

Foods for "Not So Sweet" Insulin Resistance

With Dr. Ritamarie Loscalzo



Recipes

- *Start Your Day Right Porridge*
- *Yummy Pesto Sandwich*
- *Creamy Cranberry Sauce/Candy*
- *Cranberry Relish*
- *Just Like Mashed Potatoes*
- *Better Than Eggnog*
- *Eggnog Green Smoothie*
- *Chocolate Candy*
- *Cinnamon Cookies*
- *Chi Gel*

Recipes

Start Your Day Right Porridge

Ingredients:

- 1 scoop **Body Ecology Chocolate Fermented Protein Powder** by Donna Gates (or desired protein powder)
- 2 1/2 cups water
- 1/2 cup chia
- 2 tablespoons hemp seeds
- 2 tablespoons coconut milk powder
- 1 handful blueberries (or gogi berries)
- sprinkle of cinnamon
- walnuts, pecans or almonds, optional
- sweetener to taste – stevia, erythritol, lo han or other low glycemic sweetener

Directions:

1. Put protein powder and water in Vitamix and blend.
2. Put chia and protein powder mixture in large bowl.
3. Set aside to allow mixture to thicken.
4. Scoop serving into small bowl for serving.
5. Add hemp seeds, coconut milk powder, blueberries and cinnamon. Add nuts if desired.
6. Stir.
7. Add sweetener to taste if desired.

Yummy Pesto Sandwich

Ingredients:

- red, yellow, or orange bell pepper
- 1 cup combination sprouted walnut and pecan (or other nuts as desired)
- 1/2 cup hemp seeds
- 1/2 cup Brazil nuts
- 3 stalks celery, cut into 1-inch pieces
- sliver of onion
- 1 handful of arugula and spinach or desired greens
- 1/4 teaspoon kelp powder
- 2 handfuls fresh basil
- salt to taste
- optional: can substitute other herbs and seasonings for basil
- optional: can also use cucumber boats or jicama slices in place of bell pepper

Sandwich Additions (as many as desired):

- carrot
- broccoli sprouts
- sauerkraut
- avocado slices
- cashew yogurt or cashew cheese
- greens

Directions:

1. Cut bell pepper in half lengthwise and remove stem.
2. Add nuts, hemp seed, celery, onion, greens and kelp to food processor and process.
3. Add basil and process.
4. Add salt to taste.
5. Place mixture in bowl.
6. Pack mixture into each half of bell pepper.
7. Add sandwich additions as desired.

Creamy Cranberry Sauce/Candy

Ingredients:

- 1 cup fresh cranberries
- 1/2 cup coconut butter
- 1 teaspoon of almond extract (or vanilla if preferred)
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/8 teaspoon clove
- small piece of ginger
- 1/2 cup water
- 1/2 teaspoon konjac powder
- 1 pinch **NuNaturals LoSweet Pure Lo Han Guo Extract Powder** (concentrated monk fruit) or **Inuliflora Raw Superfoods Jerusalem Artichoke Powder** to taste

Directions:

1. Add cranberries, coconut butter, almond extract, cinnamon, cardamom, clove, ginger, water, and konjac powder to Vitamix and blend.
2. Add sweetener and blend.
3. Put in freezer in candy molds or use for cheesecake.

Cranberry Relish

Ingredients:

- 1 cup fresh cranberries
- 1 cup walnuts
- apple, celery, sweetener, pineapple or other extract, blueberries, etc. optional
- flavorings as desired such as chipotle, garlic, dill, etc.

Directions:

1. Put cranberries and walnuts in food processor and pulse chop.
2. Add any desired additions.
3. Can add this mixture to the *Creamy Cranberry Sauce/Candy*.

Just Like Mashed Potatoes

Ingredients:

- 1 head steamed cauliflower
- small amount of *Barleans Omega Twin Flax Oil*, olive oil, coconut oil, or combination
- salt to taste

Directions:

1. Fill Vitamix with steamed cauliflower and blend.
2. Add oils, salt, and pepper to taste.

Better Than Eggnog

Ingredients:

- 1/2 cup hemp seeds
- 1/2 cup macadamia nuts (or cashews or other nuts or seeds)
- 1 cup water
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/8 teaspoon nutmeg
- 1 teaspoon erythritol
- splash of lo han if desired (optionally can use any combination of low-glycemic sweeteners such as erythritol, lo han, chicory root powder, yacon root, flavored stevia, etc.)
- small piece of turmeric with skin scraped off
- 1/2 teaspoon vanilla extract or vanilla powder
- 1 pinch of salt
- extra water for desired consistency

Directions:

1. Put all ingredients in Vitamix and blend.

Hemp Eggnog Green Smoothie

Ingredients:

- 1 recipe of *Better Than Eggnog*
- greens as desired
- small piece of ginger
- ***inner-ēco™ 100% Fresh Young Coconut Smoothie with Cacao*** if desired

Directions:

1. Blend.

Chocolate Candy

Ingredients:

- 1/4 cup cacao butter, melted
- 2 tablespoons cacao paste, melted
- 1/4 cup coconut butter
- 1/2 teaspoon cordyceps
- a few drops of peppermint (or other flavors)
- 1 pinch of green leaf stevia, lo ha, or other sweetener, to taste
- cacao nibs or nuts if desired
- probiotic powder (optional)

Directions:

1. Blend.
2. Pour into candy molds on cookie sheet and put in freezer.
3. Can add cacao nibs or nuts if desired and make a bar to break up when eating.

Cinnamon Cookies

Ingredients:

- 1 cup pecans (or other nuts)
- 1/2 cup hemp seeds (or other seeds)
- 1/2 cup pistachios (or other nuts)
- 1 tablespoon *Chia Gel*
- 2 teaspoons of vanilla extract or vanilla powder
- 2 tablespoons cinnamon
- 1 teaspoon Jerusalem artichoke syrup (or other low-glycemic sweetener)
- 2 teaspoons concentrated cherry extract (or other low-glycemic sweetener)

Directions:

1. Process nuts, seeds, chia gel, vanilla and cinnamon in food processor.
 2. Add Jerusalem artichoke syrup and continue to process until dough-like.
 3. If it gets too sticky, add something powdery such as coconut flour, coconut milk powder or ground up nuts. Can also roll dough in above while rolling out cookies.
 4. Roll into a ball and use rolling pin to roll out cookie dough. Put between wax paper or parchment paper to keep from sticking. Roll to about 1/4-inch thickness.
 5. Use cookie cutters to cut dough into cookie shapes.
 6. Put in freezer or dehydrate. If possible dehydrate without Teflex, unless dough will be too crumbly. If putting them in freezer, put on cookie tray or plate.
 7. If dehydrating, put in at 140°F for the first couple hours and then turn down to 110°F. If not home to monitor, start at 110-115°F and continue until done.
 8. Instead of rolling and cutting shapes, you can get a small amount of dough, roll it into a ball, and press into cookie shape onto cookie sheet or dehydrator sheet.
-
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

Chia Gel

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.

About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

Dr. Ritamarie's Health and Nutrition Books and Programs

Sweet Spot Solution Program: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. www.TheSweetSpotSolution.com

Empowered Self-Care Lab: Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! www.EmpoweredSelfCareLab.com

Body FREEDOM Nutrition Lab: Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. www.BodyFREEDOMNutritionLab.com

**Find all the Resources You Need for Natural Healing
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>