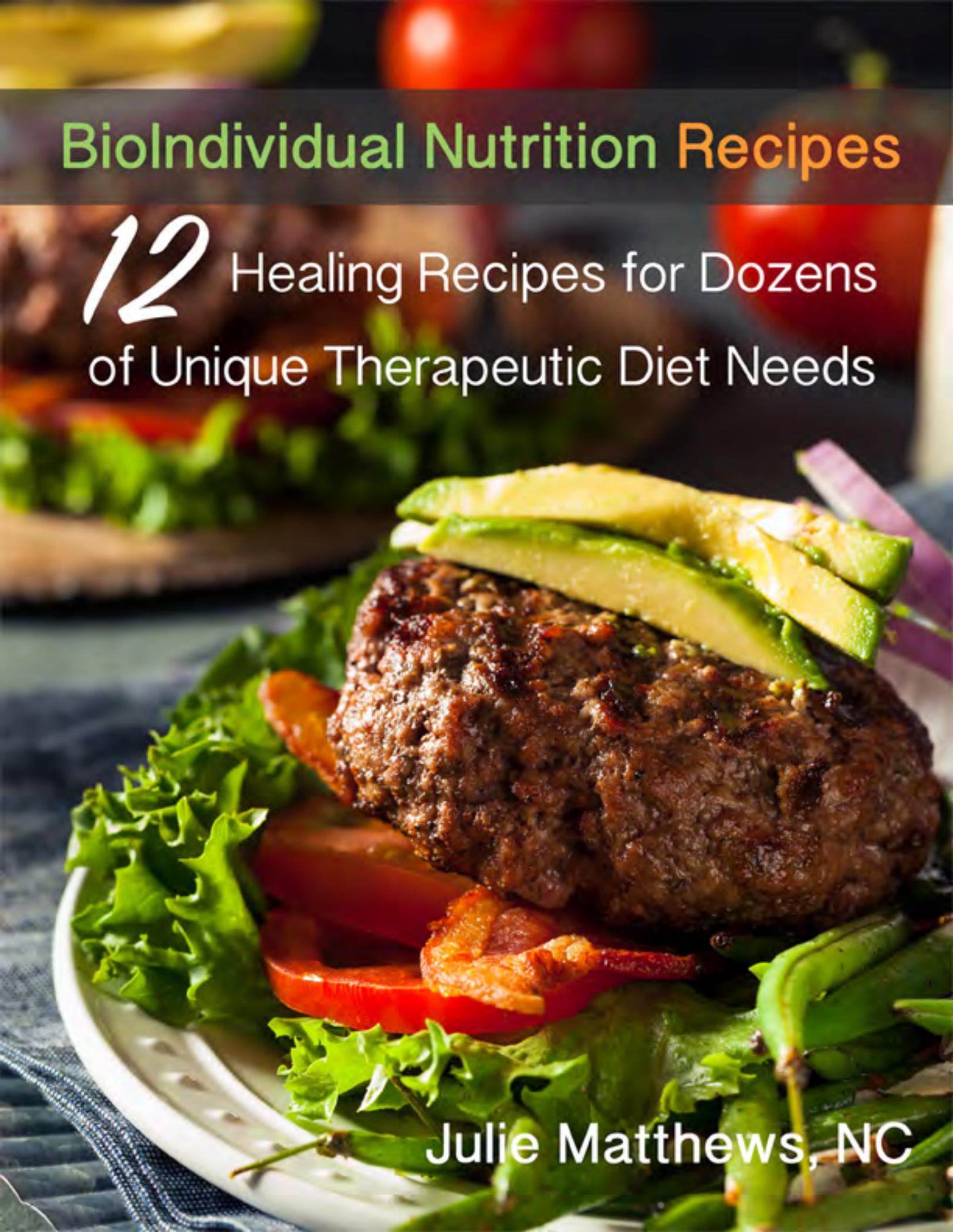


BioIndividual Nutrition Recipes

12 Healing Recipes for Dozens
of Unique Therapeutic Diet Needs



Julie Matthews, NC

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BioIndividual Nutrition

Food and nutrition influence the trajectory of all disease. As a clinician addressing complex chronic conditions such as digestive disorders, autoimmune conditions, autism or ADHD, you understand the connections between what goes into the body and how it functions. And, that you can affect the existence or severity of varied symptoms by giving strategic attention to diet and nutrition.

BioIndividual Nutrition® is the science and clinical application of diet and nutrition intervention that is customized to the unique needs of an individual.

Many chronic health conditions have underlying imbalances in immune, digestive, cellular and detoxification function. Factors that can make some people very sensitive to foods and chemicals – even seemingly healthy foods can cause irritability, hyperactivity, inattentiveness, and pain; and can exacerbate oxidative stress and inflammation and deplete underlying biochemical pathways.

Customizing the diet and nutrition recommendations you make is essential to:

- Optimize healing and support of biochemistry and body systems
- Increase clinical effectiveness and patient/client compliance
- Improve and restore nutrient status
- Balance intestinal flora for improved gastrointestinal support

As a healthcare or nutrition professional, it is crucial to understand the role of food, special diets, and nutrient deficiencies in your approach. BioIndividual Nutrition Practitioners™ use scientific research, practical knowledge, and individualized insight to help discern and apply the most supportive food and nutrition plan for each patient or client.

Special Healing Diets

There are many diet and nutrition approaches to consider based on the BioIndividual Nutrition® needs of each adult or child.

To determine the best dietary approach for a particular individual, you must consider: digestive capacity, bio-individuality, family history, inflammation, food reactions, symptoms present, laboratory tests, underlying biochemistry and more. The diet that's best for one person, may not be right for another with different circumstances.

Any of these diets can be healing: Gluten-free Casein-free (GFCF), Specific Carbohydrate Diet (SCD), Gut and Psychology Syndrome Diet (GAPS), Paleo, Low oxalate diet (LOD), Body Ecology, Failsafe or Feingold Diet (Low Phenol diets), Low FODMAPS, or another diet.

Published studies continue to support the use of special diets and highlight the underlying biochemistry



that plays a role. I've included some of that research in the Healing Diets Chart.

Grain-free diets such as: SCD, GAPS Diet, and Paleo have been found to be particularly helpful with inflammatory gastrointestinal conditions, blood sugar stability, and other needs.

Low salicylate, low phenol and low oxalate diets are very important for certain individuals depending on their biochemical makeup. It's important to understand the range of dietary strategies and the rationale behind them.

I encourage you to read my book, Nourishing Hope for Autism for more information on these special diets.

Here are some of my favorite recipes that meet a variety of special diet and BioIndividual Nutrition needs.

You can learn more about BioIndividual Nutrition and our Practitioner Training Program at: <http://BioIndividualNutrition.com>

HEALING DIETS	BENEFITS
<p>GFCF (Gluten-free and Casein-free) No gluten (wheat, rye, barley, spelt, kamut, and commercial oats) or casein (dairy)</p>	<ul style="list-style-type: none"> • Easiest place to begin • Reduce gut inflammation and digestive symptoms • Reduct opiates • Reduction in autistic symptoms
<p>Food Sensitivity, Elimination / Rotation Eliminating or rotating all other food sensitivities: Soy, corn, eggs, citrus, peanuts, chocolate, cane sugar</p>	<ul style="list-style-type: none"> • Follow up on GFCF to refine food sensitivities • Food sensitivities in ADHD
<p>Feingold Diet/Failsafe Diet Removes food additives. Restricts high phenolic foods, including all artificial ingredients and high salicylate fruits such as apples, red grapes and berries.</p>	<ul style="list-style-type: none"> • Reduce hyperactivity, behavior, irritability, red cheeks • Helpful when children have food addictions to: grapes, apples, artificial ingredients

<p>Grain-Free Diets SCD (Specific Carbohydrate Diet) Gut and Psychology Syndrome (GAPS) Diet</p> <p>Restricts carbohydrates to only fruits, non-starchy vegetables, and honey. No grains, starchy vegetables, or mucilaginous fiber.</p> <p>Paleo diet: No grains no beans, and no refined sugar.</p>	<ul style="list-style-type: none"> • Often helpful for more severe gut inflammation, especially when gluten-free and casein-free is not enough. • People low in carbohydrate enzymes. Study of children with autism low in carbohydrate digesting enzymes. • Study on SCD Diet showed benefit for inflammatory bowel disease.
<p>Low FODMAPS</p> <p>Removes fermentable carbohydrates</p>	<ul style="list-style-type: none"> • Studies on Crohn's and Colitis show Low FODMAPS was beneficial
<p>Body Ecology Diet</p> <p>Balances gut flora and combines principles of anti-yeast diets including no sugar, acid/alkaline, fermented foods</p>	<ul style="list-style-type: none"> • Anti-candida diet • Populating good bacteria
<p>Low Oxalate Diet</p> <p>Restricts high oxalate foods (nuts, beans, greens)</p>	<ul style="list-style-type: none"> • Study showed children with autism had high oxalates



Rutabaga Fries

GFCF/SCD/GAPS/Paleo/Body Ecology
/Low Phenol/Low Oxalate

Ingredients

3-4 Rutabagas
Ghee or expeller-pressed
coconut oil
Salt

Directions

Preheat oven to 425 degrees

Peel rutabagas, slice off top end where the greens attach. Slice into fries.

Melt ghee or coconut oil in a pan and toss raw rutabaga fries in oil until they are coated. Spread out into a single layer on a baking sheet. Sprinkle salt on fries (or any other seasoning you'd like, Primal Palate's Meat and Potatoes spice blend is perfect on these fries, but if you need to be to low phenol stick with just salt).

Bake at 425 degrees for 35-45 minutes, turning fries occasionally for even browning.

*By Julie Matthews
From: Cooking to Heal
[http://nourishinghope.com/
cooking-to-heal/](http://nourishinghope.com/cooking-to-heal/)*

Cauliflower Tortillas

GFCF/SCD/GAPS/Paleo/Body Ecology
/Low Phenol/Low Oxalate

Ingredients

Avoid pepper for LOD and FG.

1 head of cauliflower
3 eggs
½ teaspoon salt
Black pepper (optional)

Directions

Set oven to 375 degrees.

Wash cauliflower, cut cauliflower chunks off base stem/leaves. Put cauliflower in food processor and process until a “flour.” This will yield about 3 cups of cauliflower.

Put cauliflower in a pot with ¼ cup of water and cook on low for 10 minutes. Place cooked cauliflower (cooled a bit) in kitchen towel (or muslin cloth), twist end closed, and squeeze out water (as much as possible).

Add cauliflower to bowl, and add 3 eggs, salt and pepper - and mix by hand.

Prepare baking sheet with parchment paper. Scoop mixture onto parchment paper and spread with hand or back of spoon into 6 even and flat circles. Bake at 375 for 10 minutes, peel off paper and flip to other side baking for an additional 5 minutes.

Upon serving, heat and lightly brown tortillas in a hot skillet.

*By Julie Matthews
From: Cooking to Heal
[http://nourishinghope.com/
cooking-to-heal/](http://nourishinghope.com/cooking-to-heal/)*

Confetti Brussels Sprouts

GFCF/ SCD/GAPS/LOD/BED/FG/FS,
Egg-Free/Nut-Free

FS without nuts, and use sunflower oil.

To make LOD and nut-free, avoid pecans and other nuts. There is some controversy on oxalate level for Brussels sprouts depending on how they are cooked. Cut in half and boil Brussels sprouts for 5 minutes for LOD. This is a medium oxalate recipe. Use soaked almonds for BED.

Ingredients

1 - 1½ lb Brussels sprouts
½ onion
½ cup pecans or other nuts
Oil
Salt

Directions

Wash Brussels sprouts and cut off bottom and peel off a leaf or two if needed. Put sprouts in food processor and pulse briefly into a confetti texture, do not over mince. Dump out finished sprouts and hand chop or pulse any remaining large pieces.

Dice onions and sauté in oil for 2-5 minutes and begin to caramelize onions. Add salt. Before onions are caramelized, add chopped Brussels sprouts and nuts to onions. Cook for 5 minutes or until Brussels sprouts and onions are ready.

Variation: Add dried cranberries or other dried fruit for a holiday dish. Dried cranberries would not be SCD/Gaps compliant.

By Julie Matthews
From: Cooking to Heal
<http://nourishinghope.com/cooking-to-heal/>



Kale Salad

GFCF/SCD/GAPS/Paleo/Body Ecology
/Low Phenol/Low Oxalate

Ingredients

1 cup of baby arugula
2 cup of chopped romaine lettuce
1 cup lacinato/dino kale leaves (de-stem, tear into pieces and massage)
1 red bell pepper chopped (or 5 mini bell peppers, sliced)
½ avocado
1 teaspoon roasted pumpkin seeds (sprinkle on individual salad, optional, 1 mg oxalate)

Directions

While most greens are high oxalate, it is not impossible to enjoy low oxalate greens. Lacinato kale, red kale, collard greens, and turnip greens are all leafy greens that are low oxalate.

4 servings, 3.5 mg oxalate per serving

Mix all ingredients in the bowl.

Creamy Garlic Dressing Recipe [here](#).

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From: Cooking to Heal
[http://nourishinghope.com/
cooking-to-heal/](http://nourishinghope.com/cooking-to-heal/)*



Creamy Garlic Dressing

Dairy-Free, Nut-Free, Egg-Free,
Low oxalate, Paleo, SCD/GAPS

Ingredients

½ cup raw pumpkin seeds
½ cup + 2 Tablespoons of water
¼ cup sunflower seed butter
4-5 cloves of garlic
1 teaspoon of salt
½ cup of lemon juice, sauerkraut
juice, or apple cider vinegar
(one lemon is about 3 T)
½ cup olive oil (or other oil such
as MCT oil)

Directions

Ideally, soak pumpkin seeds in water the day before. If you have not done so, use the pumpkin seeds dry (however, the oxalate value is lower if they are soaked).

Place pumpkin seeds and water in blender and blend until smooth. Add sunflower seed butter, garlic and salt and blend well. Next add lemon juice (or sauerkraut/vinegar) and blend. Finally, slowly drizzle oil into the blender, emulsifying it to a creamy dressing.

Makes 1 pint, or 16 oz of dressing

If you only want one cup, you can half the recipe – however, I find a certain volume is necessary in the blender to get it to spin properly.

16 servings, 2.35 mg oxalate per one ounce serving.

Drizzle this over a low oxalate salad.

By Julie Matthews
From: Cooking to Heal
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cooking-to-heal/](http://nourishinghope.com/cooking-to-heal/)

Pot Roast

GFCF/GAPS/Paleo,
Nut-Free, Egg-Free

Ingredients

2-3 Lb Chuck Roast (Pasture-raised)
2 Tablespoons cooking fat (ghee, lard, or other oil)
4-5 Carrots peeled and cut in half
1 large onion quartered
3-4 cloves of Garlic halved
2 cups of broth (beef or chicken)
2 teaspoons of dried herbs/spices (my favorite: thyme, rosemary, sage, black pepper, and paprika - any combo)
1 teaspoon sea salt
Splash of wine (optional)

Directions

Mix herbs/spices and salt together and rub on roast. Heat dutch oven on stove, and add cooking oil. Sear each side of the roast for approximately 2 minutes. Add broth, onion, garlic, and optional splash of wine, and put cover on.

Place in oven at 350 degrees for about 3 to 3 ½ hours. Check every hour to ensure there is enough liquid—to cover the roast about half way. Add water if liquid is getting low. Add the carrots in the last 30 minutes of cooking.

If you don't have a dutch oven, you can also slowly simmer this on the stove or in a crock pot—cooking time will vary based on method.

By Julie Matthews
From: Cooking to Heal
<http://nourishinghope.com/cooking-to-heal/>

Chicken Pancakes

GFCF/ SCD/GAPS/LOD/BED,
Nut-Free

Ingredients

1 chicken breast precooked
(season as desired while
boiling)
3 eggs
½ teaspoon salt

Directions

Blend ingredients together in food processor until completely smooth. Mixture will look like thick pancake batter.

Add a dollop of batter to heated, greased pan and cook like a pancake. Batter may need to be spread out into a pancake shape so it's not too thick.

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Bean Burgers

GFCF/ SCD/GAPS/FG,
Nut-Free

Ingredients

1 cup black or kidney beans
 1 cup sunflower seeds
 4 eggs
 ½ cup carrots – peeled, grated
 ½ cup kale – finely chopped
 ½ cup onion – finely chopped
 1 Tablespoon fresh parsley – finely chopped
 1 Tablespoon rosemary
 1 Tablespoon basil
 1 ¼ teaspoons salt
 Pepper (optional)
 Ghee, lard, or expeller-pressed coconut oil to use for cooking.

Directions

Soak the beans overnight in water with a pinch of baking soda. Drain and rinse with water. Place the beans into a pot and cover with water and cook for 20-25 minutes until soft, but not mushy. Do not add salt to the beans while they cook—it will make them tough.

Grind the sunflower seeds until the consistency of nut flour. Place beans into a food processor and process until coarsely chopped. Combine with the sunflower seed meal, carrots, kale, onion, herbs, eggs, salt, and pepper, and knead with your hands until mixed thoroughly. Form into patties and fry in a skillet with the oil. Cook on medium for at least 10 minutes on each side. These burgers can be kept from up to 3 days, They can be eaten cold or reheated in the over on 340 degrees for about 10 minutes. They will also freeze well. Makes 10 burgers.

***To make FG, limit herbs and spices to parsley, salt and pepper.*

By Julie Matthews
 From: *Cooking to Heal*
<http://nourishinghope.com/cooking-to-heal/>



Burgers with Liver

GFCF/ SCD/GAPS/LOD/FG,
Egg-Free/Nut-Free

Ingredients

1 lb ground beef
¼-1/3 cup ground liver
(put liver in food processor
and blend until smooth) about
2-3 oz. Avoid any liver that is
not thoroughly blended
1-2 teaspoons onion powder
Rosemary, white pepper, or
other herb or spice (white
pepper is lower oxalate)
Salt, dash

Make it FG without herbs and spices except salt.

I know this dish may not sound tasty but these burgers are delicious. No one will know they are eating liver. Liver is a medium oxalate but with the high level of iron, vitamins A & C, zinc, etc., I strongly recommend it.

Directions

Mix together and form into patties. Cook as usual - in a pan, on the grill, or as desired.

By Julie Matthews
From: Cooking to Heal
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Roasted Pumpkin Seeds

GFCF/SCD/GAPS/LOD

Ingredients

3 cups pumpkin seeds (soak for 8 hours)
2 T extra virgin olive oil
1 teaspoon turmeric powder
1 teaspoon ginger powder
¼ teaspoon cardamom
½ to 1 teaspoon unrefined sea salt

For lower oxalate, avoid high oxalate spices and use salt

Directions

Drain and rinse soaked pumpkin seeds and place in a bowl. Add the olive oil and mix to coat. Sprinkle on spices and salt and mix. Spread a thin layer of seeds on several cookie sheets.

Either bake or dehydrate. To bake, put on 200 degrees for approximately 45 minutes. However, check them at 10 minutes to make sure your oven isn't too hot. Try not to brown them. To dehydrate: place the seeds on the dehydrator sheets, place in dehydrator at 110 degrees for about 24 hours. They are done when they are no longer wet / moist at all, and instead are crispy.

By Julie Matthews
From: Cooking to Heal
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Coconut Date Balls

GFCF/ SCD/GAPS/FG,
Egg-Free/Nut-Free

Ingredients

1 ½ cups pitted dates
 ½-¾ cup coconut butter
 (sometimes called coconut
 spread, not the same as
 coconut oil) or other nut butter
 1 tablespoon of raw coconut oil
 (more if using nut butter not
 coconut butter)
 ¼ cup finely shredded dried
 coconut
 1 cup finely shredded dried
 coconut (used for rolling the
 balls)

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From: Cooking to Heal
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Directions

In a food processor, blend the dates into paste. Add the coconut butter or nut butter and pulse a few times until the ingredients are mixed. If too difficult/sticky to pulse with nut butter, mix by hand. Add dried coconut and process for 5 to 10 seconds more. Melt coconut oil and add to processor. Roll into balls.

Melt additional coconut oil. Coat the ball with oil then roll in shredded coconut.

Store in a cool place, such as the refrigerator.

Coconut Date Ball Variations:

Use coconut butter instead of nut butter (not coconut oil). Sometimes called coconut spread. Found online: wildernessfamilynaturals.com

Use sunflower seed butter instead of nut butter if allergic to nuts (if seeds are allowed)

Add chopped fruit

Add sultanas (raisins)

Add chopped nuts

Roll in sesame seeds

Add GF chocolate chips for a treat

Coat in cocoa powder

Peanut Butter Brownies

Ingredients

Brownie Layer

1 ¼ cup raw walnuts (or any kind of nuts or seeds, my favorites are walnuts and pecans)
 1 cup almond flour (or any nut/seed flour)
 10 medjool dates (pitted)
 ½ cup raw cacao powder (or regular cocoa powder)
 1 teaspoon vanilla extract (gluten-free variety)
 1-2 Tablespoon raw coconut oil, melted (but not hot)

Peanut Butter Layer

1 cup peanut butter (make it nut-free with sunflower butter)
 1 teaspoon vanilla extract (gluten-free variety)
 1 Tablespoon honey (vary the sweetness as you'd like, some people may prefer 2 Tablespoons but I like to keep the sugar low)
 3 Tablespoons raw coconut oil, melted (but not hot)

Optional: ½ cup chocolate chips (Mini Chips by Enjoy Life are soy-free and our favorite)

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Directions

Brownie Layer

Blend walnuts in food processor until finely chopped, then pour into a mixing bowl. Place pitted dates into food processor and pulse until smooth, if it clumps in processor add a drizzle of the melted coconut oil. In bowl combine walnuts, date paste, almond flour, cacao powder, vanilla, and mix (with a spoon or hands – kids love this step) while slowly adding coconut oil until the cacao powder is blended and no longer powdery (but don't make the batter too oily either), stop adding the oil once the cacao powder is thoroughly incorporated.

Once mixed, divide batter in half, and press half of the batter into the bottom of a 6 x 8 inch baking pan (no parchment or greasing needed).

Peanut Butter Layer

Mix peanut butter, vanilla, and honey in a bowl. Next, slowly blend in melted coconut all. Add chocolate chips to batter (optional). Spread peanut butter layer on top of brownie layer.

Place dish in refrigerator to cool and firm up batter. In about one hour, the peanut butter layer should be firm enough.

Press remainder of chocolate brownie dough on top.

Serve. Keep refrigerated.