

**NOURISH YOUR BODY FROM
THE INSIDE**

The #CellCare Plate



**Plant-Based Gluten Free Recipes to
Naturally Restore Your Wellbeing**

**RECIPES BY
DR. MONISHA BHANOTE, MD,
ABOIM, CCMS**

UNBROKEN: Decoding Autoimmunity

Gut Microbiome - Autoimmune Axis

Thank you for watching UNBROKEN: Decoding Autoimmunity.

I hope you enjoyed our exploration of "Advancing Autoimmune Health through Cellular Integrity and Gut Microbiome Health." This session offered a deep dive into the crucial roles that cellular health and the gut microbiome play in managing autoimmune conditions. We discussed how maintaining cellular integrity and nurturing our gut microbiome can significantly influence our body's ability to manage autoimmune diseases.

Understanding the Gut Microbiome - Immune Axis:

We explored the dynamic relationship between the gut microbiome and autoimmune conditions, highlighting recent research findings that demonstrate how a balanced microbiome can impact immune function and potentially alter autoimmune outcomes. This understanding opens new avenues for autoimmune management and integrative treatment strategies that focus on gut health.

Recipes for Gut Health & Autoimmune Support:

In the following pages, you will find a collection of recipes designed to support gut health and bolster autoimmune management. These recipes are rich in nutrients that promote a healthy microbiome and strengthen cellular function, crafted to be both delicious and beneficial for those looking to enhance their dietary regimen as part of a comprehensive autoimmune health strategy.

Connect and Share:

I encourage you to try these recipes and share your experiences. Please connect with us on social media and tag us in your culinary creations. Your insights and stories are invaluable as we continue to uncover and discuss the potent connections between diet, microbiome health, and autoimmune wellbeing.





Table of Contents

Culinary Lunch & Dinner	5 - 17
Flavorful Sides & Chutneys	18 - 25
Treats That Nourish	26 - 33



Monisha Bhanote, MD, ABOIM, CCMS

Integrative Medicine Physician & Functional Culinary Medicine Expert



Dr. Bhanote is a quintuple board-certified physician with expertise in Integrative Medicine, Functional Culinary Medicine, and Anatomic/Clinical Pathology.

Known as a health and wellness expert, she is an expert medical contributor to Healthline Media and Health Central. She has been featured in numerous publications such as "Shape magazine," "Mind Body Green," "Martha Stewart Living," "Popsugar," "Bustle," "HealthCentral," "Insider," "Prevention magazine," "Reader's Digest" and "Weight Watchers Canada," amongst others.

Always fascinated by the human body, she has spent the last two decades looking at how all the systems in our body affect each other, how disease manifests, and what we can do to enhance our own wellbeing.

Dr. Bhanote is passionate about integrating ancient wisdom with mind-body science to naturally bio-hack your wellbeing.

Dr. Bhanote believes that food is powerful medicine and she continues to incorporate powerful plant ingredients into her culinary medicine recipes. Through her content, Dr. Bhanote will help you get started on your journey to holistic wellbeing and ultimately optimize and nourish every cell in your body.

**"Your wellbeing is
non-negotiable!"**



Culinary Lunch & Dinner





Miso Glazed Tofu

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- 2 tofu fillets, 7 oz. each
- 1 Tbsp. white miso paste
- 1 Tbsp. liquid aminos
- 3 Tbsp. brown sugar
- 1 Tbsp. agave
- Black & White sesame seeds
- Salt & Pepper to taste

Directions

1. Preheat the oven to 500 degrees.
2. In a small mixing bowl, combine white miso paste, soy sauce, brown sugar and agave with a whisk until thoroughly combined.
3. Coat tofu and place onto a baking sheet lined with parchment paper and brushed with coconut oil.
4. Roast tofu in the oven for 10-15 minutes.
5. Set aside. Sprinkle with sesame seeds. Serve with broccoli quinoa (recipe in side dishes).

***#CellCare:** Fermented miso is an incredibly nutritious condiment and linked to numerous health benefits. You can use miso paste for making sauces, spreads, soup stock, or to pickle vegetables. In addition to being a complete source of protein, miso contains a variety of nutrients and beneficial plant compounds. The miso fermentation process enhances the ability of the body to digest and absorb food. Moreover, the condiment is a source of probiotics that can support gut health. It can result in improved digestion as well as a stronger immune system, especially since our gut is a significant source of immunity.*





Lemongrass Chickpea Curry Soup

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 Tbsp. vegan green curry paste
- 1 Tbsp. sesame oil
- 1 stalk lemongrass, chopped
- 2 garlic cloves, minced
- 1/4 tsp turmeric
- 1/4 cup carrots, diced
- 1/2 cup Shitake mushrooms, sliced
- 1/8 cup green peas
- 7 oz. canned chickpeas, rinsed
- 1 cup vegetable stock
- 1/4 cup coconut milk
- 1/2 lime, juiced
- 1/2 Tbsp. tamari sauce
- Fresh cilantro/basil, chopped for garnish

Directions

1. Heat oil in a medium pot over medium-high heat.
2. Once oil is hot, add garlic, lemongrass, carrots, and fresh ginger.
3. Stir fry for about 5 minutes until carrots begin to brown. Next add in green curry paste and turmeric and stir for 30 seconds to release flavors.
4. Add coconut milk, vegetable stock, chickpeas, tamari sauce, lime juice, salt, rooms. Stir well to combine.
5. Bring to a boil, then reduce heat to low simmer uncovered for about 10 minutes.
6. Right before serving, add peas.
7. Taste and adjust seasonings as necessary.
8. Garnish with fresh cilantro and basil.



Chickpeas are an incredibly versatile legume

#CellCare: Chickpeas are a good source of protein that promotes weight loss and bone health. Chickpeas contain mostly soluble fiber, which means it combines with water in your digestive tract to form a gel-like substance. By promoting the growth of healthy bacteria in your gut, soluble fiber may prevent the overgrowth of unhealthy bacteria. There are several nutrients in chickpeas that may support brain health, such as choline, magnesium, selenium, and zinc.





Lentil Mushroom Falafel

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Ingredients

- 3/4 cup dry lentils, cooked 20 minutes
then drained
- 1/4 cup shitake mushrooms
- 2 cloves garlic
- 1 small red onion
- 1 bunch fresh parsley
- 1/2 Tbsp. of dried thyme
- 2 Tbsp. olive oil
- 2 Tbsp. gluten free flour
- Salt & pepper

Directions

1. Preheat oven 400 degrees.
2. In a saute pan, heat oil over medium heat and saute onions, mushrooms, garlic, salt, and pepper until golden brown, 4-6 minutes.
3. Using a food processor or blender, add lentils, mushroom mix, and the rest of the falafel ingredients. Mix/pulse until doughy consistency.
4. Cover a baking tray with parchment paper, make medium sized balls with your hands and put them on the tray.
5. Bake for about 15-20 minutes until crispy on outside.
6. To serve, plate falafel and add one of the side dishes (try tahini vinaigrette)

#CellCare: In terms of nutrition, lentils offer an excellent source of B vitamins, iron, magnesium, potassium, and zinc. Furthermore, they're a great source of plant-based protein and fiber. As a source of prebiotic fiber, lentils nourish the digestive system by nourishing the good bacteria in the gut. They are considered a slow-burning, low-glycemic carbohydrate that is gradually released in the bloodstream, allowing you to maintain energy longer after eating them.





Cherry Kale Cleansing Salad

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Ingredients

- 1/2 cup uncooked quinoa
- 1/4 cup olive oil
- 1/4 cup freshly squeezed lemon juice
- 1 tsp salt
- 1 large bunch Lacinato kale, stems removed and chopped
- 1 cup pitted cherries
- 1 can chickpeas, rinsed and drained
- 1/4 cup finely chopped red onion
- 1 can artichoke hearts rinsed and sliced into quarters
- 1/2 cup toasted walnut halves, roughly chopped

Directions

1. Place the quinoa in a medium saucepan with 1 1/2 cup water and 1/4 teaspoon salt. Bring to a boil, reduce heat, then simmer uncovered, stirring occasionally, until the water is absorbed and the quinoa is tender about 15 minutes. Fluff with a fork.
2. In a small bowl whisk together olive oil, lemon juice, and 1/2 teaspoon salt until well combined.
3. Pour the dressing over the warm quinoa, then toss to coat.
4. Add the kale, cherries, chickpeas, red onions, and artichokes and toss to combine.
5. Refrigerate for 20 minutes to allow the kale to tenderize.
6. Serve with sprinkled walnuts.

#CellCare: Cherries are low in calories and packed with fiber, vitamins, minerals, nutrients, and other healthful ingredients. Each long-stemmed fruit also provides potassium, magnesium, and calcium in addition to vitamins C, A, and K. They also contain antioxidants, such as beta-carotene, as well as choline, an essential nutrient.





Savory Oat Groats Protein Bowl

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 40 MIN

Ingredients

2-4 oz. firm tofu, diced
1/2 cup sweet potatoes, diced small
1/2 cup broccoli, medium chopped
1/2 cup Brussels sprouts, trimmed & halved
Pinch of cayenne, cinnamon, dry oregano
1/4 tsp turmeric
2 cups vegetable stock
2 cups water
1/2 cup uncooked oat groats, rinsed
1/2 small onion, small diced
hummus (see hummus recipe)
1/8 cup roasted pistachios, chopped
Fresh parsley for garnish
1/2 red beet, roasted and diced (roast at 350 degrees for 45 minute, until tender)
Olive oil
Salt & pepper to taste

Directions

1. In a mixing bowl, add tofu, sweet potatoes, broccoli, Brussel sprouts, oil, spices, salt, and pepper.
2. Place on a parchment-lined oven-safe tray and roast 15-20 minutes at 400 degrees or until the desired doneness.
3. While the vegetables are roasting, heat oil in a saucepan over medium heat. Sweat onions until translucent, 2-3 minutes.
4. Add oat groats, vegetable stock, and water. Bring it up to a boil, then reduce to a medium simmer.
5. Simmer for 20-30 minutes, until the desired doneness is reached. Drain off the cooking liquid.
6. To assemble the bowl, add oat groats. Top with roasted tofu and veggies. Garnish with hummus, beets, pistachios, and parsley.



What are the different types of oats?

#CellCare: Groats are a whole grain that retains the endosperm, the germ, and the bran, thus preserving all of the nutrition. Their chewy, hearty texture must be softened by soaking or simmering.

- Among the varieties of oats, there are oat groats (unprocessed) to steel-cut oats to rolled oats to quick oats to instant oats (most processed).*
- Oat groats are the whole grain seed with the husk removed. When cooked, they develop a slightly nutty flavor. Groats can be ground for oat flour or oatmeal for various purposes.*
- Steel-cut oats are just smaller pieces of oat groats. The texture and flavor of the cooked oats are chewier and nuttier than in other preparations.*
- Rolled oats (or old-fashioned oats) are made by steaming and flattening oat groats, usually with large rollers (hence the name "rolled oats"). Rolled oats are great for most applications. Baking with them provides a chewy texture, slightly nutty flavor, and a chewy texture.*
- Oats that are quick or quick-cooking are prepared in the same way as rolled oats, but instead of whole groats, they are first cut into smaller pieces. Quick-cooking oats can serve in a variety of ways, including as a binder and in baking applications where some texture and chewiness are desired.*
- As with instant rice, instant oatmeal is precooked and dried. It can therefore be prepared quickly but is the most processed.*
- Ultimately using oat groats or steel-cut oats is going to give you the best nutrition for your cellular health.*





Ashwagandha Curry

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

Ingredients

1/3 cup coconut oil
1 can of coconut milk
2 Tbsp. tamari
1 tsp miso paste
2 tsp Ashwagandha
3 oz. green beans, 1 inch pieces
2 stalks of kale, chopped
7 oz. cherry tomatoes, halved
1 tsp tamarind puree
1 bunch of cilantro, finely chopped
Brown rice & coconut yogurt to serve

Curry paste Ingredients

lime, zest, and juice
ginger, 1 inch, minced
3 garlic cloves
1 red chilli, seeds removed
1 tsp cumin powder
1 Tbsp. turmeric powder
6 fresh curry leaves
1 stick lemongrass, white part only
Salt & pepper
1/2 cup roasted cashews

Directions

1. For curry paste, chop ginger, garlic, chili, and lemongrass into smaller pieces and put in a high-speed blender along with the rest of the curry paste ingredients.
2. Add 1/4 cup water and blend to a smooth paste. Add more water if needed. Taste and adjust for seasoning.
3. Heat a large heavy =-based saucepan to medium-low.
4. Add oil and once hot, add curry paste, stirring frequently with a wooden spoon so it doesn't stick. Cook for a couple of minutes to open up the flavors.
5. Add coconut milk and 2 cups of water. Mix well with curry paste.
6. Add tamarind, miso, coconut syrup, Ashwagandha, and vegetables, and cook for 15 minutes.
7. Add tamarind and cilantro. Taste and adjust for seasoning.
8. Serve with brown rice, extra cilantro, and coconut yogurt.



Ashwagandha - The Adaptogen

#CellCare: Ashwagandha is a plant that belongs to a class of plants called adaptogens, which are known for their health benefits when taken as teas, powders, tinctures, supplements, or raw. Ashwagandha is perhaps best known for its ability to relieve stress. As a result, several studies have concluded that Ashwagandha is capable of reducing participants' anxiety and stress levels significantly. Researchers continue to investigate Ashwagandha's ability to improve strength and muscle size. In one study, participants reported more speed and strength. Ashwagandha may enhance cognitive function, memory, and the ability to perform motor activities after instruction. It may also improve sexual function in women and boost testosterone levels in men.





Cauliflower Steaks

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 45 MIN

Ingredients

1/2 cup raw cashews
2 Tbsp. nutritional yeast
1/2 tsp. salt
1/4 tsp. garlic powder
1/8 tsp. black pepper
1/4 cup + 2 Tbsp. hemp seeds divided
1 medium head cauliflower

Directions

1. Preheat oven to 400 degrees.
2. Lightly grease a baking sheet with olive oil or non-stick spray.
3. In a food processor or blender add cashes, nutritional yeast, salt, garlic powder and pepper. Process until it resembles fine sand. Stir in 2 tablespoons hemp seeds.
4. Remove the leaves from the cauliflower. Vertically slice the cauliflower into 3/4 inch steaks. You should get about 3-4 slices.
5. Place cauliflower on the baking sheet; drizzle each side with olive oil and sprinkle spice mixture onto both sides of the each cauliflower steak.
6. Bake for 40-45 minutes, until the edges of the cauliflower are slightly browned and crispy. Serve with hemp-nut zoodles (see recipe).



Cauliflower – Your Brain's New BFF



#CellCare: Cauliflower contains nearly all of the vitamins and minerals the human body needs, making it a highly nutritious food. Cauliflower is high in fiber, which is critical to digestive health and may reduce the risk of many chronic diseases. The cruciferous vegetable also contains abundant amounts of vitamin C, which is an antioxidant. Known for its anti-inflammatory properties, it may promote immune health and reduce the risk of cancer and heart disease. Choline, an essential nutrient that many people lack, is found in cauliflower. Moreover, choline plays a role in brain development and neurotransmitter production, two processes essential for a healthy nervous system. Additionally, cauliflower helps prevent the accumulation of cholesterol in the liver. The cauliflower is a brain-boosting dynamo. It's packed with vitamin K, which is said to keep the mind sharp and boost memory as you age.





Lions Mane Tikki

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 4 oz Lion's Mane mushroom
- 3 Tbsp. gluten-free bread crumbs
- 1/2 Tbsp chopped parsley
- 1/2 flax egg
- 1 tsp Dijon mustard
- 2 Tbsp. vegan mayonnaise
- 1 tsp tamari sauce
- 1/2 tsp hot sauce
- 3 Tbsp. olive oil
- Salt & pepper to taste



Directions

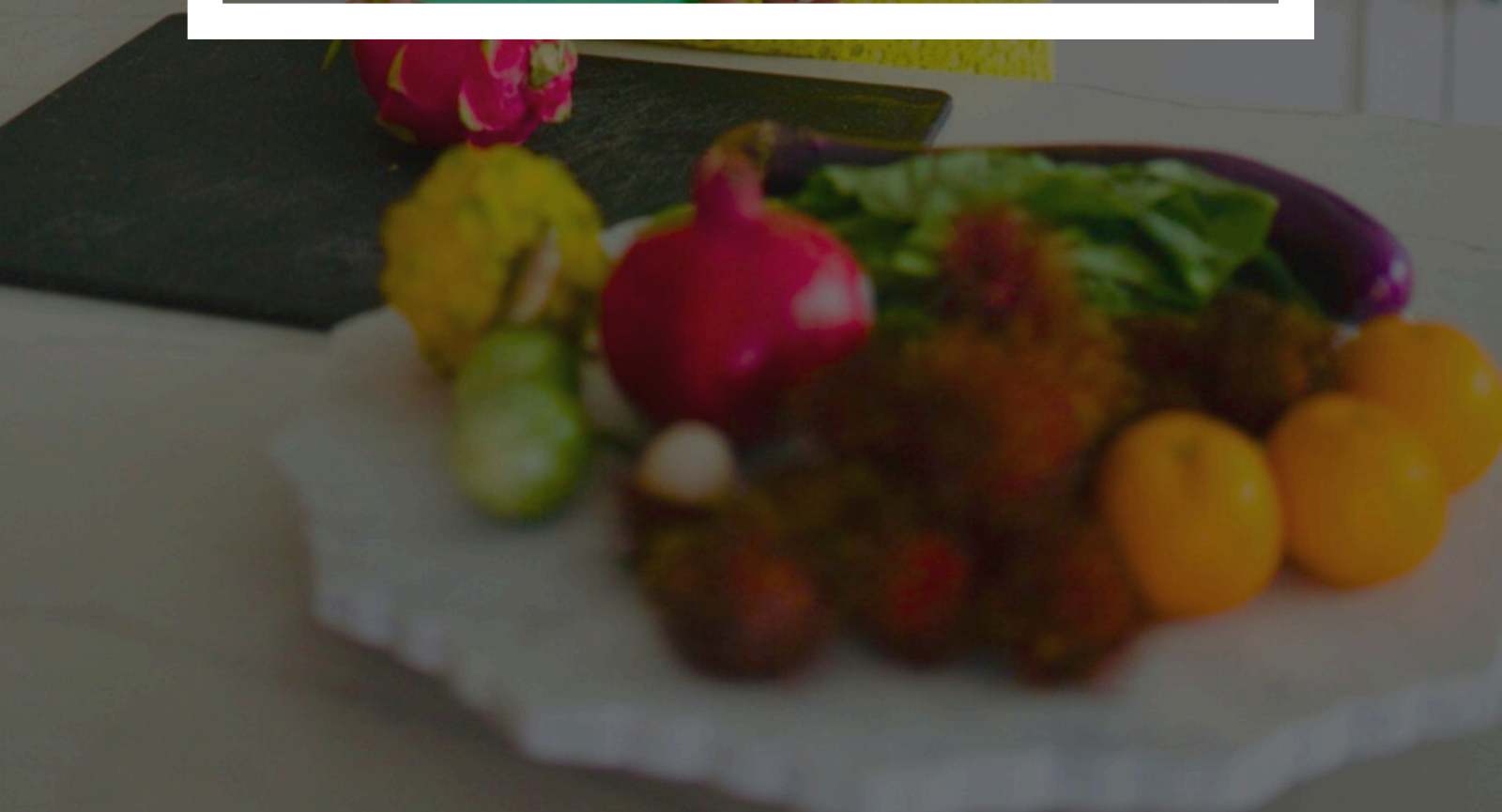
1. To prepare tikki, pull the Lion's Mane mushroom apart into small shreds about 1/4 inch wide.
2. Transfer to a medium-sized bowl and add the bread crumbs, parsley, salt and pepper. Set aside.
3. In another small bowl, stir the prepared "flax egg", mustard, mayo, tamari and hot sauce until combined.
4. Pour the wet ingredients over the Lion's Mane mixture. Mix well. (If it's too wet, add a little more breadcrumbs, if too dry, add a little more mayo or water).
5. Divide the mixture into 2-4 sections and press each firmly into "tikkis"
6. Heat oil in a skillet over medium heat. Carefully cook the tikki until crispy and golden. About 4 minutes on each side.
7. Transfer to paper towel-lined plate and drain oil. Serve immediately with moringa chutney (see recipe)

#CellCare: *Researchers have discovered that lion's mane mushrooms contain two compounds that can stimulate the growth of brain cells: hericenones and erinacines.*

Furthermore, animal research has found that lion's mane mushroom has anti-inflammatory properties relieving anxiety symptoms and depression, and regenerates brain cells improving the function of the hippocampus, which processes memory and emotion.



Flavorful Sides & Chutneys





Quick Gut-Nourishing Kimchi

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 8 oz Chinese cabbage
- 1 garlic clove
- 1 tsp ginger, grated
- 1 tsp tamari
- 1 tsp sriracha
- 1 Tbsp rice wine vinegar
- 2 oz radish, grated
- 1 small carrot, thin strips
- 1 scallion, thin strips
- 1/2 Tbsp salt

Directions

1. Cut cabbage into small, thin strips. Toss with 1/2 tablespoon of salt and set aside for 1 hour.
2. In a small bowl, mix garlic, ginger, tamari, sriracha, and vinegar.
3. Rinse off cabbage and pat dry.
4. Transfer to a larger bowl along with carrots, radishes, and scallion.
5. Toss with garlic and vinegar mix.
6. Serve immediately or store in an airtight jar and let ferment overnight, then refrigerate.

#CellCare: Chinese cabbage contains high calcium and vitamin K levels, which help keep your teeth and bones healthy. Its potassium content makes it great for regulating blood pressure, which helps keep your heart healthy. In addition, this crucifer contains vitamin C, which strengthens your immune system, and beta-carotene, which is beneficial for preventing macular degeneration. As a result of the fiber in this recipe, your digestive tract should remain healthy and free of accumulated waste.





Broccoli Asparagus Quinoa

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

- 1/2 cup quinoa, rinsed
- 2 oz. broccoli, chopped
- 3 stalks asparagus, 1/2 inch pieces
- 1 scallion, thinly sliced
- 1 garlic clove, minced
- 1 tsp ginger
- 1 tsp olive oil
- 2 Tbsp. sesame oil

Directions

1. In a saucepan, add 1 tsp olive oil over medium heat.
2. Add broccoli, asparagus, ginger, garlic and salt and sauté 2-3 minutes.
3. Remove from pan and set aside.
4. Add quinoa, and 1/2 cup cold water. Bring to a boil over medium-high heat.
5. Stir, reduce heat to low, cover and simmer for about 10-15 minutes or until water is absorbed and quinoa is tender. Fluff with fork.
6. Gently fold in cooked veggies, scallion and sesame oil. Adjust for seasoning.

#CellCare: This highly nutritious whole grain is growing in popularity due to its many health benefits. Quinoa is rich in antioxidants, and one cup of cooked quinoa has 8.14 grams of protein. Quinoa contains fiber, which may protect against a variety of health conditions, such as constipation, high cholesterol, high blood pressure, and diverticulosis. Quinoa also contains the phytochemicals quercetin and kaempferol. Kaempferol may help protect against infection, heart disease, diabetes, and several types of cancer, including skin and liver cancer. Furthermore, quercetin may boost the body's defenses against infection and inflammation.





Tahini Vinaigrette with Cucumber and Pickled Onion

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 1/3 cup olive oil
- 2 Tbsp. well stirred tahini
- 1 garlic clove, minced
- 2 Tbsp. fresh lemon juice
- Pinch of cumin & cayenne
- 1 Tbsp. chopped fresh parsley
- Mixed green for salad
- 1/3 small cucumber, sliced (removed seeds)
- 1/2 red onion, thinly sliced
- 1/4 cup water
- 1/4 cup apple cider vinegar
- 1 Tbsp. maple syrup
- Pinch red pepper flakes
- Salt & pepper to taste

Directions

1. Combine tahini, garlic, lemon juice, parsley, cumin, cayenne, salt, and pepper and whisk to combine.
2. While whisking, drizzle 1/3 cup of olive oil until combined. Taste and adjust seasoning. Set aside.
3. To make pickled onions and cucumbers, bring water, vinegar, maple syrup, salt, pepper, and red chili flakes to a boil. Pour over red onions and cucumbers, and let sit 20 minutes.
4. Plate salad greens, with pickled onions and cucumbers, drizzle with tahini vinaigrette and serve with lentil falafels (see recipe)

#CellCare: Tahini is a paste made from sesame seeds that has been toasted and ground. Tahini contains relatively few calories but high levels of fiber, protein, and many essential vitamins and minerals. Tahini is particularly rich in copper, a trace mineral essential for iron absorption, blood clotting, and blood pressure. Tahini, and its components, may aid in improving heart health, reducing inflammation, and preventing certain types of cancer from developing.





Cashew Lime Pesto

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 100 grams of cashews
- 1 large bunch of fresh basil
- zest of one lime
- 2 limes (or 4 Tbsp. lime juice)
- 1 garlic clove
- 1/2 tsp sea salt
- 1 tsp maple syrup

Directions

1. Soak cashews in water overnight.
2. When ready, drain cashews and put in a blender.
3. Finely grate lime zest onto drained cashews.
4. Add the juice of limes, garlic basil, sea salt, and maple syrup into the blend and blend until creamy.
5. Add water as needed.

***#CellCare:** Cashews are a good source of fiber, protein, and healthy fats. They also contain a variety of vitamins, minerals, and health-protective beneficial plant compounds. As with nuts, cashews may help with weight loss, blood sugar regulation, and heart health. Furthermore, they are rich in magnesium, which is essential for the regulation of fat and carbohydrate metabolism.*





White Bean Lemon Hummus

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 12 oz. canned white beans
- 1/2 lemon, juiced
- 1/2 tsp. ground cumin
- 1 garlic clove, minced
- 1/4 cup tahini paste
- 1/4 cup olive oil, more if needed
- Salt & pepper to taste

Directions

1. Put the white beans into a food processor or high-speed blender.
2. Add lemon juice, cumin, garlic, tahini paste, and salt and pepper to taste.
3. Blend and slowly add olive oil.
4. Process until smooth and thick.
5. Taste and adjust for seasoning.
6. Top with a drizzle of olive oil and grated lemon zest.

***#CellCare:** White beans, also known as white navy beans, can benefit the body in a number of ways. In addition to being loaded with antioxidants, they also provide a good supply of molybdenum, which is detoxifying. They are also a good source of fiber and protein and they produce alpha-amylase inhibitors that aid in regulating fat storage in the body.*





Cilantro Moringa Chutney

SERVINGS: 2

PREPPING TIME: 60 MIN

COOKING TIME: 10 MIN

Ingredients

- 1/2 cup fresh cilantro, chopped
- 1/2 Tbsp. moringa powder
- 1 Tbsp. olive oil
- Juice of 1/4 lemon
- 3 Tbsp. pine nuts, toasted
- Pinch Himalayan pink salt

Directions

1. Pulse all ingredients in a blender until fully combined.
2. Taste and adjust for seasoning

***#CellCare:** Moringa leaves contain many critical nutrients, including protein, vitamin B6, vitamin C, riboflavin, and iron. Moringa oleifera is rich in various antioxidants, including quercetin and chlorogenic acid. Moringa leaf powder can increase blood antioxidant levels. Moringa oleifera can lower your cholesterol levels, potentially reducing the risk of heart disease.*





Hemp-Nut Pesto Zoodles

SERVINGS: 2

PREPPING TIME: 60 MIN

COOKING TIME: 10 MIN

Ingredients

3 medium zucchinis
2 Tbsp. olive oil
1/4 cup unsweetened almond milk
1/2 lemon, juiced
1/4 cup walnuts
1/4 cup hemp seeds
1/3 cup fresh basil leaves, packed
3/4 tsp salt
2 garlic cloves, minced
1/4 tsp. pepper

Directions

1. Spiralize or julienne zucchini into noodles or thin strips. Place in a large bowl
2. In food processor or blender, add 1/4 cup hemp seeds and walnuts, olive oil, almond milk, lemon juice, basil, salt, garlic and pepper.
3. Process until smooth. Pour sauce onto the zoodles and toss until fully combined.

#CellCare: *Zucchini contains several antioxidants that may provide various health benefits. It is rich in both water and fiber, two compounds that can promote a healthy digestive system by reducing the risk of constipation and symptoms of various disorders. The fiber, potassium, and carotenoids in zucchini may reduce blood pressure, cholesterol, and other heart disease risk factors. The nutrients in zucchini, such as manganese, lutein, zeaxanthin, and vitamins A and C, contribute to healthy vision and may help prevent age-related eye conditions.*



Treats That Nourish





Gut-Friendly Chocolate Chip Cookies

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

1/2 Tbsp. flax meal + 1/2 Tbsp.
water mixed
1/8 cup coconut oil, melted
1/5 tsp almond milk
1/6 cup apple sauce
1 Tbsp. agave
1/6 cup cashew butter
1/4 tsp cinnamon
1/5 Tbsp. coconut flour
1/2 cup oat flour
1/8 tsp baking soda
1/3 bark dark chocolate, chopped
Pinch of salt

Directions

1. Preheat the oven to 325 degrees.
2. Mix flax, agave, coconut oil, cashew butter, almond milk, and apple sauce in a bowl.
3. Stir in coconut flour, oat flour, baking soda, cinnamon, and salt.
4. Let sit for about 5 minutes to let the coconut flour absorb some of the moisture,
5. Fold in chocolate chunks, leaving some on the side for later.
6. Place parchment paper down on the baking sheet and drop cookie dough blobs using a spoon.
7. Place some more chunks of chocolate on the cookies and sprinkle with salt.
8. Place in the oven for about 12-15 minutes until golden brown.



A Coconut Is Good For The Gut



***#CellCare:** Coconut has been shown to improve gut health and to alleviate digestive problems. Lauric acid is the key ingredient because it works as an antimicrobial MCFA (specifically, it reduces enterotoxins and carcinogens) that have a negative effect on the gut. Coconuts are rich in fiber, which can bulk up your stool and support bowel regularity, thus keeping your digestive system healthy. Likewise, since these fruits are high in fat, they can help your body absorb fat-soluble nutrients such as vitamins A, D, E, and K. Furthermore, coconuts contain polyphenol antioxidants that can protect your cells from damage, which may aid in the prevention of chronic diseases.*





Matcha Green Tea Dark Chocolate Bark

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- 10 oz. dark chocolate chopped
- 1 Tbsp matcha
- 3 Tbsp freeze-dried strawberries
or fresh
- 3 Tbsp almond slivers
- 1 tsp sea salt flakes



Directions

1. Layout parchment paper on a tray or cookie sheet.
2. Melt dark chocolate using a double boiler (until halfway melted). Stir chocolate until it is completely melted.
3. In a small bowl, spoon out four tablespoons of melted dark chocolate and set aside. This will be used to create decorative swirls.
4. Back to the big bowl of dark chocolate, sift in matcha, and mix well. Evenly spread the matcha chocolate onto the parchment paper.
5. Drizzle the dark chocolate from the small bowl on top of the matcha chocolate and swirl using a toothpick.
6. Sprinkle strawberries, almond slivers, and salt flakes.
7. Refrigerate for 15 minutes to let the chocolate firm.
8. Cut into irregular, bite-sized pieces.

#CellCare: Matcha is rich in catechins, plant compounds that act as natural antioxidants that may reduce cell damage and prevent chronic diseases. Matcha has also been shown to improve attention, memory, and reaction time. Additionally, it contains caffeine and L-theanine, both of which contribute to improved brain function.





Chocolate Avocado Pudding

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

4 dates, pitted
1 large avocado
2 Tbsp. maple syrup
3 Tbsp almond butter
1/4 cup organic cacao powder
2 tsp. cinnamon
1/2 cup dairy free milk of choice

Directions

1. Place all ingredients in a high speed blender and blend.
2. You may add more liquid depending on desired texture.
3. Top with berries and enjoy.

#CellCare: Avocados are rich in vitamins C, E, K, and B6, as well as riboflavin, folate, pantothenic acid, magnesium, and potassium. Additionally, they provide lutein, beta carotene, and omega-3 fatty acids. Avocados contain a high level of healthy, beneficial fat, which can help you feel full between meals. The plant chemical beta-sitosterol found in avocados helps maintain healthy cholesterol levels..





Spirulina Hemp Bites

SERVINGS: 10 BITES

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

1/2 cup raw pumpkin seeds
1/2 cup pistachios
1/2 cup unsweetened shredded
coconut
1/4 cup hemp hearts
5-6 dates, pitted
1/4 cup coconut oil
2 tsp spirulina
1/2 tsp cinnamon
Roll in sesame seeds,
unsweetened coconut flakes, raw
cacao nibs, or cocoa powder

Directions

1. Throw all ingredients in a food processor or high-speed blender and process for about 15 seconds until well combined
2. Alternatively, if not using a food processor or blender, finely chopped pumpkin seeds, pistachios, coconut, hemp hearts, and dates.
3. Mix remaining ingredients until well combined.
4. Roll into balls and coat with sesame seeds, unsweetened coconut flakes, raw cacao nibs, or cacao powder.
5. Enjoy! Store leftovers in the fridge.



Powder of Vitality – Spirulina

#CellCare: Spirulina is a type of cyanobacteria, which is a family of single-celled microbes that are often referred to as blue-green algae. In addition to vitamins E, C, and B6, spirulina is rich in a range of minerals and vitamins essential for maintaining a healthy immune system. Additionally, spirulina boosts your body's ability to fight off viruses and bacteria by boosting white blood cell and antibody production. Phycocyanin, its main active component, acts as an antioxidant and an anti-inflammatory, preventing free radical damage and inhibiting inflammation. Researchers indicate that spirulina lowers triglycerides and "bad" LDL cholesterol and raises "good" HDL cholesterol simultaneously. cholesterol. Spirulina has great benefits in reducing symptoms of allergic rhinitis. Furthermore, spirulina may provide a number of exercise benefits, including increased muscle strength and endurance.





Almond Date Energy Bites

SERVINGS: 10 BITES

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 2 cup Medjool date, pits removed
- 1/2 cup roasted almonds
- 1/2 cup almond butter
- 1/2 cup unsweetened shredded coconut
- 1 pinch salt

Directions

1. Combine dates, almonds, almond butter, salt, and half of the coconut in a food processor, or finely chop and mix till sticky dough-like consistency.
2. Wet your hands and form 2 tablespoon size balls.
3. Roll in the remaining coconut.
4. Let dry at room temperature for 2 hours before serving.
5. Store in airtight container.

#CellCare: Dates are said to have some really powerful health benefits, including boosting energy, increasing iron in the body, and aiding digestion. Dates are popular throughout the world for their nutritional value, fiber, and antioxidants. As a result of their anti-inflammatory, antioxidant, and anti-tumor properties, these dried fruits may be beneficial in treating various conditions. According to a 2008 review published by Cornell researchers, eating about four pitted dates per day can provide over 15% of our daily requirements for essential minerals such as copper, potassium, magnesium, and selenium.



Connect with me at:



www.drbhanote.com



@drbhanote



Dr. Monisha Bhanote



drbhanote

