

Cooking to Heal™

nutrition & cooking class

for autism and special diets



led by Julie Matthews
Certified Nutrition Consultant
Autism Nutrition Specialist

4 hours of practical learning
and inspiration from the author of
the award-winning book **Nourishing Hope for Autism**

Chicken Pancakes

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

Ingredients

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

Directions

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

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

Kale Chips

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

You can also use other greens such as arugula (rocket), dandelion greens, mustard greens or others. Use lacinato kale for lower oxalate. Depending on the serving size, these kale chips are low/medium oxalate foods, that have a place in most low oxalate diets.

Ingredients

Bunch of Kale
Olive oil
Unrefined salt
Herbs and spices as desired (smoked paprika/capsicum, cayenne, rosemary or any)

Directions

Rinse kale leaves and dry. Remove stem of kale. Rub with olive oil. Season with salt and any other herbs you'd like.

Heat oven to 325 degrees. Place stalks directly on oven rack and cook for 10-15 minutes. Watch closely so they don't burn. Chips should be green and crispy, not browned – browned is burnt.



Energy Bar

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

These bars can be dehydrated for longer shelf life and easier transportation or eaten as is –when dehydrated the bars are pressed together and hold their shape well, and outside of the bars are not sticky.

They can be made compliant with most diets by substituting ingredients – i.e. substitute seed flour for the nuts for a nut-free and low oxalate choice. Use honey in place of the maple syrup on SCD/GAPS.

Ingredients

- 1 ½ cup fine coconut shreds
- 1 ½ cups nut flour (or chopped nuts)
- 1 cup coconut butter
- ¼ cup maple
- ¾ cup pitted dates

Directions

Soften coconut butter by placing jar in bowl of hot water and let sit for 20 minutes. Combine all ingredients into one bowl. Press “dough” into balls or bars using a musubi rice press to make the rectangular shape. Otherwise, line bottom of a baking pan with parchment, and press dough into it, then slice bars and lift out of tray from bottom of paper. Dehydrate at 115 degrees Fahrenheit for 24 hours.

You can still make these without a dehydrator; although, the texture will be different. If you don't have a dehydrator, decrease the maple/wet ingredients and increase the coconut shreds that absorb moisture as needed.

Variations: Any nut butter in place of the coconut butter. Honey or other sweetener of choice in place of the maple – bars will have a sticky outside with honey, but be dry to the touch when using maple.

Thanks to Lexie's Kitchen for the bar press idea.



Cook-a-long with Julie LIVE – July 23rd at 6pm PACIFIC time – USAAA.TV

8 Ingredients • 3 Recipes

Have the following ingredients on hand.....

1 Chicken breast – cooked (roasted chicken, boiled, etc.)

3 eggs (best quality)

1 bunch Kale

1 cup Dates

1 cup Coconut butter (or other nut/seed butter)

1 ½ cups Shredded coconut

¼ cup Maple syrup or honey

1 ½ cups Nuts or seeds (of your choice)

Dried fruit (optional)

Equipment to have ready: Food processor

Julie Matthews

Certified Nutrition Consultant



Nourishing Hope

Nutrition for Autism,
ADHD, and Healthy Children

Streaming **LIVE** Tuesday, July 23rd at 6:00PM PST

A special free **USAAA** pre-conference event:

From Julie's Kitchen to Yours : Quick Tips for Supporting a Healthy Diet

by Julie Matthews, certified nutrition consultant



- Cook-a-long with Julie
- See/hear new ideas
- Ask questions LIVE
- Free Giveaways too!



zenworksproductions
social responsibility, education, affecting change



Diet & Nutrition Learning Tools

ADHD • Autism • Learning and Development Delays

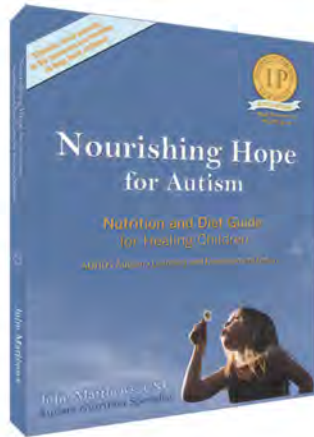
by Julie Matthews, CNC - Autism Nutrition Specialist

"I've been researching autism nutrition for ten years and have supported thousands of parents and clinicians to make the most of dietary intervention. From comprehending biochemistry, to discerning food and nutrient strategies, to cooking for any healing diet, Nourishing Hope and Cooking To Heal will help you." - Julie Matthews

Nourishing Hope for Autism

Autism Diet & Nutrition Guide

Independent Publisher
Book Awards
**Most Progressive
Health Book**



Cooking to Heal

Online Nutrition & Cooking Class



Cookbook & VIDEO

Nourishing Hope for Autism

Readers will learn:

- A clear understanding of why diet affects behavior, cognitive ability, learning, and symptoms.
- The scientific rationale for diet & supplementation.
- Positive effects of autism-specific nutrition on biochemistry and systemic healing.
- How to choose a diet, get started, measure your effectiveness, and reach goals.
- Effective dietary options; including GFCF, SCD/ GAPS, Body Ecology, Feingold, Low Oxalate, etc.
- Creative & proven ways to help "Picky Eaters"

Cooking To Heal

Here's what you get...

- Special Diet Cookbook: over 100 recipes - *tested by moms and kid-approved!*
- Beautiful Color photos; all recipes labeled for specific diet compliance, with substitution ideas.
- 4+ hours of "how to" video cooking demonstrations, nutrition guidance, meal planning tips and ideas.
- Charts and Resources too!
- Access from computer, iPad, smart phone, etc.



What Parents are saying:



"GREAT BOOK!"

"Excellent Resource"

"Roadmap for Healing Autism"

"Julie shows you how!"

"Comprehensive and PRACTICAL"

"Nourishing Hope is the best dietary intervention resource for autism. Julie lays out all the science behind autism diets in comprehensive detail. This book really inspired me and helped my son tremendously!"

—Katie Wright, Mother, Board Member: National Autism Association
Daughter of the founders of Autism Speaks



Julie Matthews is an internationally respected Certified Nutrition Consultant specializing in autism spectrum disorders. She is an expert in applying food, nutrition, and diet to aid digestive health and systemic healing. Her guidance and support tools stem from extensive research and applied clinical experience. Julie supports parents of children with autism from around the world and collaborates with pediatricians, family doctors, and researchers. She educates at the leading biomedical autism conferences, writes for autism publications, and has a private practice in San Francisco, California.

Personal Consultations/Events:
To inquire about a nutrition consultation or live event with Julie, contact:
info@nourishinghope.com
or telephone 415-235-2960

Food Matters for Autism

For those with autism, food choices can directly affect mind, body, and behavior. They need to avoid foods their bodies can't digest or that create inflammation/negative reactions, and they need to eat nutrient rich foods that support cellular and body functions.

Parents report positive changes to health and behavior when applying varied "autism diets." They're learning how to affect their child's health through these calculated omissions and additions to diet. Because they choose what their child eats, diet is way for parents to help children feel better, learn better, reduce autism symptoms, and pursue their full potential.

Strong science supports this approach to helping children:

- Children with autism have problems with certain foods that affect their behavioral, cognitive, and physical symptoms^{1,3,5}.
- Food directly affects the gut, intestinal inflammation and digestive capacity—which affects physiology and brain function^{2,4}.
- Nutrient deficiencies are common with autism^{6,7,8}.
- Gut problems and insufficient digestive enzyme function are common⁹.
- Digestion, detoxification and immune function are often affected.
- Dietary intervention influences these disordered systems seen in autism:
 - The gut is considered the "second brain" and the "gut-brain" connection has been studied in autism.
 - Healing the gut positively influences the brain¹⁰
 - Addressing digestive issues increases nutrition absorption. As nutrient status improves, systems function better—including the brain.
 - Removing foods containing toxins (such as artificial additives) that adversely affect brain chemistry relieves a burden on the liver and detoxification system and affects improvement in brain function and behavior¹¹.
 - By avoiding inflammatory foods (gluten, casein and others) we support immune and digestive systems.

Read the rest of this article and to see the scientific references at: nourishinghope.com/foodmatters



Free Diet & Nutrition Support for Parents

5-Step Parent's Guide

Learn How To Use Food and Nutrition to Help Your Child.

You will receive my 5-step guide that walk parents and professionals through the ins-and-outs of using diet and nutrition to help improve the symptoms of autism, ADHD, and other developmental delays.



Topics include:

- 1) **Why and How Diet Helps Autism:** Explains the underlying scientific rationale for diet changes, and the focus of nutrition intervention on health and behavior.
- 2) **Food Allergens, Sensitivities, and Substitutes:** Explains food allergens and sensitivities common in autism and how to address them.
- 3) **Focus on Getting Healthy:** Provides an overview of the most effective dietary strategies suggested by doctors and used by parents to help their children (GFCF, SCD/GAPS...)
- 4) **Fundamentals of Implementing a Special Diet:** Addresses the practical aspects of following & cooking for a special diet.
- 5) **Help for Picky Eaters:** Helps parents realize why many children with ASD make limited food choices, and gives advice on expanding diet and providing adequate nutrition.

Get both guides at: nourishinghope.com/parentsguide

Step-by-Step to GFCF Success

The Step-by-Step Guide to GFCF Success includes:

- Proven strategy for getting started with autism diet and nutrition intervention
- Grains containing gluten
- Foods with hidden sources of gluten (that can trip you up and inhibit success)
- Sources of casein (protein in dairy)
- How to avoid cross contamination at home and away
- Gluten-free grains and flour options
- Casein-free choices
- Nutrient boosting tips including supplement ideas and nourishing foods
- A comprehensive meal planning guide



"I'm happy to share free tools with parents so more and more children can benefit from a special diet. Get these free tools and join me at: NourishingHope.com"

Julie Matthews