



Dr Sarah's Rainbow Recipes

Having had a total of three autoimmune diseases, my meals are all gluten, dairy and soy free. This keeps my arthritis at bay and helps to reduce my thyroid antibodies (I have Hashimoto's). One of the first things we often ask our patients to do is to eliminate gluten and dairy – so all the recipes below are also free of these common allergens. They are also full of amazing colours and phytonutrients to help reduce inflammation and reduce oxidative stress.

We hope you enjoy them.



Breakfast

At the weekends I love fried greens (especially spring greens or kale), done in coconut oil with dried or grated ginger or a little chilli and sea-salt for extra flavour (the ginger reminds me of crispy seaweed in Chinese Restaurants). I combine this with eggs and perhaps some organic bacon for a real treat.

We serve our weekend breakfasts with a big pot of chamomile tea (with real organic chamomile flowers), or decaf green tea (I struggle to process caffeine).

However, most mornings I start the day at work with a decaff filter coffee (at the clinic we love Grumpy Mule Swiss Water filtered decaff) and oat Milk. When cutting back on carbs we have been experimenting with our own version of Bulletproof coffee instead (adding MCT oil, nut butter or coconut cream and blending).

On my days off, when trying to increase my fruit and veg intake I tend to look for smoothies and breakfast bowls to put together quickly. These are two of my favourites.

Warming Winter Smoothie

My mother in Law gave me the idea of adding hot water to my nutri-bullet as she's not a fan of cold smoothies in the morning. Play about with the ingredients to find your favourite. This one's warming and full of flavour for a cold morning.

Add the following to your Smoothie maker cup (large version):

1 handful of green leafy kale or chard

1 tablespoon of chia seeds

½ green pepper without the seeds

A tablespoon of sour cherry juice

Thumb sized pieces of Ginger and turmeric root, peeled

2 clementines peeled with around ¼ peel left on (to taste – can be bitter)

Top up with around a mugful of boiling water and blitz until smooth

Enjoy hot and frothy.

Empowering you to heal & grow





Avocado Breakfast Bowl

For me this is one of the best ways to enjoy avocado at breakfast and provides a fantastic range of healthy fats to keep me going through a long morning. You can add your own combination of fruit, nuts and seeds. A bit like granola but with creamy green yoghurt.

Start with a large ripe avocado, peeled, de-stoned and mashed until fairly smooth with a fork. Then add:

2 tsp chia seeds

2 tsp sunflower seeds

2 tsp pumpkin seeds

2 teaspoons chopped walnuts

1 tbsp pomegranate seeds

Small sharp apple (I love cox's), chopped into 1cm cubes

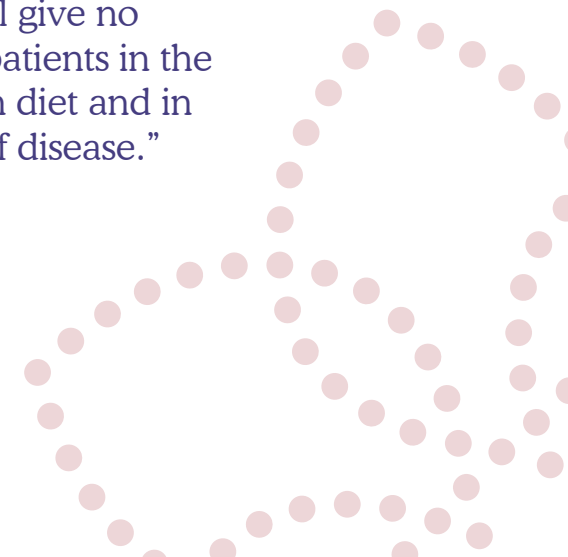
1 tsp lemon juice to taste

Pinch of sea salt

Mix well and munch.

“The doctor of the future will give no medicine, but will interest patients in the care of the human frame, in diet and in the cause and prevention of disease.”

— Thomas Edison



Lunch

I am massively fortunate to be working with expert nutritionist and trained chef Ursula. After seeing my lunches when we started working together she very kindly offered to bring in something for me every day. I now have fantastic, beautiful lunches at work every day.

Our meals are paleo-friendly, always low carb and always delicious. Two of my favourites are:



Ursula's Chicken & Sweet Potato Curry

In clinic we often enjoy this with a pre-made poppadom's (these are gluten free and usually made with chickpea /Gram flour), and a dollop of thick and creamy coconut yoghurt. You could also combine it with cauliflower rice or regular rice if you are eating grains.

Serves 2 good portions

2 Organic chicken breasts
(cut into strips or chunks)

2 sweet potato
(peeled and chopped into chunks)

Handful of spinach or other vegetables
of your choice

1 large onion (peeled and finely chopped)

3 cloves garlic (peeled and crushed)

Coconut oil for frying (large dollop)

1 tin of full fat coconut milk

1 fresh red or green chilli
(deseeded and finely chopped)

1 inch piece of ginger

2 teaspoon of fennel seeds

1 teaspoon of cumin

1 teaspoon of coriander

1 teaspoon of turmeric

Good pinch of lime leaves

Or add 4 teaspoons of your own
curry mix or favourite spice mix.

Put the coconut fat in a deep casserole or medium sized saucepan on a high heat

Add fennel seeds and roast briefly

Reduce the heat and add onions and garlic and sauté

Add chicken and seal the meat

Add the spices or spice mix, coat the chicken with the spices

Add coconut milk, rinse tin ½ full with water and add

Simmer for 15 minutes

Add chopped spinach

Add crushed lime leaves.

Simmer for 10 minutes

Serve with a poppadum and coconut yogurt.

Chickpeas and cauliflower make good veggies/vegan option to replace the chicken.



Rainbow Frittata: Serves 2

We have eggs in clinic once a week for lunch. Ursula has been looking after three beautiful free range hens and the really fresh eggs make all the difference. Either boiled with a salad or as a warming frittata, they make the ideal vegetarian protein source. This can be made in a heavy based frying pan or baked in the oven.

- | | |
|--|-------------------------------------|
| 1 large leek (washed and chopped) | A few sprigs of fresh parsley |
| 1 large courgette (washed and sliced) | 4 tomatoes |
| 2 cloves garlic (crushed) | Olive oil or coconut oil for frying |
| 8/9 green beans or 8/9 stalk of asparagus (blanch the beans or asparagus for a few minutes) | Sea Salt and black pepper |
| 1 red pepper (chopped) | Smoked paprika |
| Handful of spinach (chopped) | Chopped chorizo (optional) |
| | 4 free range organic eggs |

Sauté leeks and garlic then add courgettes and red pepper.

Add beans/ asparagus until tender

Add spinach, cover with a lid and steam for a few minutes

Whisk eggs in a bowl with a splash of oat milk.

Cover the veg with egg mixture garnish with tomatoes, parsley and smoked paprika.

Place the pan under the grill or in the oven for a few minutes until eggs are cooked.

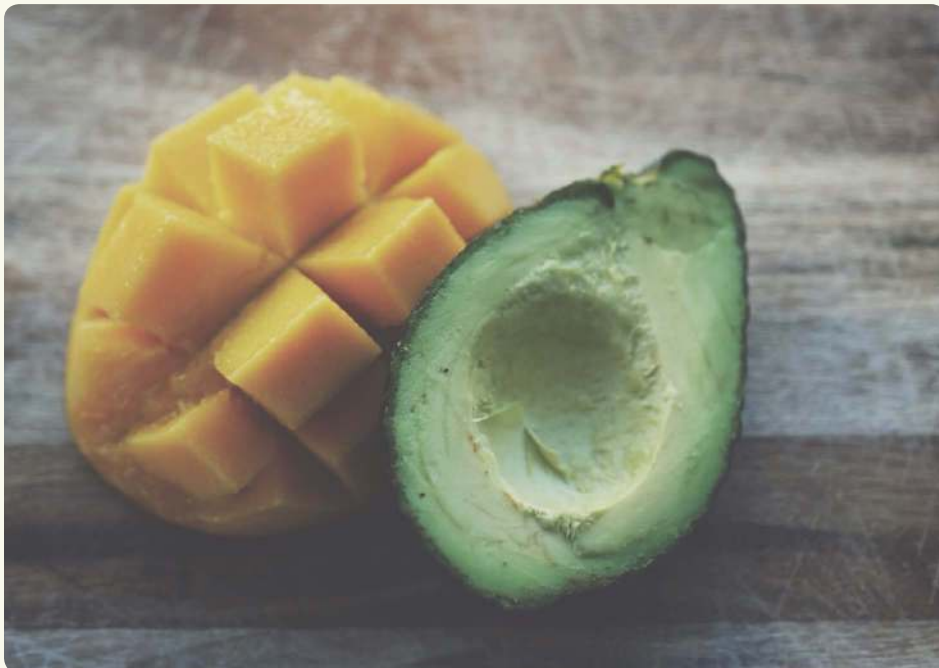
Mango pepper and avocado salad (serves 2)

- 1 ripe mango (chopped into cubes)
- 1 red pepper (deseeded and sliced)
- 2 spring onions (finely chopped)
- 1 ripe avocado (peeled destoned and chopped)

Dressing

- 2 tablespoons of olive oil
- 1 tablespoon of apple cider vinegar
- 1 teaspoon of honey

Serve on a bed of fresh water cress for a vibrant antihistamine salad.
Can be eaten as a starter or added to a main course meal.



Colourful Slaw With Cider Vinegar Dressing

I always keep a look out for the more brightly coloured variants of our usual vegetables. Abel and Cole's Organic Veg boxes are often laden with beautiful golden or striped beet's, purple carrots and deep green and purple cabbages. The colours not only look good but also function as a fantastic source of antioxidants. I have an electric grater at home which allows me to quickly process carrots, beets and cabbage into a beautiful and filling salad.

Grate the following into a large bowl:

- 2 orange carrots (or purple if you can find them)
- 2 small purple or coloured beets – peeled
- ¼ dense red cabbage
- Add finely chopped small red onion
- Half a small apple

Mix well and dress with dressing made of:

- 4tbsp Extra Virgin Olive oil
- 4 tbsp organic Apple Cider Vinegar (with mother)
- ½ tsp cracked black pepper
- ½ tsp sea salt

Whisk thoroughly and dress the veg and tuck in.



Snacks



Chocolate

We always have 'a little something' in the clinic cupboard for those long afternoons. We all enjoy a small square of dark chocolate from time to time (*Chocolate and Love's Organic Orange is a particular favourite*). Dark chocolate is full of minerals such as potassium, zinc and selenium, has been shown to reduce stress and stroke risk and is also rich in Antioxidants.



Nuts

We also have some great organic nuts in our kilner jars (*including activated almonds – much crunchier than the unprocessed version*). Nut butters and tahini are also a great option – with a celery stick or a few slices of apple.



Olives

A selection of olives will really help to finish off the options making sure there is always something healthy and satisfying to nibble on with minimal preparation.

Fat Bombs

However, if you are getting creative then a stash of ketogenic fat bombs would definitely fill any hole between meals. This version comes from Uliana Zoellner on <https://hungryforinspiration.com/raspberry-keto-fat-bombs/>

Ingredients:

100g raspberries (fresh or frozen)
2 tbsp finely ground almond flour
2 tbsp granulated erythritol
2 tbsp coconut oil
1 tsp lemon juice

Coating:

Granulated erythritol

1. Cook the raspberries:

Heat the raspberries on a low to medium heat and let them simmer for approx. 10-15 minutes or until most of the liquid has evaporated. Don't forget to keep stirring to avoid burning.

2. Mix with remaining ingredients & Chill:

Transfer the cooked raspberries into a bowl and add the fat, erythritol, almond flour and the lemon juice. Stir until you get a smooth & beautiful, pink mass.

3. Chill the mass in your freezer for approx. 10-15 minutes:

This will make forming the balls much easier.

4. Form the balls & coat with granulated erythritol:

Once the mass is cold enough to work with, start to form your fat bombs – use a measuring scoop or spoon to scoop out parts of the mass and roll it into a ball using your hands. Roll the balls in granulated erythritol for the finished look.

5. Serve:

Let the balls chill in the fridge for at least 1 hour before enjoying them. You can store the fat bombs covered with plastic wrap in your fridge for approx. 2-3 days.

Fig Energy Bites

Ingredients:

2 cups of unsulphured dried figs
2 cups of shredded coconut/desiccated coconut
1/3 cup coconut oil melted
¼ teasp cinnamon
Pinch of sea salt

Place figs, 1 ½ cups of desiccated coconut, coconut oil, cinnamon, and salt in food processor and pulse on and off until a thick paste forms (you may have to stop and scrape of you food processor a couple of times)

Form into 1-inch balls, then roll them in reserved ½ cup of desiccated coconut

Refrigerate for at least 30 minutes to let the coconut oil set.

Note

Feel free to play around with the dried fruit in this recipe- dates, dried apples and apricots are all good substitutions for the figs.

Storage

Keeps for a week or two stored in the refrigerator, also freezes well.

Protein Smoothie

Ingredients:

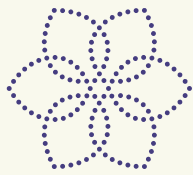
| | |
|---|-------------------------------|
| 1 banana, peeled (frozen if you want a thick ice-cream like shake) | 1 teaspoon maple syrup |
| 1/2 ripe avocado (no avocado if you are avoiding histamine) | 1/2 cup full fat coconut milk |
| 2 scoops pea protein powder | 3/4 cup water |
| 3 tablespoons raw cacao powder | Pinch of salt |

Place all ingredients in a blender and blend for 1 minute or until smooth

Variations

Experiment by substituting the banana for different fruits (berries, mango, pears), or try coconut yoghurt instead of the milk.





Dr
Sarah
Davies



THE INSTITUTE FOR FUNCTIONAL MEDICINE
Certified Practitioner

With the right tools, everyone can enjoy
better health. We are here to guide your journey.

Dr Sarah and her expert Functional Medicine team
can work with you to develop bespoke treatment plans,
helping to promote health and vitality.

www.drSarahDavies.co.uk

