

# Gut Healthy Foods Low FodMap Meal Plan

from

*cotter* CRUNCH

Healthy Gluten Free Recipes One Bite at a Time!



© Cotter Crunch

All images & content are copyright protected. Please do not use any text or images without prior permission.

# Breakfast

# Chia Matcha Overnight Breakfast Smoothie

*Prep Time:* 24 hours

*Total Time:* 24 hours 5 minutes

*Yield:* 2 servings

## Prebiotic/Probiotic

Overnight chia matcha breakfast smoothie – Energizing Breakfast to go! Gluten Free, Vegan Friendly.

---

## INGREDIENTS

- 10–12 ounces Coconut yogurt or Kefir yogurt (Plain or Vanilla) (Use Coconut yogurt for Vegan option. See notes for brand)
  - 2 to 4 tsp matcha powder
  - 1 large banana
  - Cinnamon
  - 8 oz Vanilla almond or coconut milk
  - Optional but recommended – 1 scoop vanilla protein (plant based or collagen protein work great)
  - 1/4 cup chia seed (2 tbsp per cup)
  - 1/4 cup to 1/3 cup to gluten free oats or granola
  - 1 tbsp honey or maple syrup (optional)
- 

## INSTRUCTIONS

1. Add yogurt/kefir, banana, milk, and protein to a blender and blend until smooth. Add your matcha powder (carefully), and cinnamon. The more matcha you use, the stronger the green tea taste, adjust accordingly. Blend again.
  2. Set out 2 bowls or 2 glasses (one large if you want to use if for multiple days).
  3. To each bowl or glass, add 2 tbsp of chia seeds. Then add 2-3 tbsp or more of your oats. Pour half your matcha smoothie into each bowl or cup.
  4. Mix each cup and let it sit overnight in fridge.
  5. The next morning, top each bowl/cup with extra oats or granola, chia, and maple syrup.
  6. I also made a little matcha latte and poured extra on top of that before eating.
- 

## NOTES

- Here's the [matcha](#) powder bought from Amazon.
- Plain [coconut yogurt](#) for vegan option

# Detoxifying Super Green Smoothie

*Prep Time:* 5 minutes   *Cook Time:* 1 minutes   *Total Time:* 6 minutes   *Yield:* 2

## Anti-Inflammatory

Detoxifying Super Green Smoothie with Kiwi and Celery Juice {Paleo, Vegan}

---

### INGREDIENTS

- 2 kiwis (peeled)
  - 1 lime (juiced)
  - 1 lemon (juiced)
  - 6 ounces fresh celery juice or unsweetened coconut water (5 to 6 large celery stalks, juiced)
  - 4 oz fresh squeezed orange juice
  - 1 sprig of parsley
  - 1/2 tsp ground ginger
  - Pinch of sea salt
  - Optional – Small handful of baby spinach (for better digestion, slightly steam beforehand)
  - Optional – 1 tbsp chia seed or 2 tbsp vegan protein
  - Optional 1 tsp maple syrup or honey
- 

### INSTRUCTIONS

1. Blend and serve! Ice is optional.
- 

### NOTES

- You can also use 1-2 tbsp of vegan protein or 1 tbsp chia seed if you'd like to boost protein it.
- [Hurom slow Juicer](#) is our juicer of choice

# Gluten Free Blueberry Muffins

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Yield: 12

## LOW FODMAP SPECIFIC

*Easy to make, fluffy gluten free blueberry muffins, packed with antioxidant-rich blueberries. If you suffer from digestive issues, this low fodmap muffins recipe is going to be your favorite way to start a day!*

---

## INGREDIENTS

- Nonstick spray (optional)
  - 2 cups (290 g) gluten-free all-purpose flour, such as [Bob's Redmill 1:1 Gluten-Free Baking Flour](#)
  - 2 teaspoons gluten-free baking powder
  - 1/2 teaspoon salt
  - 1/2 cup (1 stick; 113g) unsalted butter, at room temperature, cut into pieces
  - 1 cup raw sugar (turbinado), plus 2 tablespoons for sprinkling (optional), divided
  - 2 teaspoons pure vanilla extract
  - 2 large eggs, at room temperature
  - 1/2 cup (120 ml) non-dairy milk or lactose-free milk, at room temperature (see notes for specifics)
  - 2 1/4 cups (383 g) fresh blueberries or frozen blueberries
- 

## INSTRUCTIONS

1. Position a rack in the middle of the oven. Preheat the oven to 400F. Coat twelve standard-size muffin wells with nonstick spray, or line with fluted paper cups; set aside.
2. Whisk together the flour, baking powder, and salt in a medium-size bowl, to aerate and combine; set aside.
3. Beat the butter in a separate bowl, using an electric mixer on medium-high speed, until creamy, for about 3 minutes. Add the sugar and vanilla and beat until lightened, for about 2 minutes, scraping down after each addition, and allowing each egg to be absorbed before continuing.
4. Add the flour mixture in three additions, alternating with the milk. Do not combine completely; there should be streaks of flour left.
5. Place 2/3 cup of blueberries in a bowl and crush with a potato masher. Fold these crushed blueberries, along with any juice, and the whole blueberries into the muffin batter.
6. Divide the batter evenly among the prepared muffin wells. Sprinkle the tops with the 2 tablespoons of raw sugar, if using.
7. Place in the oven and immediately lower the oven temperature to 375F. Bake for 20 to 25 minutes, or until a toothpick inserted into the center shows a few moist crumbs. Allow the pan to cool on a wire rack for 5 minutes, then remove the muffins from the pan and place them directly on the rack to cool.
8. Serve as soon as possible, either warm or at room temperature. Store at room temperature in an airtight container for up to 1 day or freeze for up to one month.

---

## NOTES

Adapted recipe from Dédé Wilson in [Low Fodmap Cookbook](#).

**Dairy free substitutes:** Almond milk can be used in place of lactose free milk. Solid Coconut oil May be used in place of butter, creaming it like butter. These are not as low fodmap friendly, so use according to your phase of diet. **Tips!** If using frozen blueberries, do not thaw blueberries before baking.

**Alternative LOW FODMAP SNACK – [FODY FOODS BLUEBERRY ALMOND BARS](#)**

**Lunch**

# Coconut Rice and Watermelon Salad Bowls

*Prep Time:* 10 minutes

*Cook Time:* 15 minutes

*Total Time:* 25 minutes

*Yield:* 2

## RESISTANT STARCH

---

### INGREDIENTS

- 1 cup jasmine rice
- 1 cup chopped watermelon
- 1/2 cup coconut cream (can also use condensed milk)
- 1/3 cup raisins or dried blueberries
- 1/2 cup chopped basil or mint
- 1/4 cup honey
- \*coconut oil
- Dash of salt

### INSTRUCTIONS

1. First prepare your rice. Cook according to directions. Usually 1:2 ratio of rice to water. Drain, stir in 1 tbsp coconut oil and a dash of salt. Let it cool in fridge.
2. While the rice is cooling, chopped your herbs and watermelon. Once rice is cooled, stir in the coconut cream and honey.
3. Spoon rice into 2 -3 bowls and top with raisins, watermelon, herbs, and more honey/coconut cream.
4. Enjoy!
5. Keeps well in fridge overnight too!

# Zanzibar Carrot-Tomato Soup (Vegan)

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Yield: 4

## ANTI-INFLAMMATORY

## DESCRIPTION

This creamy Zanzibar *carrot-tomato soup* is an African-inspired type of dairy-free bisque. Made with simple, wholesome ingredients, it's quick to make and naturally gluten free, paleo and vegan.

---

## INGREDIENTS

- 4–5 green onions, stem only (or 1/4 c chopped white)
- 1/2 tbsp olive oil
- Two 6 inch carrots- chopped
- 10 ounces of vegetable broth (extra for mixing starch)
- One 28 ounce can of whole peeled tomatoes
- 1 to 2 tbsp Lime Juice (or 1/2 of a Lime)
- 1 tbsp Almond butter
- 1 tsp kosher Salt
- 1/2 tsp black pepper
- 1/8 teaspoon Ground Cumin
- 1/2 tsp Cinnamon
- 1/4 tsp ground Cloves
- 1/4 tsp ground Ginger
- 2 tbsp red curry paste or spicy chili paste
- 1/2 cup coconut milk, lite
- 1–2. Tbsp Arrowroot starch or corn starch (not paleo) mixed with water or non-dairy milk. (see notes)
- 1/4 tsp onion powder
- Sea salt and pepper to taste

## Toppings:

- Fresh parsley or oregano
- Red pepper flakes to garnish
- Olive Oil to drizzle

- 3 tbsp crushed roasted almonds nuts
  - sliced lime
  - crushed black pepper to sprinkle
  - 1 large carrot; spiralized or ribbon-cut
- 

## INSTRUCTIONS

1. Place onion, oil, and chopped carrots in stock pot. Cook in pan on medium heat for 5-8 minutes or until onions are browned and carrots softened.
2. Add 10 ounces of vegetable broth and whole peeled tomatoes. Mix and simmer 5 minutes.
3. Next add your almond, butter, salt/pepper, spices, chili paste, and [coconut milk](#). Bring to a light boil then reduce and simmer for 10 minutes.
4. Carefully transfer soup into a blender (or Vitamix) and puree until creamy. You can also use a hand blender.
5. Place pureed soup back in the stock pot. Add the onion powder and arrowroot “slurry” (see notes) and cook on medium low, whisking, for another 5 minutes. You don’t want arrowroot starch to cook too long with the soup. It best to add last.
6. If using corn starch, you can add it sooner and cooker longer and it thickens food quickly and at higher temperatures and won’t break down.
7. Taste and adjust salt/spices if needed.
8. Serve with toppings of choice. Optional cooked chicken or shrimp will boost protein! Spiralized veggie noodles of choice to garnish. This adds more texture.
9. Store in fridge covered for up to 5 days or freeze.

---

## NOTES

**For the slurry.** Mix the arrowroot into a 1/2 c of a cold liquid (water or non-dairy milk) and whisk until smooth. If using arrowroot starch, add after blending.

# Strawberry Spinach Salad with Granola Croutons

*Prep Time:* 10 minutes

*Total Time:* 10 minutes

*Yield:* 2

## LOW FODMAP SPECIFIC

Strawberry Spinach Salad with Granola Croutons. An easy, healthy summer salad!

---

## INGREDIENTS

- 4–5 cups spinach leafs
  - 1 cup diced or sliced radish (or other spring/summer vegetable of choice)
  - 1 cup strawberries, sliced
  - 1/2 cup blueberries
  - 1/2 c gluten free granola bars or Low Fodmap granola ([we use Fody Foods Bars](#)) to be broken into large pieces for granola croutons. Plain, honey, or almond, or berry flavor.
  - 1/2–1 avocado (sliced)
  - sprouts or microgreens
  - 1 ounce almond slivers, optional
  - Dressing of choice – example: strawberry vinaigrette, olive oil/vinegar, poppyseed, etc.
- 

## INSTRUCTIONS

1. Wash and prepare your produce.
  2. Place spinach, strawberries, cut vegetables, and berries in one large bowl. Toss.
  3. Place granola bars in ziploc bag and smash into clusters. Sprinkle with sea salt. You may also use store bought or homemade granola, like my [grain free granola, to make granola croutons](#). Simply toss with a bit of sea salt and save the bigger clusters for the “crouton” topping.
  4. Next add a few tbsp of slivered almonds on top, along with microgreens, and avocado. Top with granola croutons.
  5. Drizzle with favorite dressing. Sea salt and pepper to taste.
  6. Divide into smaller bowls to serve or serve family style.
- 

## NOTES

- You may also use you are using granola, like my [grain free granola](#), simply toss with a bit of sea salt and save the bigger clusters for the “crouton” topping.
- Favorite Gluten Free granola bars that I think make good toppings are [caveman bars](#), kind granola bars, or Enjoy Life Foods new crispy granola bars.

## Dinners

# Spiralized Apple Kimchi Salad with Garlic Beef

*Prep Time:* 10 minutes

*Cook Time:* 10 minutes

*Total Time:* 30 minutes

*Yield:* 2

## PREBOITIC/PROBIOTIC

Quick apple kimchi salad with sesame beef! This Asian inspired spiralized apple salad recipe makes a quick and healthy kimchi substitute. A light nourishing meal that's ready in 30 minutes. Paleo with Whole 30 options.

---

## INGREDIENTS

### For the Spiralized Apple Kimchi Salad:

- 2 apples (green and/or red). One of each is best combo!
- 1 small seedless cucumber
- 1 green onion, diced
- 1 tbsp hot mustard (Asian) or a Dijon mustard
- 1 tbsp chili sauce (ex. chili paste or Sriracha). For Whole 30 option use
- 1/4 tsp pinch of paprika
- 1/4 tsp sea salt
- 1 tbsp rice vinegar (rice wine vinegar)
- 1–2 tsp fresh grated fresh ginger or 1/4 to 1/2 tsp ground ginger
- Crushed black pepper to taste

### For the Garlic Sesame Beef:

- 2 tsp oil (avocado or sesame oil for frying)
- 2 tsp minced garlic (2–3 cloves minced)
- 1 tsp tamari sauce (Gluten Free soy sauce. Whole 30 option see notes)
- 6 – 8 oz organic lean beef ( top round, steak, separable lean only, 95 % lean ground)
- 1 to 2 tbsp sesame seeds for topping (extra for garnishing and plating)
- sea salt and pepper to taste

### Garnishes for the Salad

- leafy greens
- sliced radish (1/2 cup)
- optional; crushed red pepper flakes

- optional; fresh cilantro
- 

## INSTRUCTIONS

1. First prepare your quick Apple kimchi Salad. Spiralize (or julienne slice) your apples. It's best to use a green and red to even out tartness with taste. But any apple will do if you don't have one of each.
2. Spiralize or julienne slice your cucumber. Place in a large bowl and press out any excess water with a paper towel. Set aside.
3. Chop your onion and garlic (if using cloves) and place in a small mixing bowl
4. Then add in your mustard, spices, chili sauce, vinegar, and lastly the ginger. Fresh always taste better but ground works fine too.
5. Toss kimchi flavored apple cucumber salad all together.
6. Place in fridge to marinate while you cook beef.

## FOR THE BEEF

1. Mix 2 tsp sesame oil, 1 tsp minced garlic, 2 tsp sesame seed, and dash of tamari in a small bowl. Whisk together and pour over your meat. Marinate for 10-20 minutes. Or skip if in a hurry.
2. Heat skillet to medium high.
3. Place your marinated steak (with oil) in the pan and sear for ingredients in a medium high for 7-10 minutes, turning. Or until beef is cooked to 140F and browned.
4. Remove from heat, strain excess fat/grease if desired.
5. Sprinkle with extra sesame see

## MAKE THE BOWL

1. Divide the apple kimchi salad into two bowls.
2. Place a radish, sprouts, or green leaf on one side of the bowl.
3. Divide the beef strips (or ground) into the two bowls or plates.
4. Top beef with extra red pepper flakes and sesame seed if desired.
5. Drizzle any extra sauce on top of salad.
6. Garnish with cilantro.

---

## NOTES

For whole 30 tamari sauce, use [coconut aminos](#)

For whole 30 chili sauce, use [sugar free option](#)

You don't need to use the spiralizer, it works well shredded too. Keep the peel on for much crunch. Don't eat beef? Try with chicken, smoked salmon, tempeh, etc.

# Asian Inspired Zoodle Flu Buster Soup

*Prep Time:* 5 minutes

*Cook Time:* 15 minutes

*Total Time:* 20 min

*Yield:* 3

## ANTI-INFLAMMATORY

This Asian inspired zucchini noodle soup is light yet rich in anti-inflammatory properties. A soothing delicious and nutritious soup. Gluten free and paleo, with vegetarian and vegan options!

---

## INGREDIENTS

- 2 zucchini spiralized (about 1 pound or 3/4 lb.), pressed to remove water
- 1 tablespoon of sesame oil
- 1 tbsp fresh grated ginger
- 1 tsp minced garlic
- 1 tsp cumin
- 1/2 tsp anise seed
- 1/2 tsp crushed fennel seed
- Pinch of five spice or cinnamon
- Pinch of kosher salt
- Pinch of black Pepper
- 24 ounces vegetable or chicken broth
- 1 tbsp fish sauce or Tamari sauce (gluten free soy sauce)
- Optional 1 tbsp Asian chili sauce
- 2 – 2 1/2 cups shredded or chopped red or purple cabbage (extra for topping)
- 1 tsp lime juice

## Toppings and Garnishes:

- 3–4 Eggs fried or scrambled (for plating)
- Sliced jalapeño or Thai red pepper (both work and are delicious)
- handful of chopped Cilantro or Thai basil (to garnish)
- 1–2 green onion stalks. Diced green portion.
- 1 Lime (cut into wedges)

- Sesame seeds to garnish.
  - Crushed salted nuts (cashews, almonds, or peanuts work great).
  - sea salt and Black pepper to taste
- 

## INSTRUCTIONS

1. First, clean your zucchini and either spiralize or julienne cut. Press the zucchini between 2 paper towels and remove excess water. Place in a bowl for later.
  2. In a medium sauce pan, heat the sesame over medium heat. Add in your shallots, garlic, ginger, and stir fry until lightly browned. About 1- 2 minutes.
  3. While that is browning, crush your fennel seeds. I did this with back of a knife. You just want to crush the fennel seeds to extract more of the flavor.
  4. Add in the crushed seeds, cumin, anise, 5 spice, salt, broth, pepper and salt. Bring to a boil, stirring occasionally.
  5. Mix in your fish sauce and optional chili sauce.
  6. Next, add in chopped cabbage and simmer until the softened, about 2 to 3 minutes.
  7. Add the zoodles, and bring to a quick boil again. Then reduce to low and simmer for another 2 minutes or until everything is cooked though and the broth is to your liking.
  8. If you are adding egg as topping, do so now. Quickly scramble an egg in a small skillet or fry in 2 tsp oil.
  9. Spoon soup into soup bowls and top with extra crunchy raw cabbage and cooked egg.
  10. Garnish with sliced jalapeño or Thai red peppers, chopped cilantro, diced green onion, lime wedge, sesame seeds, crushed nuts, sea salt and black pepper.
- 

## NOTES

Feel free to try this with any spiralized vegetable, just check for doneness when you add the noodles to the broth. Some vegetables take longer to cook.

***Vegan option*** – Use Tamari sauce instead of fish sauce and omit egg. You can replace egg with cooked sprouted tofu, chickpeas, or even tempeh.

# Crock Pot Fire Roasted Tomato Shrimp Tacos

*Prep Time:* 10 minutes

*Cook Time:* 115 minutes

*Total Time:* 2 hours 5 minutes *Yield:* 5

## LOW FODMAP FRIENDLY

You'll love this shrimp taco recipe because it's made in a slow cooker. Crock Pot tacos require SO little prep! Slow cooking the shrimp with fire roasted tomatoes (and other vegetables) produces delicious flavor and preserves nutrients!

---

## INGREDIENTS

- 1 lb medium shrimp, peeled and tails off (fresh or frozen then thawed) (see notes below for fresh shrimp)
  - 1 tbsp olive oil - use fody foods garlic infused oil for Low Fodmap option.
  - 1/2 cup chopped onion (omit for low fodmap)
  - 14.5 oz can fire roasted stewed tomatoes (diced work best)
  - 1/2 cup chunky salsa ([FODY FOODS SALSA](#))
  - 1 bell pepper, chopped (about 1/2 to 2/3 cup)
  - dash of sea salt and black pepper
  - 1/2 tsp cumin
  - 1/2 tsp chili powder or ancho chili powder (see notes for substitutes)
  - 1/4 tsp paprika or cayenne pepper
  - 3–4 tbsp chopped cilantro (2 –3 tbsp for plating)
  - Optional toppings – low lactose sour cream, avocado, jalapeno pepper, etc.
  - Serve with quinoa or rice.
  - Tortillas to serve [paleo tortillas](#) or [gluten free flour tortillas](#))
- 

## INSTRUCTIONS

1. First make sure your shrimp are peeled and tails off. If you are using frozen shrimp, quickly thaw in water for 10 minutes, then peel.
  2. Layer your raw shrimp at the bottom of pot. Drizzle with 1 tbsp olive oil. Then mix in your chopped onion.
  3. Drain your canned fire roasted tomatoes and then pour it over the shrimp. Stir together.
  4. Add your bell pepper and the rest of your ingredients, including your seasonings and cilantro. Stir all together.
  5. Place slow cooker (crock pot) low for 2-3 hrs. Or high for 90 minutes to 2 hours.
  6. Check on shrimp around 1 hour of cooking on high. If they look almost done, place on medium for another 30 minutes to hour. They should be seasoned nicely and pink, similar to that of steamed shrimp.
  7. Serve with gluten free corn or paleo tortillas, chopped cabbage/salad, rice, or avocado!
  8. Top with extra cilantro and jalapeno and [gluten free flour tortillas](#).
-

## NOTES

We use [Sizzlefish](#) wild caught shrimp for best flavor and freshness! If you don't have chili powder, you can use a taco seasoning or other Mexican seasoning of choice. Be sure there is no added gluten ingredients. For extra thick tacos, use a chunky salsa with lots of vegetables.

## Snacks/Drinks/Condiments

# How to Make Sauerkraut (4 flavors!)

*Prep Time: 7-10 days*

*Total Time: 7-10 days*

*Yield: 6*

---

## INGREDIENTS

### Classic Sauerkraut Ingredients

- 1 medium head of green cabbage and 1/2 a medium head (or 1 small head) of red cabbage – to be shredded or finely chopped
- 1 tbsp + kosher salt or pickling salt – extra if needed to reproduce brine
- 1/4 + cup or more filtered water
- Glass jars (anywhere between 10 ounces to 32 ounces)
- Large bowl, container or a mixing bowl

### 4 flavor variations and techniques –

- Mix and match the following fruit or vegetable
  - 1 cup apple, radish, or beets (peeled, thinly sliced or grated)
  - 1 tbsp + caraway seed
  - 1 tbsp fresh grated ginger
  - sliced jalapeno

### For Quick stove top version you will need

- 1/2 head of small red cabbage (shredded)
  - 1/2 to 2/3 of a small sliced Red onion
  - olive oil
  - 1/3 to 1/2 c apple cider vinegar
  - salt and pepper to taste
  - 2 tsp caraway seed
- 

## INSTRUCTIONS

### Classic Sauerkraut Instructions

1. Cut the cabbage into quarters, remove the core and shred or finely chop cabbage with a knife. You can also use a food processor.
2. Add cabbage to a large bowl and sprinkle with kosher salt or pickling salt, toss through and set aside for 30 minutes up to 2 hours. Enough to let the cabbage “sweat” and create a brine. If you are adding in a fruit or vegetable, do so here with the cabbage. (i.e chopped apple, beets, jalapeño, or ginger).
3. While the cabbage is creating the brine, prepare your jars. You can use a variety of sized canning jars (10 ounce to 32 ounce), just make sure they are clean and dry.
4. Check the cabbage to see how much brine has been produced. Add water to the cabbage and start squeezing the cabbage/vegetables with your hands to release more juices.
5. If cabbage does not release enough liquid, you will need to add additional brine to the cabbage. You need enough liquid to cover the cabbage in each jar. **TIP** —> **to make a brine** simple combine water and pickling salt in a ratio of 1 cup water to 1 tsp. pickling salt, then add just enough of the brine to cover cabbage.)
6. Pack the cabbage and any other additional flavorings. (i.e caraway seed) tightly into the clean jar. With a spoon or clean hand, push down the cabbage so it’s very compacted at the bottom of the jar. The brine should fill to top. If there is not enough brine to cover the cabbage, add more of your own (mentioned above). Leave about 1 inch of room at top. **TIP** —> You can also **use a marble or stone (cleaned)** to place on top of the cabbage once pushed down in the jar. This will help it stay compact while fermenting. Cover tightly with the lid and leave the jars to ferment on counter or in a warmer spot in kitchen.
7. For the first few days, you will want to “burb” the jars. Just open the lid each day and let out any pressure. Make sure to press down the cabbage to keep it submerged brine. Add more brine if it starts to dry up.
8. If any discolored cabbage appears at the top, remove and discard it. If the water level gets too low, add more brine to cover the cabbage, slightly. The cabbage mixture must be submerged completely in brine to ferment safely. The sauerkraut is ready when it has a nice crunch but slightly marinated soft texture and tangy flavor.
9. Taste every few days. After 7 -10 days the sauerkraut it should be fermented enough to start consuming. Ferment longer for a more tangy and soft kraut. After that, keep the jar in the fridge for up to 2 months

**Flavor combos – Prepare as classic sauerkraut, except add your fruit and/or vegetables with the cabbage mix. One of the following combos below.**

- 1 cup sliced Radish and 1 sliced jalapeño
- 1 peeled and sliced Beet with 1 tbsp grated ginger. This pairs well with the red cabbage.
- 1 apple, sliced and 1 tbsp caraway. Pairs well with the green cabbage
- Quick stove top version with 1/4 head of red cabbage and onion – See recipe below.

**Stove top Directions – Skip the fermenting.**

1. In a medium saucepan, heat your olive oil over medium heat. Add sliced red onion and sauté until fragrant for 2 minutes. Add shredded red cabbage (shredded), caraway seeds, vinegar, water, salt and pepper. Cover and cook on low to medium stirring occasionally, until onion and cabbage are tender. Around 30-35 minutes. Remove and let cool. Then place in canning jar and seal. Store in refrigerator for 1 to 2 weeks

---

**NOTES**

If you see any mold on the top portion of the cabbage (while fermenting), discard that part or if the mold has touched the jars, then discard sauerkraut.

## Turmeric Pineapple Apple Cider Vinegar Drink (Detox Shrub Cocktail)

*Prep Time: 5 minutes   Total Time: 5 minutes   Yield: 2 -3*

### DESCRIPTION

Drinking apple cider vinegar is great for gut health. Try it in this Turmeric Pineapple Shrub Morning Cocktail recipe! A detox apple cider vinegar drink.

---

### INGREDIENTS

- 1/4 cup 100% pineapple juice
  - 1 cup diced pineapple fresh
  - 2 tbsp honey – raw (maple syrup may be substituted for vegans)
  - 2 –4 tbsp apple cider vinegar (adjust to taste)
  - 2 –3 fresh mint leaves, plus extra to garnish
  - (1/4 tsp) pinch of cayenne
  - (1/4 tsp to 1/2 tsp) pinch of turmeric
  - Optional grated ginger – 1/2 tsp
  - 1 to 2 tbsp lime juice (sliced lime to garnish – optional)
  - Sparkling water
  - Crushed iced
- 

### INSTRUCTIONS

1. Place ingredients (minus sparkling water and ice) in blender or large cup with hand blender! Blend until combined. This creates the concentrated/base of the drink. Taste and adjust as needed. For example, if you want it extra spicy, add more cayenne. If you want it a little more zesty or tangy, add more apple cider vinegar, mint, and lime.
  2. Pour mixture into a bottle and store in the fridge until ready to drink. Once ready to drink, simply add sparkling water (adjust to taste) and optional ice. Lime and mint to garnish.
- 

### NOTES

- Want to make it into a happy hour cocktail? Simply add a splash of tequila or rum to each drink and mix.

- Taste and adjust as needed. For example, if you want it extra spicy, add more cayenne. If you want it a little more zesty or tangy, add more apple cider vinegar, mint, and lime. When ready to serve, add sparkling water or even kombucha! Adjust to taste.

## Multipurpose Vegan Cashew Cream Sauce

*Prep Time:* 5 minutes    *Cook Time:* 10 minutes    *Total Time:* 15 minutes    *Yield:* 1 1/2 cups

### Low Fodmap Option

Multipurpose Vegan Cashew Cream Sauce that's easy to make! Sweet, savory, thick, and creamy.

- **Low Fodmap - ACTIVATED [Cashew Cream Sauce](#)** - 1/4 c serving or less.
  - **Important NOTE** --> Dried roasted cashews are high in FODMAPs, but the process of activation makes it suitable for low FODMAP. For this recipe, soak the cashews in purified water overnight, then dry. ([source](#)). Blend with water or rice milk to create a softer creamy texture and cream sauce that's great sweet or savory. This is a great condiment to use in place of commercial dairy/cream. I love using it with zoodles or in quinoa pasta dishes. It's dairy free and vegan. To give it a savory garlic or onion cream sauce taste, omit minced garlic and use [FODY FOODS garlic infused oil](#) in place of oil and Fody Fody seasoning of choice. **Bonus gut health points** --> Soaking (activating) nuts/seeds/grain allows for better nutrient (especially mineral) absorption.

---

### INGREDIENTS

- 1 1/2 cups organic raw cashew or cashew halves
- purified water for soaking
- Extra purified water for blending
- Juice of 1/4 of Lemon
- Dash of sea salt (optional)
- **For thinner Cashew Cream or Creamer** – An additional 2-4 tbsp coconut milk, almond, or cashew milk to be added later. See notes.
- **Optional add -ins:**
  - **Savory** – 1/2 tsp black pepper or chili (for spicy version). 2-3 tbsp nutritional yeast (for cheesy), onion or garlic infused olive oil and spices such as paprika, cayenne, etc. (blended in with cashews savory sauce), onion powder and fresh or dried herbs for a creamy dressing.
  - **Sweet**– 2 tbsp maple syrup , 1 tsp vanilla extract, and/or cinnamon/

---

### INSTRUCTIONS

1. Place your cashews in large bowl or jar. Cover with purified water for 6 hr to 12 hrs. The longer you soak the easier to digest. But the water will also evaporate more so your sauce will be easier to blend. See notes below for quick 10 minute version.
  2. After soaking, drain your water. Place cashews in a [high power blender](#). Add 1 1/4 cup purified water, lemon juice, and blend until a creamy sauce is formed. You will need to keep stop blender a bunch and scrapping sides.
  3. If the sauce is too thick or gritty for your liking, add in 1/4 c to 1/2 cup more water and blend again.
  4. Blend until creamy.
  5. If you want to make it more like a milk/creamer texture, then once you've thinned it out the second time, add in 2-4 tbsp of non-dairy milk of your choice or purified water. Blend again. Feel free to add in sweetener of choice.
  6. See notes for more texture options.
  7. **Optional sweet & savory add-ins:** 1/2 tsp black pepper or chili (for spicy version). 2-3 tbsp nutritional yeast (for cheesy), 2 tbsp maple syrup and/or 1 tsp vanilla extract (for sweet). 1 garlic clove (blended in with cashews for garlicky sauce). Optional for savory sauce use broth instead of milk.
  8. Keeps well in fridge for a few days or I like to freeze batches for later use.
- 

## NOTES

**QUICK 10 MINUTE Soak/Boil option** – Place raw cashews and three cups of water in a saucepan, bring to a boil. Continue boiling for 10 minutes then drain and rinse. Your nuts can then be added to the blender to continue. Adapted method from [Wholefully](#).

**Extra thick** → If you want it extra thick like a hummus or frosting, then don't add much liquid back in. start with 1/2 to 2/3 cup water or milk.

**Want to make a savory cashew cream sauce extra flavorful?** Replace the water added to the blender with vegetable broth.

**FOR EXTRA CREAMY** – Soak at least 12 hours or try the quick version. Be sure to use a high powered blender.

Please comment or email me if you need questions answered! Happy to help!

This sauce freezes well. So if you want to make more, just keep half in freezer until ready to serve. Thaw out in fridge overnight.