oven.

\*I use light olive oil, which can withstand high temperatures, but you can go ahead and use anything you like - coconut oil has a high smoke point\*

I boil all my wild grains together to save time. Meanwhile, sauté your onions and garlic in a dab of olive oil, then add in mushrooms (if using), thyme and basil. Drain your grains and then toss into a pan with the shallots and garlic. Remove from fire, mix in the arugula and drizzle with a little oil and lemon or apple cider vinegar. Serve with tahini sauce if you wish.

### **BENEFITS**

Vitamin K: 1316%, Manganese: 406%, Vitamin A: 351%, Copper: 289%, Zinc: 227%

Antihistamine: turmeric, garlic, onions, coriander, parsley, shallots, thyme.

Anti-inflammatory: turmeric, garlic, onions, coriander, parsley, shallots, thyme, chickpeas, lentils, black rice, olive oil, lemon, mushrooms, apple cider vinegar, arugula.

## Pulled Chicken Sandwich or Wrap

Prep Time: 15mins | Baking Time: 20mins | Servings: 2

I'm not a huge fan of chicken nutritionally, but hey, I'm human and I crave things that remind me of childhood, or at least the Bo'Deans pulled pork/chicken sandwiches that sustained me during the London CNN days. Nothing quite like a messy sandwich served with some seriously rubbed up thick cut wedges (like the ones in the sides section), to chase away the going-on-80-hour-week-blues. You have a choice to make here though: I serve these to my man on a gluten free focaccia bun (with yeast) while I opt for a gluten free wrap like many of the ones you'll find in this book. I leave it your discretion. If you're in a rush you could even just whip up the farinata on page 116 and roll it all up.

You can omit a bunch of the spices, it will still be tasty, just different.

### INGREDIENTS

#### *Chicken*

2 pounds skinless, boneless chicken thighs

2 tablespoons coconut sugar

1 tablespoon ginger, grated

Pinch salt

#### *Optional but recommended*

1 teaspoon paprika

3/4 teaspoon ground cumin

1/2 teaspoon cayenne

### *Sauce*

1/2 cup white bean/red pepper lasagne sauce from page 105

1 onion, finely chopped

1 tablespoon coconut sugar

1 teaspoon cayenne

2 cloves garlic, pressed

2 teaspoons olive oil

1/2 teaspoon organic mustard

2 tablespoons cider vinegar

## **PREPARATION**

### *Chicken*

If your oven has a grill + oven setting, I'd go for that, at 200C/390F, otherwise go for the grill alone. This recipe was based on the former setting, so please don't place the chicken too close to the grill if doing the latter. In a small bowl, combine the coconut sugar, paprika, ground cumin, cayenne, ginger, and salt. Rub into the chicken and place on a grill rack or cookie cooling rack if you don't have the former. You can also just place the chicken on a baking tray, it just won't be as crispy. Cover and cook for 15-20 minutes.

### *Sauce*

Meanwhile, in a lightly oiled pan, sauté the onion until soft. Then add in the garlic, cayenne, apple cider vinegar, coconut sugar and mustard, followed by the red lasagne sauce.

Make sure the chicken juices run clear when pierced with a fork before shredding it up. Add to the sauce, stirring once or twice. Spoon mixture into a wrap or your choice of gluten free buns.

### **BENEFITS**

Selenium: 412%, Zinc: 368%, Copper: 285%, Manganese: 279%, Vitamin B6: 243%, Vitamin B5: 168%

Antihistamine: ginger, garlic, onion.

Anti-inflammatory: ginger, garlic, onion, paprika, ginger, coconut, apple cider vinegar, olive oil, cumin, mustard, cayenne, white bean.

# Chickpea Waffles with Zucchini Chutney & Asparagus

Prep Time: 10mins | Baking Time: 20mins | Servings: 2-4 waffles



If you have problems digesting chickpeas I'd recommend letting the chickpea flour batter sit for 30 minutes to an hour. You can use any veggies or any flour you like for these. A chestnut/sorghum flour combo works really well. Likewise pretty much any veggie works for the chutney.

## INGREDIENTS

### *Waffles*

1 cup chickpea flour  
1 cup water  
2 tablespoons olive oil  
Handful coriander, finely chopped  
Handful basil, finely chopped



Pinch salt

### *Optional*

1-2 tablespoons protein powder

### *Chutney*

2 cups zucchini, grated

2/3 cup shallots, chopped

2 cloves garlic, pressed

2 tablespoons turmeric, grated

2 tablespoons coconut sugar

2 tablespoons apple cider vinegar or lemon juice

Pinch salt

Half a cup steamed asparagus

Handful thyme leaves for garnish

## **PREPARATION**

### *Waffles*

In a medium bowl whisk together the chickpea flour, water, olive oil, coriander, and basil. Brush your waffle iron with some olive oil before heating, then pour batter into the waffle iron and cook for about 5-7 minutes or until they're cooked through.

### *Chutney*

Sauté the shallots in a little olive oil in a pan. Once soft, add in the zucchini, coconut sugar, apple cider vinegar and garlic. If you have time, bake at 180C/390F for 20

minutes instead of preparing in a pan. The flavours will be richer.

Place the chutney on the waffles, top with asparagus and garnish with thyme.

### **BENEFITS**

Manganese: 166%, Copper: 130%, Folate: 127%, Vitamin B6: 98%, Vitamin C: 96%

Antihistamine: garlic, shallots, coriander, basil, turmeric.

Anti-inflammatory: garlic, shallots, coriander, basil, turmeric, chickpeas, zucchini, coconut, apple cider vinegar, olive oil.

# **White Bean & Mushroom Soup with Quinoa & Wild Rice**

Prep Time: 5-7mins | Cook Time: 30mins | Servings: 4-6

Soup is the mainstay of my diet. You'll see me in the summer, totally sweating like crazy, chowing down on some soup. Dr. Fuhrman says that they're super healthy because you trap all the nutrients, and luckily for us, quercetin isn't destroyed by heat. You can omit the mushroom, just double up on the leeks. Serve with a waffle for dipping, toss in some ground beef/lamb for protein and added calories. The point is to eat well, not follow recipes.

## **INGREDIENTS**

- 1 cup white beans, cooked
- 1 cup mushrooms
- 1 large onion, finely chopped
- 1/8 cup wild rice
- 1/8 cup quinoa
- 1/2 cup chopped leeks
- 4 tablespoons coconut bliss/whole coconut paste or coconut cream
- 2 tablespoons olive oil
- 2 cloves garlic
- 2 tablespoons ginger, chopped
- 2 tablespoons turmeric, chopped
- Handful basil, chopped
- Handful thyme leaves
- 1/2 lemon, peeled
- 4-10 tablespoons chopped chives (for garnish)

### *Optional*

Pinch of asafetida

Pinch of cayenne

Pinch of paprika

Pinch of fenugreek powder

### **PREPARATION**

In a large pot, sauté the onion and leeks until soft. Follow with the mushrooms, if using, and then the garlic, ginger, turmeric, and optional spices (if using). Pour in eight cups of water, followed by the wild rice and quinoa. Place the lemon in the water and then bring to the boil. Turn down to a simmer and cook for about 30 minutes, until the rice and quinoa are soft. Add in the white beans and coconut, stir and cook for another few minutes, then use a spoon to carefully fish out the lemon and serve with chives and a drizzle of olive oil.

### **BENEFITS**

Manganese: 261%, Copper: 240%, Iron: 117%, Vitamin K: 111%, Phosphorus: 108%, Magnesium: 103%

Antihistamine: garlic, leeks, onion, garlic, thyme, basil, ginger, turmeric, asafetida.

Anti-inflammatory: garlic, leeks, onion, garlic, thyme, basil, white beans, coconut, olive oil, ginger, turmeric, mushrooms, asafetida, cayenne, paprika.

# Chickpea Burgers

Prep Time: 5-7mins | Cook Time: 10-15mins | Servings: 2-3 burgers

My personal preference would be to serve these with grilled vegetables and a large salad. You can make them in bulk, either freeze after cooking and then toss into the toaster or oven while getting ready to leave for work in the morning, or shape into patties and freeze individually with baking paper in between.

## INGREDIENTS

1 cup chickpeas  
1/2 cup rice/chestnut flour  
1 duck egg or two chicken eggs  
1/2 onion  
1 clove garlic  
Handful coriander  
Handful basil  
1 cup arugula

Your choice of gluten free bread or wrap

### *Optional*

Fried egg to top with [Home made green tomato ketchup](#)

## PREPARATION

Combine the chickpeas, flour, coriander, basil, onion and garlic in a food processor. Crack in the eggs and then form into burger patties. I try not to make mine too thick so it doesn't take so long to cook them. Heat a

little oil in a nice non-stick pan and cook patties until done all the way through. Serve with a salad and/or veggies or with your gluten free bread/wrap option. Be sure to stuff it with arugula and ketchup if you're feeling adventurous!

### **BENEFITS**

Manganese: 268%, Vitamin B12: 158%, Phosphorus: 84%, Vitamin B6: 82%, Copper: 80%

Antihistamine: coriander, basil, onion, garlic.

Anti-inflammatory: coriander, basil, onion, garlic, olive oil, chickpeas, arugula.

# Salmon Coconut Curried Noodles

Prep Time: 10mins | Cook Time: 25mins | Servings: 2 large ones

You can use any protein at all that you like here, I'm just basing most of these recipes on what we eat at home. Saffron is an antihistamine, working on the H1 receptor. Meanwhile, curry leaves are as powerful an anti-inflammatory as the pharmaceutical Diclofenac, that my mother lived on for most of her life after serious back injuries stemming from a car accident.

## INGREDIENTS

2 salmon steaks, cut into bite sized chunks  
1 cup Thai rice noodles, boiled or 2 cups spiralised veggie noodles  
2 zucchini, halved and then chopped into chunks  
1 cup butternut squash, cubed  
1/2 cup sweet potato, cubed  
2 cups coconut milk  
1 onion, chopped  
Handful coriander, chopped  
Handful basil, chopped  
2 cloves garlic  
4 tablespoons ginger, grated  
4 tablespoons turmeric, grated  
4 tablespoons nigella seeds  
2 saffron strands  
Olive oil

### *Optional*

1/2 cup Portobello mushrooms, chopped

1/2 - 1 red bell pepper, cut into strips  
2 tablespoons fresh curry leaves, chopped  
1 teaspoon paprika  
2 tablespoons whole coconut paste or almond butter  
for creaminess

### *Garnish*

Handful chopped chives

## **PREPARATION**

In a large pan, sauté the onions in a little olive or coconut oil until soft and fragrant, then add in the turmeric, ginger, butternut squash, zucchini, sweet potato, coriander, basil, nigella, saffron, coconut milk and the mushrooms, red pepper, curry leaves, paprika and whole coconut or almond butter, if using. Bring to the boil, adding more coconut oil to cover the veggies if needed, then turn down to a simmer and cook for about 20 minutes or until the vegetables are nearly cooked through. Add in the noodles and salmon chunks. Cook until done all the way through. Serve with chives as a garnish.

## **BENEFITS**

Vitamin A: 1479%, Vitamin D: 1072%, Vitamin B12: 783%, Vitamin B6: 593%, Selenium: 579%

Antihistamine: butternut squash, saffron, nigella, ginger, turmeric, basil, coriander, onion, garlic.



Anti-inflammatory: butternut squash, saffron, nigella, ginger, turmeric, basil, coriander, onion, garlic, coconut, paprika, curry, red bell pepper, mushrooms.

# Gluten Free Three Bean Pasta with Roasted Cauliflower Turmeric Sauce

Prep Time: 10mins | Cook Time: 30mins | Servings: 2-3



This recipe actually stems from my favourite cauliflower soup in the days before I realised that ANY soup recipe, if reduced by cooking at higher heat for longer, or just using less water when making soup, makes an excellent pasta sauce. It seems so simple but that fact totally changed my life. Roasting veggies before making them into a soup or a sauce really brings an entirely different taste to the dish - I highly recommend it - the caveat being do not roast at high enough temperatures, or too close to the grill, that you caramelise them. Don't get me wrong, I love caramelised foods, but the acrylamides have been shown to contribute to the proliferation of cancer cells.

## **INGREDIENTS**

2-4 cups rice pasta or zucchini noodles

1 head cauliflower, chopped

1 large onion, chopped

3 cloves garlic

1/4 lemon, peeled

1-4 tablespoons turmeric, grated

2-4 tablespoons ginger, grated

2-4 tablespoons fresh thyme

Optional

2 tablespoons tahini/almond butter or whole coconut cream for extra creaminess

## **PREPARATION**

Pre-heat your oven to 180C/350F. Drizzle some olive oil and splash a bit of water in a baking dish and roast the cauliflower and onion in it for 20-30 minutes. Remove from heat. Heat a little olive oil a medium pot and then briefly sauté the turmeric and ginger. Quickly follow with the lemon and roasted ingredients. Cover with water. Bring to the boil and then lower to a simmer for at least 45 minutes to really bring out the flavour. I try to leave mine for an hour. Blend, transfer back to pot, and add in the noodles for a few minutes.

## **BENEFITS**

Vitamin C: 584%, Vitamin B6: 211%, Manganese: 159%, Vitamin K: 148%, Phosphorus: 147%

Antihistamine: turmeric, ginger, onion, garlic, thyme.

Anti-inflammatory: turmeric, ginger, onion, garlic, thyme, olive oil, lemon.

# Lentil Waffles with Thyme, Duck Eggs & Basil Chutney

Prep Time: 5mins | Cook Time: 20mins | Servings: 2



The BEST breakfast ever! If you can't find duck, go for regular eggs. If you don't tolerate eggs, go for any protein you're into. I love my waffles, I have bags of them in my freezer.

## INGREDIENTS

- 1 cup lentil flour
- 1 cup water or coconut milk
- 1 shallot
- 2 tablespoons olive oil
- 2 tablespoons nigella seeds
- 1 clove garlic
- 1 tablespoon turmeric, grated
- Handful thyme leaves

### *Optional*

1-2 tbsp protein powder

### *Chutney*

Handful basil, finely chopped

4 tablespoons olive oil

2 tablespoons coconut or date sugar

Apple cider vinegar or lemon, to taste

2 duck eggs, fried or poached

## **PREPARATION**

### *Waffles*

Place the lentil flour, water/coconut milk, shallot, turmeric, garlic, thyme, olive oil and protein powder if using, into a blender and process until smooth. Lightly oil your waffle iron before turning it on and then pour in the batter. Cook for 5-7 minutes.

### *Chutney*

In a small pan or pot, warm up the olive oil and then add in the basil, apple cider vinegar or lemon, and coconut sugar. Simmer for a minute and then remove.

Place the eggs on the waffles and spoon the chutney onto them. Garnish with a little thyme.

## **BENEFITS**

Vitamin B12: 315%, Selenium: 100%, Vitamin E: 92%,  
Vitamin K: 85%, Iron: 78%, Folate: 77%

Antihistamine: shallot, turmeric, thyme, garlic, basil,  
nigella seeds.

Anti-inflammatory: shallot, turmeric, thyme, garlic, basil,  
nigella seeds, lentils, olive oil, coconut, apple cider  
vinegar.

# White Bean Mustard Tahini Sauce & Watercress Stuffed Lentil Calzone

Prep Time: 10mins | Cook Time: 15mins | Servings: 2



As with others, I make these in batches so they can be popped into the oven while I do other things. Also a great/fun packed lunch for kids. Don't tolerate mustard? Leave it out. Don't tolerate tahini? Use almond butter or protein powder. This is a power eating recipe, so really don't worry about the details. It'll all be tasty. Promise.

## INGREDIENTS

### *Calzone*

1/2 cup lentil flour

1/2 cup water

2 shallots, chopped



1/4 cup coriander, finely chopped  
2 tablespoons olive oil  
1-2 cloves garlic, pressed  
1-2 tablespoons nigella seeds  
1 teaspoon turmeric, grated  
Pinch salt

1/2 cup white beans, cooked  
4 tablespoons tahini-mustard sauce  
1/4 cup watercress  
2 spring onions, halved  
6 leaves basil, chopped

#### *Tahini mustard sauce*

4 tablespoons tahini  
2-4 teaspoons organic mustard  
1-2 tablespoons apple cider vinegar  
1-2 tablespoons olive oil  
Few splashes of water

### **PREPARATION**

In a blender process the lentil flour, shallots, coriander, garlic, turmeric, olive oil, water, and then after you're done, add in the nigella seeds. Drizzle a little oil onto a non-stick pan or griddle and make two pancakes.

Meanwhile, prepare the tahini sauce. Then place the spring onions and beans on half of the pancake. Spoon some tahini mustard sauce onto the beans, add some

watercress and basil, fold in half. Cook on both sides, or oven finish to speed up the process.

### **BENEFITS**

Copper: 174%, Vitamin K: 163%, Manganese: 139%, Phosphorus: 109%, Vitamin B1: 107%, Iron: 88%

Antihistamine properties: watercress, coriander, turmeric, garlic, nigella seeds, beans.

Anti-inflammatory properties: watercress, coriander, turmeric, garlic, nigella seeds, beans, apple cider vinegar, tahini.

# **Kohlrabi (or Zucchini) Noodles with Steak**

Prep Time: 10mins | Cook Time: 15-20mins | Servings: 2



Kohlrabi, a member of the brassica family, exhibits H2 receptor antagonistic qualities on par with Ranitidine (Zantac). This really excites me because they make amazing spiralised veggie noodles! As always, use any protein tolerated. You can of course use zucchini or any other veggie you have handy, or just go for the grain noodle of your choice.

## **INGREDIENTS**

2 steaks, sliced lengthways  
2 kohlrabi, spiralised into noodles  
1 cup red cabbage, finely sliced  
1 onion, chopped

1/4 cup shaved fennel  
2 cloves garlic, pressed  
Handful chives, finely chopped  
Handful coriander, finely chopped  
Handful basil, finely chopped  
2 tablespoons grated turmeric  
2 tablespoons grated ginger  
2 tablespoons apple cider vinegar or lemon  
Olive oil  
Nigella seeds

*Optional*

1 cup oyster mushrooms, chopped  
1 tablespoon organic mustard  
1/2 teaspoon paprika  
1/2 teaspoon asafetida

**PREPARATION**

Drizzle a little olive oil in a pan over low heat. Add in the onion, cook until soft, then the kohlrabi, garlic, fennel, coriander, basil, nigella, and mushrooms, paprika and mustard (if using). Once fragrant, add in the beef and cook through. Serve with chopped chives.

**BENEFITS**

Zinc: 562%, Vitamin B12: 554%, Vitamin C: 469%,  
Vitamin B6: 452%, Vitamin B3: 451%

Antihistamine properties: turmeric, ginger, garlic, onion, kohlrabi, chives, coriander, basil, fennel, nigella seeds, asafetida.

Anti-inflammatory properties: red cabbage, turmeric, ginger, garlic, onion, kohlrabi, chives, coriander, basil, fennel, nigella seeds, asafetida, mustard, paprika.

# Super Quick Creamy Tuna Pasta

Prep Time: 5mins | Cook Time: 10-15mins | Servings: 2-3

A lovely, quick and super easy pasta to throw together. Really any protein will do, but I particularly enjoy fresh tuna here. Did you know that just four tablespoons of sesame seeds is more effective at alleviating osteoarthritic inflammation of the knee than Tylenol? But it's considered allergenic and appears on some lists as high histamine. I've always been totally fine with it. Think positive but never take chances, especially if you've experienced serious symptoms.

## INGREDIENTS

2-4 cups cooked brown rice pasta or 4 cups spiralised veggie pasta

2 fresh tuna steaks/salmon/white fish or 1 cup your choice of protein

1 bag mixed mesclun greens

2 onions, chopped

2-4 cloves garlic, pressed

2-4 tablespoons nigella sativa seeds

Handful basil, finely chopped

Handful coriander, finely chopped

Olive oil

### *Optional*

Flax seeds

### *Sauce*

4 tablespoons tahini/almond butter

1 clove garlic, pressed

2 tablespoons olive oil  
1/4 cup or less water  
Lemon juice, to taste

### **PREPARATION**

Sauté the onions and garlic over a low heat using a little olive oil, then add in the tuna fish or choice of protein, followed by the basil and coriander. Combine the tahini, garlic, olive oil and some lemon juice. Remove the tuna from the heat and place in a bowl with the pasta. Pour the tahini sauce on and mix in your bag of greens.

### **BENEFITS**

Vitamin A: 701%, Vitamin B12: 668%, Vitamin K: 239%, Vitamin B3: 193%, Vitamin D: 193%

Antihistamine properties: onions, garlic, basil, coriander, nigella sativa, flax seeds.

Anti-inflammatory properties: onions, garlic, basil, coriander, tuna, olive oil, tahini, lemon.

# Creamy Grilled Veggie Pasta

Prep Time: 15mins | Cook Time: 35mins | Servings: 2-4



For this recipe, though a little time consuming, I really suggest boiling your own artichokes and deforesting them to harvest the hearts. Wow, does that sound as brutal to you as it does to me? In any case, the reason is that chokes cooked this way are creamy, whereas their canned/bottled/frozen cousins certainly are not. You just won't get the desired result from them. Artichokes are high in rutin and quercetin, two mast cell stabilising bioflavonoids that also act as antihistamines as well as having gallic acid which is also a mast cell stabiliser.

## INGREDIENTS

2-4 cups cooked rice pasta or 4 cups zucchini noodles  
5 artichoke hearts



1 bunch asparagus, chopped  
1 large zucchini, chopped  
2 red onions, chopped  
2 cloves garlic, pressed  
1/2 cup olive oil  
2-4 tablespoons tahini or sunflower/pumpkin seed/flax mix  
1/4 cup water (or less)  
1/4 cup thyme  
1/4 cup basil  
1/2 lemon, juiced  
Handful chives (for garnish), finely chopped  
1 bag arugula or mesclun greens

### **PREPARATION**

Sauté the onions and garlic in a little oil until fragrant and soft. Add in the artichokes, asparagus, and zucchini. Cook on low heat until nice and soft. Place in a blender, add in the olive oil, tahini/seeds, thyme and basil. Pour over the pasta and then mix in the bag of arugula. Garnish with chives.

### **BENEFITS**

Vitamin K: 304%, Copper: 232%, Phosphorus: 192%,  
Vitamin A: 188%, Vitamin C: 176%

Antihistamine properties: onions, artichoke, garlic, thyme, basil, chives.

Anti-inflammatory properties: onions, artichoke, garlic, thyme, basil, chives, lemon, olive oil, arugula, zucchini, asparagus.

# Sides

*To be paired with a protein and a salad, or just generally with anything from the lunches and dinners section.*

# Garlicky Roasted Butternut Squash with Shallots, Chickpeas & Quinoa

Prep Time: 5mins | Cook Time: 20mins | Servings: 2



Did you know that foods can have antidepressant activity? Ya do now! I don't know why but I was pretty surprised to find that out. Butternut squash is an example of said food, in addition to potentially inhibiting IgE allergy reactions (but you can still be allergic or react to it). It's also super duper high in Vitamin A and all kinds of good stuff.

Ginger and turmeric were pretty tough and go for a while there, which was really frustrating because they're both antihistamine and anti-inflammatory powerhouses. Ginger for example is as strong an antihistamine as Zantac/Ranitidine, an H2 receptor

antagonist prescribed for acid reflux and other stomach complaints.

It surprises me how many people aren't aware that stomach meds are usually antihistamines. It just goes to show how strong a role histamine plays in most people's lives, they're just not necessarily aware of it. I'm a firm believer that you don't have to be histamine intolerant or have a mast cell disorder to experience symptoms arising from an excess of it.

### **INGREDIENTS**

1/2 cup red quinoa, or white, boiled  
1/2 cup wild rice and regular rice, boiled  
1/2 - 1 cup cooked chickpeas, or your choice of beans  
2 cups butternut squash, cubed  
2-4 cloves garlic, pressed  
6-8 shallots, chopped  
2 tablespoons fresh turmeric root, grated  
4-8 tablespoons fresh thyme leaves  
1 tablespoon rosemary  
2 tablespoons nigella sativa seeds  
1/2 lemon, juiced  
Olive oil

### **PREPARATION**

Pre-heat your oven to 200C/390F. Drizzle a baking tray with a little oil of your choice and place the butternut squash onto it. Cover with garlic, shallots, turmeric, rosemary and thyme. Bake for about 20 minutes, or

until tender. Once done, combine the roasted butternut squash with the rice, quinoa and chickpeas. Stir in the nigella seeds and drizzle with a little oil and lemon, or your choice of dressing.

### **BENEFITS**

Vitamin A: 1994%, Manganese: 258%, Vitamin C: 152%, Copper 137%, Vitamin B6: 116%, Iron: 113%

Antihistamine: butternut squash, shallots, garlic, turmeric, nigella sativa, thyme, rosemary.

Anti-inflammatory: chickpeas, butternut squash, shallots, garlic, turmeric, nigella sativa, thyme, rosemary, olive oil.

# Lentil Crackers

Prep Time: 10mins | Cook Time: 5mins | Servings: 2 - 4



The batter for these crackers also makes a great wrap. Just add more oil and get yourself a really excellent non-stick pan. So many people are scared of lentils, or lectins in particular, but as I've covered on my blog, though studies show that lectins can trigger mast cells, in high doses they may actually "quench" the histamine release. We now know that mast cells can have a positive or negative impact on the outcomes and growth of various cancers, so I wonder if the potent

anti-cancer benefits of lentils and other lectins are in part due to said mast cell degranulation?

In any case, studies also tell us that germinating, soaking and pressure cooking can reduce or inactivate lectins, and my feeling is that life is far too short to spend panicking over whether something as tasty, versatile and nourishing as lentils cause some mast cell/histamine release. I'd feel differently if we are talking about Tostitos...

### **INGREDIENTS**

2 cups lentil flour

1/2 onion

1 clove garlic

6 tablespoons thyme leaves (or to taste)

4 tablespoons olive oil

Handful basil

Handful coriander

1/4 - 1/2cup water, depending on desired thickness

### **PREPARATION**

Pre-heat oven to 180C/350F. Add the flour, onion, garlic, olive oil, thyme, basil and coriander into a food processor, drizzle in some water and then work lightly until a ball of dough forms. If you have oxalate issues, pre-soak the lentil flour in the water for at least a few hours. This has been shown to lower oxalate levels. Spoon onto a pre-oiled baking tray and use a knife to score into triangles. If your mixture is too liquidy, don't

panic, just bake for at least 10 minutes, then score with a knife and return to the oven. Bake for about 15-20 minutes (depending on thickness) and then flip over for another 15-20. Remove from oven, break apart and serve with your choice of dip.

### **BENEFITS**

Folate: 95%, Vitamin K: 82%, Manganese: 81%, Copper: 73%, Phosphorus: 58%

Antihistamine: onion, garlic, thyme, basil, coriander.

Anti-inflammatory: onion, garlic, thyme, basil, coriander, lentils, olive oil.



## Roasted Shallots or Onions

Prep Time: 5mins | Cook Time: 15-20mins | Servings: 2 - 4

Onions, and to a lesser extent shallots, are the richest sources of the bioflavonoid quercetin, which has been shown to possess significant antihistamine and mast cell stabilising properties. Red onions in particular. In 'Eating on the Wild Side', author Jo Robinson shares that most of the good stuff is in the peel and outermost layers, which is why I cook mine with skins on. This may or may not work with roasting (it does with boiling) but as with most things, it's worth a try. Robinson also tells us that we need to press garlic at least 10 minutes before cooking in order to release all the anti-cancer goodness which would be otherwise destroyed during cooking. I try to have at least a few servings of onion daily.

I've included some spices here that I enjoy (which some may be able to tolerate), perhaps due to their antihistamine and anti-inflammatory properties. I leave it to your discretion, perhaps they're better left served to family members.

### INGREDIENTS

1 onion, quartered or 8 shallots, halved

Olive oil

*Suggested herbs & spices (use according to tolerance)*

thyme, rosemary, coriander, sumac, asafetida, mustard

## **PREPARATION**

Pre-heat oven to 180C/350F.

Drizzle a little oil onto a baking tray and place onions/shallots and herbs/spices. Bake for about 20 minutes or until the onions are soft and fragrant.

## **BENEFITS**

Antihistamine: onion, thyme, rosemary, coriander, asafetida.

Anti-inflammatory: onion, thyme, rosemary, coriander, asafetida, olive oil, sumac, mustard.

# Sweet Potato Wedges

Prep Time: 5mins | Cook Time: 20mins | Servings: 2 - 4

Sweet potato, though found on some lists as high histamine, has also been shown to possess a significant amount of rutin, one of the mast cell stabilising bioflavonoids, in addition to being ulcer preventative and anti-inflammatory.

## INGREDIENTS

4 sweet potatoes, cut lengthways into wedges  
2-4 tablespoons olive oil (optional)

## PREPARATION

Pre-heat oven to 200C/390F. Toss the sweet potato in the oil, if using. If you're no longer in the elimination phase of your diet you may choose to, like me, toss them in a little good cholesterol (HDL) boosting paprika <sup>[11]</sup> before baking. Place on tray, nicely spaced out, and bake for about 20 minutes until nice and tender to the fork.

## BENEFITS

Vitamin C: 119%, Vitamin B6: 100%, Manganese 126%, Copper 82%

Antihistamine: sweet potato (depending on which research you follow).

Anti-inflammatory: sweet potato, olive oil.

## **Celeriac Fries**

Prep Time: 5mins | Cook Time: 20-30mins | Servings: 2 - 4

Studies show that the plant flavonoid apigenin, found in celeriac, possess anti-inflammatory activity by suppressing the expression of various interleukins and COX2 from mast cells. It's also shown to inhibit the growth of various cancer tumours, prevent kidney damage in animal studies, and it makes awesome fries!

Note: celery is a common allergen, but I've always been fine with it.

### **INGREDIENTS**

1 celeriac, chopped into large fries  
1/4 cup olive oil  
1-2 cloves garlic, pressed  
1 large handful coriander  
1/2 lemon, squeezed

### **PREPARATION**

Pre-heat oven to 200C/390F. Blend together the coriander, lemon, garlic and olive oil. Add in a splash or two of water. Toss the celeriac in the sauce and then place onto an oiled tray and bake for 20-30 minutes until soft when pierced.

## **BENEFITS**

Vitamin K: 360%, Phosphorus 109%, Vitamin B6: 90%,  
Vitamin C: 87%

Antihistamine: coriander, possibly celeriac, garlic.

Anti-inflammatory: coriander, celeriac, garlic, lemon,  
olive oil.

## Three Bean Non-Salad Salad

Prep Time: 10mins | Cook Time: 0mins | Servings: 2



Cancer fighting, cancer preventing, antihistamine and anti-inflammatory. Yup, I speak of beans. A number of studies show that saponins found in kidney and just generally, beans, inhibit histamine. Beans are of course also carrying plant-based DAO, though how much survives in dead plants is not something I'm confident I know. A lot of people are down on beans, but to me they're a superfood.

Apple cider vinegar is purported to be the lowest histamine of all in the vinegar family, but please go ahead and use any sour that you tolerate. I alternate between ACV, lemon and pomegranate or coconut vinegars. The trick to consuming high histamine foods for me has turned out to be balancing them with highly

antihistamine foods. Mixing in a bunch of high Vitamin K anti-inflammatory mesclun greens would be ideal for this recipe.

### **INGREDIENTS**

1/3 cup cooked butter beans  
1/3 cup cooked chickpeas  
1/3 cup cooked red beans/cannellini beans  
1/2 - 1 small red onion, finely chopped  
Handful basil leaves, finely chopped  
2 tablespoons apple cider vinegar or lemon  
2-4 tablespoons olive oil

### **PREPARATION**

Combine the beans, red onion and basil. Drizzle with vinegar/lemon and olive oil. For this one I'm definitely going to suggest that you crack some pepper onto this sucker - it's delish!

### **BENEFITS**

Vitamin K: 85%, Folate: 51%, Manganese 44%,  
Vitamin E: 41%

Antihistamine: beans, red onion, basil.

Anti-inflammatory: beans, red onion, basil, olive oil, apple cider vinegar.

## Mixed Grilled Veggies

Prep Time: 10mins | Cook Time: 10mins | Servings: 2 - 4

This is such a simple dish that I had a hard time including it in here. But I really want it to hit home that veggies are the fountain of healing. I serve mine now with curry powder, turmeric, ginger and more. But plain grilled is a great starting point. Like everything in life, I consider my diet to be constantly evolving. I started with everything plain, but I just want you to know soon there'll be options, and you can easily dress stuff up for guests or family.

### INGREDIENTS

- 1 zucchini, sliced
- 1 cup butternut squash, sliced
- 1 bunch asparagus
- 1 red onion, roughly sliced into chunks
- 1 cup broccoli, chopped
- 1 cup mixed basil, thyme, coriander, chopped
- Olive oil
- 1/4 lemon

### PREPARATION

Pre-heat your oven to 200C/390F. Combine the veggies in a bowl, drizzle in your preferred oil and lemon and then place on a baking tray. Bake for 15-20 minutes until the veggies are soft but still have a bit of bite.



## **BENEFITS**

Vitamin A: 1129%, Vitamin C: 283%, Vitamin K: 245%,  
Vitamin B6: 98%, Manganese: 98%

Antihistamine: butternut squash, onion, broccoli, basil,  
thyme, coriander.

Anti-inflammatory: butternut squash, onion, broccoli,  
basil, thyme, coriander, lemon, olive oil, asparagus,  
zucchini.

## Plantain Chips or Bites with Rub

Prep Time: 10mins | Cook Time: 15-20mins | Servings: 2 - 6



High in Diamine Oxidase (DAO) enzyme boosting Vitamin B6, plantains are also a prebiotic food, which hopefully our guts will turn into good bacteria. They make an awesome movie time snack, or work great served with steak. I mean, really awesome. I serve mine with a spicy rub made from coconut sugar, paprika, cayenne pepper, salt, a dash of powdered turmeric, and very finely chopped chives. These are the ONE thing I will actually fry once in a while, but usually I just toss them in a little oil, dip in the rub, smother in chives, and then bake. You could always start with the coconut sugar and salt and see how you go. Then again, we need treats once in a while and this

is as good as anything you're going to pull off the supermarket naughty shelf.

### **INGREDIENTS**

4 plantains, chopped into any shape you like (not thicker than quarter of an inch)

1/4 - 1/2 cup chives, finely chopped

1/4 cup coriander, finely chopped

Olive oil

*optional*

2-4 tablespoons coconut sugar

1 - 2 tablespoons paprika

1/4 - 1/2 teaspoon cayenne pepper

1/4 - 1/2 teaspoon turmeric powder

1 teaspoon salt

### **PREPARATION**

Pre-heat your oven to 200C/390F. Toss the plantains in a little oil, then the chives (or the optional ingredients).

Place on an oiled tray and bake for 15-20 minutes.

Alternately, fry the plantains in a little oil of your choice and then add the chives and optional ingredients.

### **BENEFITS**

Vitamin A: 526%, Vitamin B6: 188%, Vitamin C: 160%,  
Magnesium: 105%

Antihistamine: chives, coriander, turmeric.

Anti-inflammatory: chives, coriander, turmeric, paprika,  
cayenne, olive oil.

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