

Wellness by Food Presents

NUTRITIOUS & DELICIOUS

10

IBD Gut Friendly Recipes



Real Food Recipes

Low Roughage, Dairy Free, Gluten-Free

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UNSWEETENED ALMOND MILK

Eating dairy with IBD can be tough. Some people have a lactose intolerance whereas others feel sick from cow's milk protein or fat. Unsweetened nut milk is a great alternative but a lot of commercially available products are LOADED in junk.

Making your own is easy.

What you need:

- 1 cup almonds, soaked 6 hours to overnight
- 4 cups water

What to do:

1. Rinse nuts until water runs clear.
2. Place nuts and water in blender and blend on high until smooth.
3. Pour mixture through a nut milk bag or fine mesh sieve into a container to strain out pulp. Store in a glass mason jar in the refrigerator for up to three days.

BEGINNER'S GREEN SMOOTHIE

Fall in love with green smoothies with this simple and sweet recipe! Blending fruits and vegetables makes them a lot easier on the digestive tract and OK on a low roughage/fiber diet.

Serves: 1

What you need:

- 1 small banana, fresh or frozen
- ½ cup almond milk (see previous recipe)
- 1 tbsp all-natural almond butter
- 1 large handful raw kale, center stalks removed (or use spinach)
- 1 dash cinnamon
- 2-3 ice cubes
- 1 tbsp chia seeds, optional

What to do:

1. Combine all ingredients in a blender and blend until smooth. Include chia seeds for a thicker consistency.

BLUEBERRY OATMEAL BAKE

Oats, a great source of soluble fiber, team up with blueberries, an “antioxidant superfood,” for a winning combination. Soluble fiber feeds good gut bacteria, and unlike “roughage,” soluble fiber is generally well tolerated by people with IBD.

Serves: 10

What you need:

- 2 cups rolled oats
- 1 tsp baking powder
- 1 ½ tsp ground cinnamon
- 1 cup blueberries
- 2 cups coconut milk
- 2-4 tbs raw honey or 100% maple syrup
- 1 large egg
- 2 tsp vanilla extract
- Dash of sea salt
- 3 tbs coconut oil, melted

What to do:

1. Preheat oven to 375F; line a medium baking dish with parchment paper.
2. In a large bowl, mix together oats, baking powder, cinnamon and salt.
3. In a separate bowl, whisk together milk, honey, egg, coconut oil, and vanilla.
4. Pour milk mixture over oats, and add blueberries to combine.
5. Pour oats into prepared baking dish, and bake for 40-45 minutes.

BERRY BREAKFAST BREAD

A make ahead, gluten-free, tasty, and nutritious berry loaf.

This IBD favorite is adaptable for people on a Specific Carbohydrate, Paleo or gluten-free diet.

Serves: 8

What you need:

- 2 cups almond flour
- 2 large organic eggs, beaten
- ¼ cup coconut oil, melted + more for greasing
- ¼ cup 100% maple syrup or raw honey
- 1 tbs vanilla extract
- 1 tsp apple cider vinegar
- ½ tsp baking soda
- ¼ tsp sea salt
- 1 cup berries, fresh or frozen

What to do:

1. Preheat oven to 350F, and grease loaf pan with coconut oil.
2. Mix together almond flour through sea salt in a large bowl until well combined. Fold in berries.
3. Pour batter into greased pan, and place in oven. Bake 30-35 minutes, or until knife inserted in center comes out clean.
4. Let cool and slice into 8 servings. Serve immediately or store covered in fridge for up to 1 week.

TROPICAL PAPAYA GUACAMOLE

Avocados are a great source of anti-inflammatory plant fat, soft fiber, potassium and magnesium. Their soft consistency makes them very well tolerated among IBD patients.

Papaya has a special digestive enzyme, called papain, which can aid in digestion.

Serves: 2-4

What you need:

- 2 large avocado, peeled, pitted and cut in half
- ¼ cup papaya, diced
- ½ clove garlic, minced
- 1 tbsp lime juice
- 1 tbsp extra-virgin olive oil
- Sea salt to taste

What to do:

1. In a large bowl, use a fork to mash the avocado, keeping it a little lumpy.
2. Add garlic and lime juice and mix to combine.
3. Season with salt.
4. Gently fold in diced papaya and olive oil.

CRISPY BAKED SWEET POTATO CHIPS

Making your own veggie chips are a great way to enjoy crunchy, cooked vegetables without all of the unhealthy fat baked into store-bought chips. Carrots, zucchini and beets also work well in this recipe.

Pair chips with Tropical Papaya Guacamole for a tasty and nutritious snack.

What you need:

- 2 organic sweet potatoes, peeled
- 2 tbsp coconut oil, melted
- Thyme seasoning (dried thyme)
- Sea salt to taste

What to do:

1. Preheat oven to 325F, and line a baking sheet with parchment paper.
2. Using a mandolin slicer or a very sharp knife, slice sweet potatoes into just under 1/8th-inch slices.
3. Soak sliced potatoes for 2 hours prior to baking to reduce starch.
4. Dry the sliced sweet potatoes, and coat them with coconut oil.
5. Sprinkle potato slices with thyme and sea salt.
6. Place each slice on baking sheet; do not overlap.
7. Bake for 15 minutes in preheated oven; flip potatoes and bake for another 10 minutes.
8. Allow chips to cool.

GUT-HEALING BONE BROTH

Lots of people with IBD have felt the benefits of bone broth. Bone broth contains collagen, which has been shown to promote gut healing and reduce inflammation.

What you need:

- Leftover bones from 2 organic roasted chickens (see Notes)
- 3 carrots, roughly chopped
- 3 celery stalks, roughly chopped
- 1 tsp apple cider vinegar
- 1 inch knob ginger
- 1 inch knob turmeric root
- Handful of fresh thyme
- 1 tbs sea salt
- Water
- A pressure cooker or slow cooker (see Notes)

What to do:

1. Add bones through salt to a pressure cooker.
2. Fill pressure cooker 2/3 full with water.
3. Set temperature to HIGH for 90 minutes.
4. Once timer goes off, let the pressure release naturally, ~10-15 minutes.
5. Remove lid and skim fat from top.
6. Strain broth and store in glass mason jars in the fridge for 3-4 days or freeze.

NOTES:

- If you do not have leftover bones from roasting chickens then you can buy 2 lbs organic bones at store and roast in oven at 400F for 30 minutes.
- If you do not have a pressure cooker, you can make broth in slow cooker for 18-24 hours.

TURMERIC LEMON GINGER

REFRESHMENT

Turmeric is well known for its ability to fight inflammation and treat digestive woes. Here it teams up with ginger and lemon for a wonderful gut-friendly, caffeine-free coffee alternative.

Serves: 2-3

What you need:

- 2 ½ cups water
- 1 organic lemon, sliced (Meyer lemons are the best)
- 1 inch knob of fresh ginger, peeled and sliced
- 1 inch knob of fresh turmeric root or 1/8 tsp ground turmeric
- Black pepper, optional
- 2 tsp raw honey, optional

What to do:

1. Bring water to a boil in a saucepan.
2. Turn off heat and add lemon, ginger and turmeric; allow to steep for 30 minutes.
3. Strain and drink at room temperature or reheat.

BUTTERNUT SQUASH & CARROT GINGER BONE BROTH SOUP

Ginger, an established anti-inflammatory agent, is often recommended to people with IBD to ease digestive upset. It pairs well with highly nutritious butternut squash and carrots in this gut-healing puree that even people on a low roughage diet can enjoy.

Serves: 2-4

What you need:

- 1 cup roasted butternut squash (see instructions below)
- 1 cup roasted carrots (see instructions below)
- ½ cup coconut milk, optional
- 4 cups bone broth (see “Gut-Healing Bone Broth” recipe)
- 1 tbsp minced fresh ginger
- Salt to taste

What to do:

1. To roast butternut squash:
 - Preheat oven to 400F.
 - Cut top and bottom off squash.
 - Cut the squash in half and scoop out the seeds.
 - Place squash halves flesh side up on a baking sheet and spread with coconut oil or olive oil and sprinkle with salt.
 - Roast squash for 40-60 minutes until tender, depending on the size of the squash.
2. To roast carrots:
 - Preheat oven to 400F.
 - Slice carrots diagonally into 1 ½ inch thick slices and toss with olive oil and sea salt.
 - Transfer to a baking sheet and roast for 20 minutes until browned and tender.
3. Let vegetables cool.
4. Scoop out 1 cup of butternut squash into a bowl, reserve remaining squash to eat later.
5. In a large pot, combine bone broth, roasted butternut squash, 1 cup roasted carrots, coconut milk and ginger.
6. Bring mixture to a boil; reduce heat to simmer for 10 minutes. Season with salt.
7. Transfer soup to a blender and puree, or use a handheld immersion blender to puree.

BLUEBERRY, BANANA, CACAO SOFT CREAM

Eating too much sugar drives inflammation in the gut and is not good for IBD, but that's no reason to avoid yummy, sweet treats.

This creamy dessert is full of powerful disease fighters, including cacao powder, which is a great source of antioxidants, iron and magnesium. Plus, cacao makes us happier!

Serves: 1-2

What you need:

- 1 cup frozen banana slices
- ¼ cup frozen organic blueberries
- 2 tbsp cacao powder
- 1 tsp raw honey or 100% maple syrup

What to do:

1. Remove frozen fruit from freezer. Let it sit for 5 minutes to soften up a bit.
2. Put all ingredients in the blender or food processor and blend until thick and smooth. This could be difficult to blend at first so you might have to shake the pitcher to redistribute frozen fruit to keep blending.
3. Serve immediately.