



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

Julie Matthews
 Certified Nutrition Consultant

Julie Matthews is not a physician. She does not diagnose or treat disease. This information and her statements are not intended to replace a one-on-one relationship with a qualified health-care professional, and is not intended to provide medical advice. For medical advice, always seek a physician. This information is solely intended as a sharing of knowledge and information based upon the experience and research of Julie Matthews/Nourishing Hope.

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Initial Steps




Agenda


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

Begin by
Removing Artificial Ingredients

- ✓ Avoid trans fats (hydrogenated oil, fried foods, margarine, mayo, commercial peanut butter)
- ✓ Avoid artificial sweetener & high fructose corn syrup
- ✓ Avoid artificial ingredients (artificial colors, flavors, and preservatives)
- ✓ Avoid MSG (hydrolyzed vegetable/soy protein, autolyzed yeast, yeast extract, natural flavors)
- ✓ Avoid Nitrates/nitrites



Initial Steps for Implementing Diet



1. Experiment. Before removing anything, introduce diet compliant alternatives (example: rice pasta, GF waffles, and other GFCF foods and snacks)-this will support the elimination portion later.
2. Explore diet resources (books, cookbooks, videos, autism websites).
3. Create a meal plan—list foods, meals, and snacks your child will eat or that you would like to make on new diet.
4. Shop for foods according to meal plan.
5. Then, begin diet:
 - With GFCF, eliminate **one at a time**: 1)Start with the elimination of casein—for two weeks, then 2) Remove gluten and continue both (GFCF) for 3-6 months
 - With SCD consider the intro diet and evolve through stages

Initial Steps for Implementing Diet

6. Chart changes and progress: Keep a journal of changes and daily condition.
7. As you begin the diet, be sure to avoid foods that are difficult to digest and don't overdo the processed and sugary "substitutes."
 - For GFCF avoid adding high sugar foods like GFCF cookies and candy just because they're GFCF.
 - For SCD start with the introductory diet if you can, and avoid hard to digest foods like nuts, beans, and dried fruit.

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.

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) |

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 |



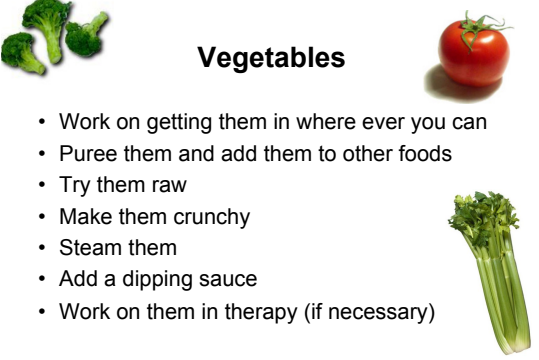
Casein-Free Foods



| | | |
|---------------------------------|---------------------|-----------------------------------|
| <u>Milk & Yogurts</u> | <u>Oil/Butter</u> | <u>Ice Cream</u> |
| Rice milk | Coconut oil | Sorbets w/o milk |
| Almond, hazelnut or hemp milk | Ghee | Non-dairy ice cream |
| Homemade Nut milk | Lard or tallow | Coconut ice cream (Coconut Bliss) |
| Coconut milk | Earth Balance | Fruit popsicles |
| Potato milk | <u>Kosher items</u> | |
| (Vance's DariFree) | Pareve only | |
| Soy milk (if not soy-free diet) | <u>Cheeses</u> | <u>Chocolate</u> |
| | (Galaxy Foods) | GFCF chocolate |

Picky Eaters





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)

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)

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

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



Meal Planning

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 | Pitas 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.

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



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



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



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

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

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

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 |
| Breakfast | 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 |
| Lunch | Chicken nuggets Peas Fruit | Hamburger w/ GF bun Pickle Fruit | Sliced turkey Hummus & carrots Fruit | Pork sausage Carrot chips Fruit |
| Snack | Chicken pancakes Pear | Rice bread and sunflower butter Banana | Potato/veggie latkes Cashews | Apple sauce with pureed raw sauerkraut Bacon from AM |
| Dinner | 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 |

Let's get ready to cook!

Kitchen & Cookware

GFCF Cooking Staples

- ❑ **Vinegar.** Rice vinegar, apple cider vinegar, 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

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

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 |



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.



Cooking GFCF Healthfully

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

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



Kid-friendly vegetables and nutrient dense foods

- Meatballs with veggies
- Carrot chips
- Juicing
- Broths

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.

Carrot Chips

- ✓ GFCF/SCD/BED/FG/FS
- ✓ 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.




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



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.



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.

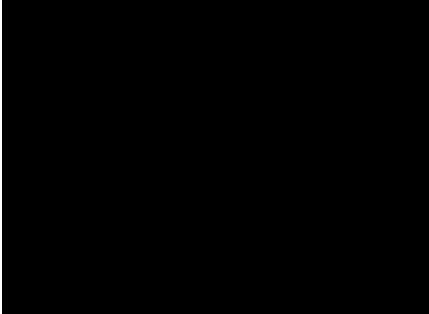
Chicken Pancakes

✓ GF/CF/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.



from *Cooking To Heal*



Burgers with Liver

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

- 1lb 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.



from *Cooking To Heal*

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.



from *Cooking To Heal*



Grains & Soaking Seeds

- GF Flour blend
- Bread baking
- Nut milk

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.



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



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)

Preparation tip

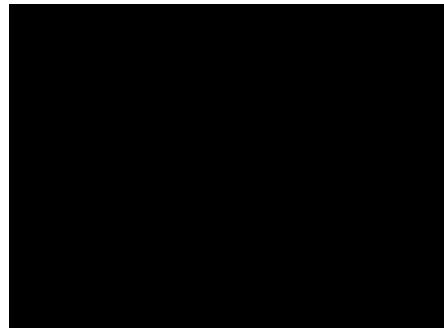
Beans - Soak in water for 8-24 hours with hearty pinch of baking soda. Drain and cook with fresh water.

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).



from *Cooking To Heal*

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.

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.

Date Ball Variations

- ✓ Use coconut butter instead of nut butter (not coconut oil). Sometimes called coconut spread. Found online: 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



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



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.



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



Listen & Watch Julie in the Kitchen

TOPICS INCLUDE:

Nutrition & Diet
 Quality & Fermented Foods
 Broths & Soups
 Soaking Seeds & Grains
 Healthy Desserts



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
 1/2 cup carrots – peeled, grated

Each recipe labeled for
 autism diet compliance

GFCF/SCD/FG

Nut-Free


Additional ideas and tips


Includes that Julie demonstrates this recipe on the DVD

Facebook Group

Ask Julie
Our Group:
"Nourishing Hope for Autism
Diet Community"

Join Julie and over 2000 parents sharing nutrition information, resource, and diet tips & experience.





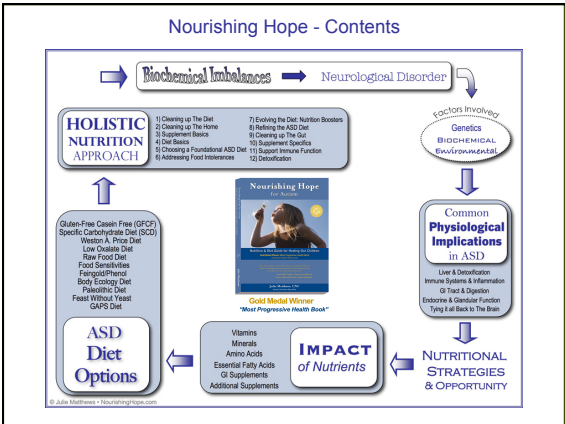
Nutrition Support

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



Nourishing Hope Support

Nourishing Hope for Autism
Autism Diet & Nutrition Guide

- Scientific rationale for nutrition intervention
- Risk of genetics and environmental factors
- Impact of nutrients on biochemistry and healing
- The most beneficial dietary options for autism

Gold Medal
Nourishing Hope for Autism
"This book inspired me and helped my son tremendously."
-Kate Wright, MA, Board Member, National Autism Association

Cooking To Heal
Autism Nutrition & Cooking Class
Cookbook & DVD

4-hour LIVE Workshop

"My biggest 'aha' was adding good nutrition back into a limited diet."
-Katrina, V., Mom



Learn how to live food and nutrition to help your child

FREE Parents Guide

JOIN the Nourishing Hope Autism Diet Community

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Contact Julie at:
NourishingHope.com
415-235-2960


The Great Plains Laboratory, Inc.
Excellent. Evidence-Based. & Nourishing.