



**Cooking to Heal:**  
**The “How-To” of Implementing an Autism Diet**

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**Agenda**

- ❖ Initial Steps for Getting Started
- ❖ Ideas for Picky Eaters
- ❖ Meal Planning
- ❖ Kitchen & Cookware
- ❖ Recipes & Video Demos
  - ❖ Meals - Snacks - Desserts
  - ❖ GFCF - SCD - and more

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**Initial Steps**

**Step-by-Step Guide to GFCF Success**



**Steps for a Successful GFCF Diet Implementation**


**Step-by-Step Guide to GFCF Success**

1. Get educated on the Gluten-Free and Casein-Free Diet (GFCF), as well as Soy-Free (SF)
2. Experiment. Discover choices your child likes. Before removing any foods from the diet, identify new GFCF alternatives.
3. Create a meal plan. Develop a list of diet compliant meals and snacks your child will eat or ideas that you would like to try.
4. Shop
5. Begin the GFCF diet!
6. Keep a diet record.

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**1. Get Educated on the GFCF Diet**

- Learn the gluten grains and hidden sources of gluten, casein-containing foods, along with gluten-free and casein-free options.
- Gather recipes from cookbooks and food blogs. (Step 2 will be to cook them and experiment)
- Community support. Join a Facebook, Yahoo, or other community group to ask questions and get support. Connect with us at “Nourishing Hope for Autism” on Facebook and ask your questions.
- Watch instructional videos - Watch the Cooking to Heal video and accompanying cookbook. Many additional videos are available at YouTube channel: NourishingHope



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## 2. Experiment

- Discover choices your child likes. Before removing any foods from the diet, identify new GFCF alternatives.
- Take note of prepared/frozen foods, mixes, and ingredients you can use. Buy some different options and practice cooking them and serve them to your children.
- Cook new recipes and see which your child likes, and how to make them appealing with a dipping sauce or visual presentation.
- Look for ideas *Cooking to Heal* by Julie Matthews



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## 3. Create a Meal Plan

- Develop a list of diet compliant meals and snacks your child will eat or ideas that you would like to try.
- Draw four columns on a page and title the columns: Breakfast, Lunch, Dinner and Snacks. Begin filling in meal choices
- Many foods are inherently GFCF such as fruits, vegetables, meat and eggs, nuts and beans, fats and oils.
- Add GFCF versions of foods your child already likes: GFCF pancake in place of their normal, rice pasta instead of wheat-based, chicken nuggets with a gluten-free breading.



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## 4. Shop

- Making a meal plan, Step 3, will make shopping easy.
- Keeping your shelves stocked – this will allow you to have food on hand when your kids are hungry, and help prevent the temptation or accident of going off the diet.
- Purchase diet compliant flours, milks, and other cooking staples to make the basics. Many of these you can get at a natural foods store. Conventional supermarkets are beginning to have a gluten-free section, and dairy-free options.
- Special items like nut flours can be ordered online.



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## 5. Begin the GFCF Diet

- 1st step : Start by removing casein and soy from the diet - for a week
- 2nd step : Week 2, Remove gluten as well, and continue (GFCFSF) for at least three to six months.



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## 6. Keep a Diet Record

- Keep a regular journal of changes in your child's diet and daily condition.
- Make notes of positive changes, as well as difficult days.
- A diet record will help you keep track of how the diet is going, help identify any infractions, and determine other factors (dietary or otherwise) that may be affecting your child.




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## GFCF Tips

- ✓ Substitute the same foods your child likes with gluten/casein-free options. For example, if they eat waffles every morning, buy rice flour waffles.
- ✓ Do not increase the amount of sugar in the diet. When going GFCF, it is common to start substituting *anything* gluten-free, including high sugar cookies. Avoid this.
- ✓ If the package does not say Gluten-free and Casein-free, call the manufacturer to be sure. Wheat-free and Dairy-free, do not necessarily mean GFCF.
- ✓ Put gluten and dairy free options into your usual containers, i.e. put rice milk in the milk container. Make this transition slowly diluting the dairy to non-dairy over a week or two.
- ✓ Make sure your child's nutritional needs are met. Calcium, protein, etc.
- ✓ Once your child is GFCF, begin to strategize on how you can introduce healthier foods such as vegetables and fresh vegetable juices, fermented foods, antioxidant-rich foods and other nutrient-dense choices.

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## Healthy GFCF




Eat	Avoid
Protein at breakfast and throughout day	Sugar cereals
Fresh fruit	Loads of GFCF cookies and high sugar foods
Get creative with adding vegetables	Just "kids foods" without many nutrients - hotdogs, fries, pizza
Healthy snacks with protein and/or vegetables - chicken pancakes, carrot chips	Processed snacks/reinforcers - chips, pretzels, gummy bears
Fresh made vegetable juice	Fruit juice
Fermented foods	Food ruts and jags (add new health foods)

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## Gluten-Free Grains and Foods

Rice	Sorghum	<u>Thickeners</u>
Millet	Tapioca	Agar
Quinoa	Nut flours	Guar gum
Amaranth	Seed flours	Gelatin
Buckwheat	Coconut flour	Kudzu powder
Corn	Chestnut flour	Tapioca
Wild rice	Bean flours	Sweet rice flour
Montina	Roots (taro, yam)	Xanthan gum
Teff	Yucca/casava	Arrowroot



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## Casein-Free Foods



<u>Milk &amp; Yogurts</u>	<u>Oil/Butter</u>	<u>Ice Cream</u>
Rice milk	Coconut oil	Sorbets w/o milk
Almond, hazelnut or hemp milk	Olive oil	Non-dairy ice cream
Homemade Nut milk	Ghee (cert.)	Coconut ice cream
Coconut milk	Lard or tallow	Fruit popsicles
Potato milk-Vance's DariFree	Earth Balance (not good nutritionally)	
<u>Pudding</u>	<u>Cheeses</u>	<u>Chocolate</u>
Non-dairy versions	Daiya Cheese	GFCF chocolate
Avocado base	Galaxy Foods	


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## Picky Eaters



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## Possible Causes Picky Eating



- Additions to opiates (gluten/casein) cause consumption of primarily wheat and dairy containing foods
- Additions to chemicals (MSG, artificial additives) cause restriction to one brand or large preference for processed foods
- Nutrient deficiencies (zinc) makes everything taste bad or bland.
- Yeast, viral, and microbial overgrowth may cause focus on eating mainly high carb and sugar foods
- Sensory sensitivities can restrict the consumption of certain textures - Seek a feeding therapist when needed

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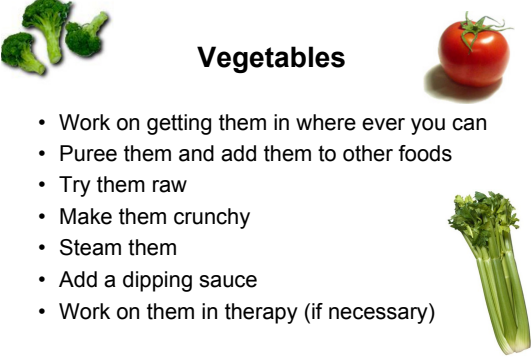
## Ideas for Picky Eating



- Remove addictive foods
- Improve nutrient status with supplementation
- Get creative with TEXTURE
  - Chicken pancakes and meatballs for protein
  - Vegetable Laktos and Carrot/Kale Chips for vegetables
- Incorporate ("hide") pureed vegetables in muffins, pancakes, meatballs, pasta sauce
- Visual Presentation

*Ideas and Recipes for Picky Eaters In Cooking to Heal*

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## Vegetables

- Work on getting them in where ever you can
- Puree them and add them to other foods
- Try them raw
- Make them crunchy
- Steam them
- Add a dipping sauce
- Work on them in therapy (if necessary)

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## Good ways to **Boost** Nutrient Levels and Enjoy More Vegetables



- Veggies 101
  - Puree vegetables and add to:
    - Muffins
    - Pancakes 1/4-1/2 cup puree per cup of pancake flour mix
    - Meatballs, meat patties, and meat loaf
    - Sauces such as tomato sauce
    - After pureeing, freeze in ice cube trays and thaw as needed
- Juicing vegetables

**For beginning veggie eaters:** Pureed carrots, sweet potato, winter squash, cauliflower

**Evolve texture and color:** Kale, broccoli, and other greens (chopped or pureed)

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## Good ways to **Boost** Nutrient Levels and Enjoy More Vegetables

- Crunchy texture
  - Make vegetables into chips (like potato chips). Use carrots, sweet potatoes, butternut squash, beets, parsnips, or other roots or dense vegetables.
  - Vegetable latkes
- Shredded vegetables:
  - Add shredded beets to chocolate cake for birthdays
  - Add shredded carrots or zucchini to muffins or bread
  - Shred zucchini and other vegetables, and add to vegetable/potato hash browns
- Broths
  - Use broth for soups or stews. Cook grains or pasta in broth. Add concentrated homemade broth to sauces.
  - Seaweed, nettles and greens - Add to cooking grains, soups, tomato sauce, even boiling pasta to impart nutrients

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## Kid-Friendly Fermented Foods

- Add non-dairy yogurt to fruit and puree into a smoothie
- Use a small amount of fruit and yogurt to make a fruit-yogurt dipping sauce for fruit kebabs.
- Apple Kraut: Shred apple and add 50/50 with raw sauerkraut to reduce sourness. Serve as shredded fruit salad.
- Puree raw sauerkraut or other cultured vegetables in food processor with apple sauce (or other fruit sauce)
- Fermented drinks: Young coconut kefir, non-dairy kefir sodas, kombucha



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## Meal Planning

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## Meal Plan

Breakfast	Lunch/Dinner	Snacks
Bacon Eggs	Meat patties with liver Butternut squash fries	Apple or pear with nut butter
Pancakes with pureed vegetables and/or added protein Sausage patty	GF pasta and meatballs Pureed veggie in sauce	Chicken pancakes
French toast or GF toast with nut butter	Peas Chicken nuggets Dipping sauce Steamed vegetables	Smoothie or fresh vegetable juice
Gluten-free porridge Chicken or turkey sausage	Nut-free PB&J - Sunflower butter and jam sandwich Carrot sticks	Hummus and raw vegetables or gluten-free bread/crackers
Smoothie Meat/sausage patty	Bean burgers or Indian lentil pancakes with cooked or shredded vegetables	Veggie latkes
Chicken pancakes and fruit (Add fruit to any breakfast)	Roasted meat Potatoes or Cauliflower mashed "potatoes" Veggie latkes	Applesauce Carrot chips

**Meals:** Add fruit, starches, and more vegetables as tolerated.

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## Healthy Breakfasts



- ❑ Eggs
- ❑ Homemade muffins with pureed vegetables and/or fruit
- ❑ Pancakes with pureed vegetables or chicken
  - ✓ Make larger batch, cook pancakes, freeze extras, & reheat in toaster or pan.
- ❑ GF Oatmeal or other hot cereal
- ❑ Breakfast meat such as sausage or bacon
- ❑ Smoothie: with fresh fruit, vegetable juice, pureed vegetables, or other nutrient dense foods



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## Healthy Snacks



- Fruit kebabs with nut yogurt dipping sauce
- Nut butters (almond, cashew, sunflower seed) on apple or celery
- Smoothie or homemade popsicles with pureed vegetables, vegetable juice, fresh fruit, nut yogurt
- Hummus with vegetables or pita
- Chicken pancakes
  - Blend 1 cup cooked chicken breast with 2 eggs. Pour in pan like pancake batter and cook.
- Homemade carrot or butternut squash chips



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## Healthy Lunch



- Chicken or other protein with:
  - Fruit
  - Raw veggie sticks with dipping sauce (such as hummus or nut butter)
  - Healthy snacks
- Slice lunch meat roll ups with shredded vegetables
- Sandwich on GF bread with sunflower seed butter (for peanut- and nut-free schools)
- ✓ Use a thermos for hot food:
  - Dinner leftovers
  - Soup, stew, chili
  - GF pasta
  - GF chicken nuggets or burger



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## Bento Boxes



EcoLunchbox

## Laptop Lunches



## Bento Lunches

- Traditional Bento
  - Chicken
  - Rice
  - Green beans or Freeze-dried veggie mix
  - Pear with sunflower butter
- GFCF
  - Sausage
  - Potato pancakes with shredded veggies
  - Frozen peas
  - Strawberries with chocolate nut butter dipping sauce
- SCD
  - Beef burger
  - Fruit such as golden delicious apple sliced with sunflower butter dipping sauce
  - Spaghetti squash
  - Nut or coconut muffin

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## Healthy Dinner

- Protein:
  - Meatballs or meatloaf
  - Hamburgers or meat patties
  - Chicken nuggets (GFCF or SCD)
  - Roasted meat
  - Beans and bean burgers
- Vegetables
  - Cooked vegetables
  - Raw salad vegetables
  - Pureed into soups and dishes
- Starches or mock starches
  - Potatoes or SCD "mashed cauliflower potatoes"
  - Rice or pasta for GFCF
  - Butternut squash fries

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## Rotation Diet

- Supports consuming food when mild to moderate sensitivities are present (not food allergies)
- Helps prevent further food sensitivities from developing
- Typical rotation diet is once every 4 days
- A “day” can be one calendar day from morning to night, or dinner to lunch/snack the next day

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## 4-Day Rotation Diet

	Day 1	Day 2	Day 3	Day 4
	Chicken Grain-free Almond	Beef Rice Sunflower seeds	Turkey Potato Cashew	Pork GF oats Egg- & Nut-free
<b>Breakfast</b>	Almond flour pancakes Berries	Muffin with rice flour and pureed pumpkin Apple with sunflower butter	Eggs Turkey sausage Blueberries	Bacon GF Oatmeal or oat flour muffin
<b>Lunch</b>	Chicken nuggets Peas Fruit	Hamburger w/ GF bun Pickle Fruit	Sliced turkey Hummus & carrots Fruit	Pork sausage Carrot chips Fruit
<b>Snack</b>	Chicken pancakes Pear	Rice bread and sunflower butter Banana	Potato/veggie latkes Cashews	Apple sauce with pureed raw sauerkraut Bacon from AM
<b>Dinner</b>	Roasted chicken Butternut squash fries Broccoli	Beef stir-fry with vegetables Rice	Turkey meatballs with pureed veg. Dipping sauce Potato	Pork chop or patty Sweet potato fries or pureed in patty Green beans

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## Chart Progress and Further Refine

- Correlations not always clear - Keep diet record.
- Add one food at a time - Take note.
- Avoid changing foods & supplements simultaneously.
- Watch for symptoms or regression:
  - Sometimes a “regression” is actually a sign of healing, i.e. removal of gluten/casein may cause opiate withdrawal
  - However, sometimes a new food substitution (corn) is problematic and needs to be removed
- Look for improvement
- See what’s remaining, and consider additional diets/ dietary intervention. Changing the diet or layering diets
- Seek nutrition support from a qualified professional



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Let's get ready to cook!

Kitchen & Cookware

## GFCF Cooking Staples

- ❑ **Vinegar.** Rice vinegar, apple cider vinegars, red and white wine vinegars, and balsamic vinegar are gluten-free. Distilled vinegars are also gluten-free because of the manufacturing process. Be careful at restaurants; cheap brands of vinegar that use colors or flavors may contain gluten.
- ❑ **Ketchup and mustard** are made with vinegar so check to ensure they're gluten-free. French's mustard is gluten-free. Dijon mustard is also gluten-free. Heinz and Westbrae ketchups are gluten-free.
- ❑ **Vanilla** extract may or may not be gluten-free depending on the alcohol used. Frontier and McCormick's are gluten-free.
- ❑ **Herbs and Spices.** Good quality herbs and spice brands such as Frontier, Penzy, even McCormick are gluten-free for the most part. For these brands, herbs and spices that are single spices such as basil, cinnamon, or onion powder, are gluten-free. However, spice blends, are typically not gluten-free, such as apple pie spice, Mexican seasoning, and chili powder (such is a blend of chilis).
- ❑ **Baking powder** – Rumford brand is GFCF and aluminum-free

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## Cooking Oils

- Cold: Olive oil, unrefined nut/seed oils, flaxseed oil
- Light/medium heat: Olive oil, raw coconut oil
- High heat/frying: Ghee, Lard or other animal fat (grass-fed only), Expeller pressed coconut oil
- Baking: melted ghee, coconut oil, palm oil


*Not: corn, soy, cottonseed, or canola*

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## Avoiding Toxins in the Kitchen



Toxins Around the Kitchen	Safer Cooking Alternatives
Avoid aluminum cans	Buy in glass
Avoid storing in plastic	Store in glass w/metal or plastic lid
Avoid Teflon, copper, and aluminum pans	Use stainless steel (attracts a magnet), cast iron or enameled cast iron
Avoid the microwave, do not reheat in plastic	Heat in oven or on stove
Avoid plastic wrap & aluminum foil	Use wax paper or glass with lid
Be careful of lead in slow cookers	Consider Le Creuset Dutch oven



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## Cross-contamination

- To keep things simple, initially just be concerned with the major cross-contamination offenders such as:
  - Bulk foods
  - Commercial fryers that fry breaded foods
  - Toaster
  - Wooden cutting boards or wooden utensils that can get gluten and casein lodged in the porous wood
- Everything else that is non-porous can be washed well.

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## Cooking GFCF Healthfully

- Kid-Friendly vegetables & Nutrient Dense foods
- Healthy animal foods
- GF flours and soaking seeds
- Nutritious desserts
- Fermented foods

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## Cook free of Food Sensitivities

- ✓ All recipes are gluten-free, casein-free, soy-free and corn-free
- ✓ Substitutes are available for egg-free and nut-free for most recipes
- ✓ Many recipes can be made grain-free and SCD compliant




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## Kid-friendly vegetables and nutrient dense foods

- Meatballs with veggies
- Carrot chips
- Juicing
- Broths

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## Veggie/Squash Meatballs

✓ GFCF/SCD  
 ✓ To make SCD compliant, substitute nut flour in place of bread crumbs.  
 ✓ Also can be made nut-free and egg-free by simply eliminating them from the recipe.

- 2 lbs ground raw meat (beef, turkey, chicken, buffalo)
- 1 cup cooked and pureed winter squash (butternut or acorn)
- 2 eggs
- 1 cup gluten-free bread crumbs (dry out a few slices of gluten free bread in oven, crumble by hand or in blender)
- Salt to taste (approx. 1 teaspoons)
  - o Preheat the oven to 350 degrees
  - o Combine all ingredients. Form into balls and place on parchment paper on baking sheet.
  - o Bake at 350 degrees for about 30 minutes or until cooked thoroughly.

Variation: Puree any vegetables. Great way to sneak in vegetables. Over time, you can smash cooked vegetables such as broccoli with a fork instead of pureeing smooth.

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## Carrot Chips



✓GFCF/SCD/BED/FG/IFS  
✓EGG-FREE/NUT-FREE

- Cut carrots into thin discs or curls with a vegetable peeler.
- Deep fry in coconut oil or grapeseed oil until lightly brown around edge.
- Remove from oil and place on paper towel to absorb excess oil. Salt chips.

✓ They are still a little soggy when they first come out, but they will firm up as they cool.

✓ You can use butternut squash, parsnips, or beets, as well as other vegetables (if dietary compliant). Parsnips are not SCD.

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## Juicing



### Apple and Beet Zester

- 1 ½ apples
- ½ cucumber
- 2 celery stalks
- ¼ red beet

- Drink or dilute with 50% mineral water.

How to choose a juicer: [www.discountjuicers.com/compare.html](http://www.discountjuicers.com/compare.html)

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## Broths: Chicken



1 whole pastured chicken  
Gizzards, head and feet from one chicken (optional)  
4 quarts cold filtered water  
2 tablespoons vinegar  
Add any vegetables desired

- Cut whole chicken. Place into a large stainless steel pot with water and vinegar. Let stand 30 minutes to 45 minutes.
- Add vegetables. Gently bring to a boil. Skim any scum that rises to the top. Reduce heat, cover and simmer for 6 to 24 hours.
- 1 ½ - 2 hours in, remove chicken that easily falls off the bone and use in chicken soup or a chicken dish. Add the greens 30 minutes before the stock is complete.
- Strain the stock and cool in your refrigerator. Once fat has hardened and congeals on the top, scoop it off and save it for cooking. Store broth in refrigerator or freezer depending on length of storage.

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## Healthy Animal Foods

- Chicken nuggets
- Burgers with liver
- Chicken pancakes
- Vegetarian Protein: Bean Burgers

## Chicken Nuggets (Egg-Free)



Chicken breasts or thighs  
2/3 cup GF flour (I use 2/3 brown rice flour and 1/3 potato starch or tapioca starch or a combo of both)  
2 tsp apple cider vinegar or other GF vinegar  
½ tsp baking soda  
1/3 cup water  
½ tsp salt

- Cut up the chicken into nugget sized pieces.
- Measure out your ingredients so you can combine everything fairly rapidly.
- Mix the flour and salt in the bowl you will use for dipping the chicken. Combine the soda and vinegar and quickly add it to the flour as it fizzes. Quickly add the water next. Mix it together with a fork.
- Heat oil in a pan. Dip the chicken in the batter. When the pan is hot, place the nuggets in the pan. Turn them over half way through cooking so they cook on both sides.
- Drain on paper towel. Serve alone or with a dipping sauce.
- Freeze leftovers.

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## Chicken Pancakes




✓GFCF/SCD/LOD/BED

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

- Using a food processor, blend ingredients together until completely smooth. Mixture will look just like thick pancake batter.
- Use 1/4 cup of the mixture and cook in hot greased skillet like a pancake. Batter may need to be spread out a bit so that it is not too thick.
- These cook much faster than nut flour pancakes. Watch them closely.
- Makes 4-5 pancakes.

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## Burgers with Liver

✓ GF/CF/SCD/L/OD/FG  
✓ EGG-FREE/NUT-FREE

- 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
- Mix together and form into patties. Cook as usual.

✓ Make it FG without herbs and spices except salt.  
✓ Liver has a high level of iron, vitamins A & C, zinc, etc.



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## Bean Burgers


✓ GF/CF/SCD - NUT-FREE  
✓ To make SCD compliant, substitute nut flour in place of bread crumbs.  
✓ Also can be made nut-free and egg-free by simply eliminating them from the recipe.

- 1 cup black or kidney beans
- 1 cup sunflower seeds
- 4 eggs
- 1/2 cup each (carrots – peeled, grated, kale and onion – finely chopped)
- 1 Tablespoon each herb (fresh parsley – finely chopped, rosemary, basil)
- 1 1/4 teaspoons salt
- Pepper (optional)
- Grapeseed oil or coconut oil to cook in

Soak beans overnight. Drain and rinse beans. Cook beans 20-25 minutes.

Grind the sunflower seed until the consistency of nut flour. Place beans into a food processor and process. Combine with the sunflower seed meal, carrots, onion, green peppers, herbs, kale, pepper and eggs, and knead with your hands until mixed thoroughly. Form into patties and fry in a skillet.

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## Grains & Soaking Seeds

- GF Flour blend
- Bread baking
- Nut milk

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## GF Flour Blends




### Gluten-free Flour Mix

This is Bette Hagman's recipe and is generally a good flour blend for substituting gluten flours in recipes

- 2 parts white rice flour
- 2/3 part potato starch flour (not potato flour)
- 1/3 part tapioca starch
- 1 teaspoon of xanthan gum per cup of flour mix


**Carol Fenster also has a gluten-free flour blend.**



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## Bread Baking



- Bread mixes are helpful at the beginning (i.e. Breads from Anna)
- Room temperature ingredients
- Proofing yeast
  - Feed yeast with sweetener
  - Temperature critical – too hot kill yeast, to cool yeast will not activate
- Let it rise
- Thoroughly bake
- Leave in pan for 10 minutes
- Then remove and cool on wire rack



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## Soaking "Seeds" – Easy to do

Grains, nuts, seeds, beans

- Increases digestibility
- Reduces inflammatory response
- Breaks down phytic acid and oxalates
- Fermenting grains breaks down lectins

**Grains** - Soak in water for 8-24 hours with 2 TBSP lemon juice or vinegar. Drain and cook with fresh water.

**Nuts** - Soak in water (with or w/o salt) for 7-12 hours. Drain and refrigerate, use to make nut milk, or drain and dehydrate (eat or make nut butter)

**Beans** - Soak in water for 8-24 hours with hearty pinch of baking soda. Drain and cook with fresh water.

*Preparation tip*

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## Nut milk

- 1 C nuts/seeds (any)
- Filtered water for soaking nuts
- 3 C filtered water
- Vanilla extract
- A sweetener - a few dates, maple syrup, or honey



- ✓ Soak nuts in water for around 8 hours. Strain water used to soak nuts.
- ✓ Combine nuts, fresh water, dates (if used) and blend until creamy.
- ✓ Strain the milk by pouring the liquid through a vegetable juicer (which strains out the pulp), or with a muslin or other cloth.
- ✓ Sweeten and flavor with vanilla and sweetener to taste.
- ✓ Nut milk will keep two to three days in the refrigerator (no longer).

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## Healthy Desserts

- Add shredded beets or pureed greens to GF chocolate cake
- Chocolate Pudding made with avocado
  - 2 avocados, ½ C carob or cocoa powder, 1 C dates
  - Blend in food processor or blender for 10 minutes.
- Baked apple
- Whole fruit dessert such as peach crumble with GF oats
- Coconut Date balls
  - 1/2 C coconut butter, 1 1/2 C dates, 1 T hot coconut oil. Blend in food processor.
  - Form into snack-size balls and roll in coconut flakes.
- Fruit with chocolate nut butter
  - Mix nut butter with unsweetened cocoa powder and raw honey until sweet. Spread on apple.

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## Nutritious Dessert - Date Balls

- 1 1/2 cups pitted dates
- 1/2-3/4 cup coconut butter
- 1/4 cup finely shredded dried coconut
- 1 cup finely shredded dried coconut (used for rolling the balls).



1. In a food processor, blend the dates into paste
2. 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.
3. Add dried coconut and process for 5 to 10 seconds more.
4. Melt coconut oil and add to processor.
5. Roll into balls
6. Melt additional coconut oil. Coat the ball with oil then roll in shredded coconut.
7. Store in a cool place, such as the refrigerator.

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## Date Ball Variations

- ✓ Use coconut butter instead of nut butter (not coconut oil). Sometimes called coconut spread. Found online: [wildernessfamilynaturals.com](http://wildernessfamilynaturals.com)
- ✓ Use sunflower seed butter instead of nut butter if allergic to nuts (if seeds are allowed)
- ✓ Add chopped fruit
- ✓ Add sultans
- ✓ Add chopped nuts
- ✓ Roll in sesame seeds
- ✓ Add GF chocolate chips for a treat
- ✓ Coat in cocoa powder

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## Kid-Friendly Fermented Foods

- Fruit kebabs with (dairy-free) yogurt dipping sauce
- Apple Kraut

## Fruit Kebabs with Yogurt Dipping Sauce



- Place appropriately sized chunks of alternating fruits and vegetables on a bamboo skewer
- Dipping Sauce
  - 1 cup of nut milk yogurt or coconut yogurt
  - 1 cup of fresh or frozen ORGANIC strawberries, peaches or other fruit
  - 1-2 Tablespoons honey (honey for SCD)
  - Blend in food processor or blender
- Smoothie variation: Can also add non-dairy yogurt with fruit, a bit of fruit juice or vegetable juice, and puree into a smoothie



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## Apple Kraut

- Mix 50% cultured veggies such as raw sauerkraut with:
- 50% shredded fruit such as grated apple or pear
- Serve

Variation: Puree cultured veggies and add to apple or pear sauce.



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Over 100 recipes

## Cooking to Heal Video and Cookbook Tool



- All Recipes labeled/tagged as:
  - GFCF, SCD, LOD, Body Ecology, Feingold, Failsafe
  - Egg-free and Nut-free
  - All recipes Gluten-free, casein-free, soy-free, and corn-free
- Making fermented foods
  - Raw sauerkraut, kefir, kombucha at a fraction of the cost of store bought. Gives you flexibility in flavor and ingredients.
- Coconut milk and seeds milks (useful for nut allergies)
- Tasty vegetable recipes
- Basics
  - Chicken stock, chicken nuggets, juicing recipes

### Nutrition Education & Cooking Demonstration

Special diet recipes, substitutions, and tips for implementing the dietary principles in special healing diets. Kid-friendly recipes and ideas.

FOR THOSE FOLLOWING:  
• Gluten-free Casein-free (GFCF) • Specific Carbohydrate Diet™ (SCD)  
• GAPS • Low Oxalate • Body Ecology

4-hour workshop **DVD** with Cookbook

**TOPICS INCLUDE:**  
Nutrition & Diet  
Quality & Fermented Foods  
Broths & Soups  
Soaking Seeds & Grains  
Healthy Desserts

Listen & Watch Julie in the Kitchen | Follow along in Cookbook Practical Recipes

**LEARN ABOUT:**  
REMOVING inflammatory and problematic foods  
ADDING easy to digest, nutrient dense foods

Recipe excerpt from Cooking to Heal

**Bean Burgers**

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

1 cup black or kidney beans  
1 cup sunflower seeds  
4 eggs  
½ cup carrots – peeled, grated

Additional ideas and tips: ...

Each recipe labeled for autism diet compliance: GFCF, SCD, FG, Nut-Free

Indicates that Julie demonstrates this recipe on the DVD

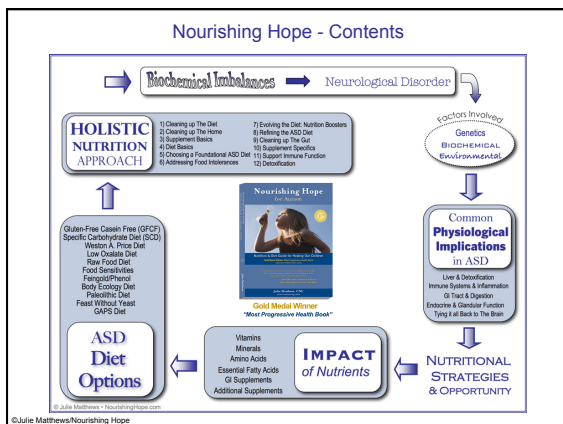
## Nutrition Support By Telephone and Skype with Julie Matthews

Contact our office to set up an appointment or for a free 15-minute consultation



(415) 235-2960

Info@nourishinghope.com



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## Nourishing Hope Support

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Autism Diet & Nutrition Guide

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