

NEW
COOKBOOK

THE SIBO SOLUTION • COOKBOOK •

Delicious, Gut-Friendly Recipes
From Breakfast to Dessert



SIBO-FRIENDLY
INGREDIENTS



GUT SOOTHING
& ANTI-BLOAT



NOURISHING
& SATISFYING



FOOD YOU LOVE,
RESULTS YOU FEEL



We've brought together some of our favorite SIBO-friendly recipes in one delicious collection, created to make eating well while supporting your gut easier, more satisfying, and more enjoyable.

From breakfast to dessert, enjoy a variety of delicious recipes, including plenty of sweet treats, so you can bring more flavor and joy to your SIBO journey.

Shivan Sarna

BEVERAGES

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Inflammation Buster Juice

INGREDIENTS

- 3 inch piece Fresh Turmeric Root
- 4 inch piece Fresh Ginger Root
- 1 Lime, peeled
- 2-3 Carrots
- 1 Navel Orange or 3 Mandarin Oranges, peeled
- 2 stalks Celery

INSTRUCTIONS

Add all ingredients (in the order listed) to an electric juicer.

Note: Don't have a juicer? Try searching for used ones at a second-hand store.



Recipe by Riley Wimminger



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Green Smoothie

INGREDIENTS

- Any Greens - couple handfuls
- Home-made Almond Milk or Canned Coconut Milk
- 24-hour Almond Yogurt
- 1 cup Frozen Berries
- 1/2 Frozen Banana
- 1-2 TBS of Nut Butter
- Goji Berries or Mulberries

INSTRUCTIONS

Place all ingredients for a smoothie combination into the blender and blend until combined. Serve over extra ice cubes and enjoy immediately.



Recipe by Susanne Breen



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Carrot Cake Smoothie

INGREDIENTS

- 1 cup Water (or try almond milk if ok, or coconut milk if ok, as it will taste better)
- 1 TBS Coconut Oil
- 1 Large Carrot, peeled and cut into chunks
- 1 tsp. Lemon juice (see how it goes with this, omit if troublesome)
- 1 TBS Desiccated Coconut
- 2 TBS. Pumpkin and Sunflower Seeds
- 1/2 tsp. Cinnamon
- 1/2 tsp. Allspice
- 2-3 Ice Cubes

INSTRUCTIONS

1. Combine all ingredients in a high-speed blender and blend until perfectly smooth.
2. Pour into a large glass and sprinkle a little extra cinnamon over the top.
3. Serves one.



Recipe by Lee Holmes



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Breakfast Smoothies

Sometimes you don't feel like a large breakfast, so these breakfast smoothies are lovely and refreshing on a warm summer's morning.

BEAT THE BLUES

- 1/2 cup Blueberries
- 1 cup Almond Milk, Unsweetened
- 1/2 TBS Coconut Oil
- 1 tsp Raw Organic Honey or Maple Syrup
- 1/2 tsp Vanilla Powder
- Ice

STRAWBERRY DELIGHT

- 1/2 cup Strawberries
- 1 cup Almond Milk, Unsweetened
- 1/2 TBS Coconut Oil
- 1 tsp Raw Organic Honey or Maple Syrup
- 1/2 tsp Vanilla Powder
- Ice

BANANA MAGIC

- 1/2 Banana
- 1 cup Almond Milk, Unsweetened
- 1/2 TBS Coconut Oil
- 1 tsp Cinnamon
- 1 tsp Raw Organic Honey or Maple Syrup
- Ice



Recipe by Rebecca Coomes



INSTRUCTIONS

Place all ingredients for a smoothie combination into the blender and blend until combined. Serve over extra ice cubes and enjoy immediately.

Note: If making all three smoothies at the same time, rinse out the blender between each flavor. Some people prefer to eat their breakfast out of a bowl, and we love how pretty these breakfast bowls can look. Use your imagination to create different smoothies and granola flavors to create a tasty combination.

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Coconut Milk

If you need to avoid gums and other additives found in commercial coconut milk, it's easy to make your own. Coconut milk is a great option to use for everyday drinking and can be substituted for dairy in recipes.

INGREDIENTS

- 1 Cup Organic Unsweetened Shredded Coconut (Let's Do Organic brand is recommended)
- 6 cups Boiling Water
- 1-2 TBS Clover Honey (optional, depending on desired sweetness) or Maple Syrup
- 1-2 tsp Vanilla (optional)
- 1 Nut Bag for straining



Recipe by Kristy Regan

INSTRUCTIONS

1. Add 1 cup shredded coconut to a heat safe blender.
2. Pour boiling water over coconut until blender is 3/4 full.
3. Add one TBS clover honey (or maple syrup) if desired.
4. Let sit for 30-45 minutes or until lukewarm.
5. Add vanilla if desired.
6. Blend on high for one minute.
7. Over a bowl, strain the coconut milk through a nut bag. Squeeze any liquid out of the bag until the coconut is mostly dry.
8. Discard coconut.
9. Pour coconut milk into a storage container.
10. Consume within 3-4 days. Serves 6-8.

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Tigernut Milk

My secret for delicious Tigernut milk is using coconut water as a base instead of water. You can also use water of course, but coconut water gives it an extra bit of sweetness and a hit of electrolytes.

Tigernut milk is a creamy, allergen-free alternative for people who have trouble digesting nuts and tolerating nut milks. I don't recommend commercial nut milk to most IBS folks because they contain sugars, gums, additives and fillers like carrageenan that can irritate the gut.

INGREDIENTS

- 1 cup of Tigernuts
- 32 oz. (4 cups) of Coconut Water
- 2 cups of Water (for soaking)
- Nut bag
- Optional: add a sprinkle of cinnamon, cardamom, or vanilla powder for extra flavor



Recipe by Angela Privin

INSTRUCTIONS

1. Soak 1 cup of tigernuts in 2 cups of water for 24 hours. You can keep the container on the counter or in the fridge.
2. Drain the water and throw the soaked tigernuts in a high-powered blender.
3. Pour 32 ounces of coconut water into the high-powered blender.
4. Blend for a couple of minutes.
5. Drape the nut bag over a pitcher or large, deep bowl and pour the contents of the blender into the bag.
6. The milk should be poured through the nut bag into the bowl or pitcher. Close the nut bag, lift it, and hold it over the pitcher or bowl as the milk drains.
7. Squeeze the excess milk from the nut bag until the flour inside is relatively dry.
8. You can dry the pulp out by laying it out on a cookie sheet overnight, and dehydrating it in a dehydrator, or an oven at 200 degrees for several hours.
9. Transfer the milk to a container and store it in the fridge. It will keep for 5 days.
10. Enjoy this milk as a snack, to bake with or with your favorite grain-free granola. I find a glass of this milk to be an filling meal replacement when I am on the go.

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Summer Punch

On a hot summer evening, there is nothing better than a delicious, cooling punch. This fruity concoction will keep you feeling refreshed while enjoying a very sophisticated non-alcoholic beverage.

INGREDIENTS

- 1/2 cup Berries (we used Strawberries, Raspberries and Blueberries)
- 1 Navel Orange
- 1 Blood Orange, sliced
- 1 Passion Fruit
- 1 Handful Mint, leaves picked
- 4 cups Soda Water
- Chilled ice

INSTRUCTIONS

1. Place the berries, blood orange, and mint in a large jug.
2. Scrape out the pulp from the passion fruit and add this to the jug.
3. Juice the navel orange and add the juice into the jug.
4. Top with soda water and plenty of ice.
5. Stir and serve. Serves 4.



Recipe by Rebecca Coomes



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Jasmine Lime Cooler

Green tea is full of antioxidants! This refreshing cooler is a great summer drink to have on hand and is very easy to make.

INGREDIENTS

- 5 cups Cold Green Tea
- 1/2 cup 1:1 ratio Clover Honey or Maple-Syrup Simple Syrup (clover honey is low FODMAP)
- 3 TBS Fresh Lime Juice

INSTRUCTIONS

1. Add all ingredients to a pitcher and mix well.
2. Store in the refrigerator for up to a week.



Recipe by Kristy Regan



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APPETIZERS

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Cauliflower Parmesan Poppers

INGREDIENTS

- 12 oz Bag Cauliflower Florets, cut into small, bite-size “popper” pieces
- Salt
- 1/2 cup Almond Flour
- 2 Eggs (or Egg Substitute)
- 1 cup Panko Breadcrumbs
- 1/2 cup Grated Parmesan Cheese
- Pinch Paprika
- Pinch Black Pepper
- Canola Oil, for frying
- Green Onion, Chopped,(optional)



Modified Recipe by
Katie Caldwell

INSTRUCTIONS

1. Blanch cauliflower pieces by adding them to a pot of well-salted, boiling water for 30-45 seconds until crisp-tender; drain, then shock for 30 seconds in iced water to cool; drain from ice water and pat dry with paper towel; set aside.
2. Set up the breading station. Add flour into a large ziplock bag, with a pinch of salt; beat eggs in a large bowl; add panko, parmesan, paprika, pepper, and a pinch of salt into another large ziplock bag.
3. To bread, add blanched cauliflower pieces to bag with the flour, and very gently shake to coat pieces well; add floured pieces to bowl with the eggs, and toss the pieces to coat; add pieces to bag with panko/parmesan mixture, gently shake to coat pieces well; take coated pieces out and place onto a plate to hold.
4. Shallow fry (1/2 cup of oil) allow them to fry for about 5-7 minutes, until crispy and golden-brown on all sides; remove and drain on a paper towel.
5. Garnish with chopped green onion. Find the original recipe [here](#).

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Garlic Herb Crackers

This cracker recipe is adapted from a recipe from the NUNM Food as Medicine Institute FAME program. Using garlic oil is a good way to get the taste of garlic without using high-FODMAP garlic cloves.

INGREDIENTS

- 1 3/4 cups Almond Flour
- 1/2 tsp Salt
- 1/4 cup Finely Chopped Herbs such as Rosemary, Thyme, Sage and/or Basil
- 1 TBS Garlic Oil, or Melted Ghee, Butter, or Coconut Oil
- 1 Egg or Egg Substitute

INSTRUCTIONS

1. Preheat oven to 350.
2. Combine almond flour, salt and chopped herbs in a large bowl.
3. Make a well in the middle of the dry ingredients by pushing them to the side.
4. Add the wet ingredients to the middle and then mix all the ingredients.
5. Shape the dough into a ball.
6. Press the dough onto the middle of a large piece of parchment paper and top with a piece of the same size.
7. Using a rolling pin, roll the dough out to approximately 1/8 inch thickness. Thinner dough will produce crispier crackers.
8. Remove the top piece of parchment paper and discard.
9. Score the dough into 2-inch squares or diamonds using a pizza cutter.
10. Leaving the dough on the parchment, move to a cookie sheet.
11. Bake at 350 for approximately 10-12 minutes or until golden brown.
12. Cool, break crackers apart, and serve.



Recipe by Kristy Regan



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Basil Balsamic Summer Veggies

INGREDIENTS

- 1 Cucumber, peeled & diced
- 2 Tomatoes, diced
- 1 Red Bell Pepper, seeds removed & diced 1 TBS Olive Oil
- 1 TBS Balsamic Vinegar
- 1-2 handfuls Fresh Basil, chiffonade cut
Salt & Pepper, to taste

INSTRUCTIONS

1. Place cut veggies (cucumber, tomato, pepper) in a medium bowl.
2. Stir in olive oil and balsamic vinegar.
3. Add freshly chopped basil (for best results, complete this step just before serving).
4. Season with salt & pepper, to taste.



Recipe by Riley Wimminger



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Yellow Squash (Zucchini Whip)

INGREDIENTS

- 1 cup Squashy Yellow Squash (see below)
- 2.5 cm (1 inch) piece of Ginger, peeled and grated
- 1/8 tsp Stevia Powder
- 1/2 tsp ground Cinnamon, plus extra to serve
- 1/2 tsp ground Turmeric
- 1/4 tsp alcohol-free Vanilla Extract
- 250 ml (9 fl oz/1 cup) additive-free Coconut Milk
- Squashy Yellow Squash
- 130 g (4 1/2 oz/1 cup) diced Yellow button (pattypan) squash (yellow zucchini)
- 1 tsp Lemon Juice
- 1 tsp. Macadamia Oil
- Pinch of Celtic Sea Salt
- 1–2 drops Liquid Stevia



Recipe by Lee Holmes



INSTRUCTIONS

1. Combine all ingredients in a high-speed blender and blend until perfectly smooth.
2. Pour into a large glass and sprinkle a little extra cinnamon over the top.
3. Serves one.

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Sumac & Za'atar Roasted Potatoes

INGREDIENTS

- 1 lb Fingerling Potatoes, halved (or baby red potatoes, quartered)
- 2 TBS Olive Oil
- 1 TBS Sumac
- 2 tsp Gluten-free Za'atar Seasoning
- 1/4 tsp Sea Salt
- 1/2 tsp Ground Black Pepper

INSTRUCTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Add all ingredients to a large baking sheet.
3. Use hands to evenly distribute oil and spices.
4. Roast potatoes for 20-30 minutes or until fork tender.
5. Turn oven to high broil and watch closely, allowing potatoes to brown slightly (about 2-3 minutes).



Recipe by Riley Wimminger



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SOUPS

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Gut Repair Soup

INGREDIENTS

- 1 Bunch of Broccoli
- 1 Zucchini
- 1 Stalk of Celery
- 3-4 tsp of Onion Infused Olive Oil
- (SIBO friendly)!
- 1 Large Sweet Potato or Squash (optional)
- 1 Bunch of Green Leafy Veggies such as Spinach, Chard, Collards, Kale or Dandelion Greens
- Essential Oils (Any Gut Soothing Ones)
- Herbs, to Taste
- Water for Steaming



Recipe by
Dr. Ritamarie Loscalzo



INSTRUCTIONS

1. If using sweet potato, cut into 1-inch pieces and start steaming 10 minutes before the rest of the vegetables.
2. Steam veggies until tender and place in blender along with steaming water. Add oil to taste.
3. Add additional water to the soup if too thick.
4. Add a pinch of sea salt and essential oils after blended.
5. Season to taste with basil, cilantro, or other favorite herbs.

Personal Note: Sweet potatoes and squash give the soup a sweeter flavor.

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Carrot Purée

(Organic ingredients)

INGREDIENTS

- Carrots (6 or more)
- Coconut Oil (1 TBS or more)

INSTRUCTIONS

1. Peel and slice the carrots.
2. Steam the carrots until they are very soft.
3. Add the carrots to a food processor along with the coconut oil. Blend until the carrots are pureed and the mixture is well blended.
4. You can add salt and pepper or cinnamon or if you like a savory or spicy flavor, add cumin or curry. (I only use these two ingredients in my carrot purée)



Recipe by Shivan Sarna



After the carrots are pureed, pour the puree into ice cube trays and freeze.

I add two or three of these cubes to soup bags.

I pre-make and keep it in the freezer to create soup with my Vegetable Bouillon which I also pre-make.

The carrots stain the white ice cube trays so either dedicate some trays to this process or when washing, add just a tiny bit of bleach and hot water to the trays and they come out sparkling white again.

Revised and adapted from [Vital Food Therapeutics](#).

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Green Leek Powder

(Organic ingredients)

INGREDIENTS

1 Bunch Green Leek Tips

(Serving size depends on the size of the stalks you choose. This process takes a little babysitting after the first hour or so.)

INSTRUCTIONS

1. Set your oven to 200 F/90 C
2. Cut off the parts of the leek that are white, do not use the white part. Separate the leaves and wash them. Pat dry. Making sure they are dry speeds the cooking process a bit.
3. Arrange them in a single layer on lined baking trays and put into the oven. I have also placed them right on nonstick cookie trays and it was fine. Let them dehydrate and cook till they are crispy and snap when bent. They won't all be done at the same time. You will remove each as they are done, so I say they need to be babysat.
4. Check them every 15 minutes after about the first hour or an hour and a half. After you do a batch you will know the personality of your oven and can judge for future batches. They are ready when they are crispy and snap easily when bent.
5. Let them cool to room temperature, then place them in your food processor and pulverize them into a powder.
6. Keep in an air-tight container and use the Leek Powder in your Vegetable Bouillon recipe.



Recipe by Shivan Sarna



Adapted from: [Not From A Packet Mix](#)

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Vegetable Bouillon Powder

(Organic ingredients where possible)

INGREDIENTS

- 2 TBS Kosher Salt
- 2 tsp Table Sugar (your choice of other)
- 1 1/2 TBS Green Leek Powder (See recipe above)
- 1 tsp Dried Thyme
- 1 tsp Dried Rosemary
- 1 tsp Dried Parsley
- 3/4 tsp Dried Sage
- 1/2 tsp Freshly Ground Black Pepper
- 1/2 tsp Paprika
- 1/2 tsp Ground Coriander Seed
- 1/4 tsp Ground Cumin
- 1/4 tsp Ground Ginger



Recipe by Shivan Sarna

INSTRUCTIONS

1. Set your oven to 200 F/90 C.
2. Cut off the parts of the leek that are white, do not use the white part. Separate the leaves and wash them. Pat dry. Making sure they are dry speeds up the cooking process a bit.
3. Arrange them in a single layer on lined baking trays and put them into the oven. I have also placed

Adapted from: [Not From A Packet Mix](#)

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Shivan's Soup

(Organic ingredients where possible)

INGREDIENTS

- 1 Handful of Spinach
- 1 Butternut Squash (diced)
- 1 Zucchini (diced)
- Leeks (only the green part – no white parts) Beet (small slice)
- Sweet Potato (diced)
- Carrot Cubes (See recipe above)

INSTRUCTIONS

1. Place all ingredients in a quart-sized freezer bag and freeze in the freezer.
2. When ready add the ingredients from the soup bag and some vegetable bouillon to water.
3. Use 1 tsp of homemade vegetable bouillon to 8 ounces of water as a baseline. Tweak to your taste.



Recipe by Shivan Sarna



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SALADS

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Roasted Vegetable & Kale Salad

Kale is a veritable powerhouse and is packed full of nutrients and vitamins A, C, and K. Not to be outdone by the kale, pumpkin also has some powerful health perks. It is rich in vitamin A and carotenoids, as well as beta-carotene, which is believed to help prevent cancer.

INGREDIENTS

- 1 3/4 cups Almond Flour
- 1/2 tsp Salt
- 1/4 cup Finely Chopped Herbs such as Rosemary, Thyme, Sage and/or Basil
- 1 TBS Garlic Oil, or Melted Ghee, Butter, or Coconut Oil
- 1 Egg or Egg Substitute

DRESSING

- 3 TBS Olive Oil
- 1 TBS White Wine Vinegar
- Salt & Pepper
- 2tsp Wholegrain Mustard

INSTRUCTIONS

1. Pre-heat the oven to 180°C/355°F.
2. Place the pumpkin/squash pieces and seeds in a large bowl. Cover with 1 TBS of olive oil and season liberally with salt and pepper.
3. Cover a baking tray with baking paper, then place pumpkin pieces on the tray. Place into the oven for 45 – 60 mins, or until pieces are cooked and brown, and seeds look roasted.
4. At the same time, place the red bell pepper on a rack in the oven. Cook until blackened and the flesh is very soft, 45–60 minutes.
5. Place the halved cherry tomatoes in a bowl, cover with 1/2 tablespoon of olive oil, sprinkle with salt and pepper, and place on a second tray covered with baking paper. Roast for 30–45 minutes, or until the tomatoes are roasted.
6. Meanwhile, place the torn kale leaves in a large bowl, cover with the remaining olive oil, and massage the leaves for 5 minutes. Mix the vinegar, mustard, salt, and pepper together, then stir through the leaves.
7. Remove everything from the oven and cool. Once the bell pepper is cool enough, remove the blackened skin, seeds, and stem, then slice it into ribbons.
8. Stir the roasted vegetables through the salad and top with roasted pumpkin seeds and pine nuts. Serve immediately. Serves 4.



Recipe by Rebecca Coomes



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Strawberry Basil Mixed Greens Salad

With Balsamic Vinaigrette

INGREDIENTS

- 2 large handfuls Mixed Greens
- 6 medium Strawberries, hulled & sliced
- Handful Fresh Basil, chiffonade cut
- 1/4 cup (or less) Slivered Almonds
- 2 TBS Olive Oil
- 1 TBS Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 1/2 tsp Pure Maple Syrup (optional)
- Salt & Pepper, to taste

INSTRUCTIONS

1. Prepare the dressing by combining olive oil, balsamic, Dijon, maple syrup, salt & pepper in a small mason jar with a lid. Shake, taste test, and adjust, if desired.
2. In a large serving bowl, add mixed greens, strawberries, basil, and almonds.
3. When ready to serve, toss salad with dressing.



Recipe by Riley Wimminger



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Green Salad

With Curry Lime Vinaigrette

INGREDIENTS

- 1/2 head Green or Red Leaf Lettuce, washed, dried, chiffonade cut
- 1 Yellow Summer Squash, sliced
- 1/4 cup unsalted Raw Sunflower Seeds
- 2 TBS Olive Oil
- Juice of 1/2 Lime
- 1/2 tsp Maple Syrup
- 1/4 tsp Curry Powder (check ingredients to ensure no wheat, onion, garlic)
- Salt & Pepper, to taste



Recipe by Riley Wimminger

INSTRUCTIONS

1. Prepare dressing by combining olive oil, lime juice, maple syrup, curry powder, salt & pepper in a small mason jar with lid. Shake, taste test, and adjust, if desired.
2. In a large serving bowl, add lettuce, summer squash, and sunflower seeds.
3. When ready to serve, toss salad with dressing.

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Spinach Pesto

There are so many uses for pesto! Try it as a dip for almond crackers, over zucchini noodles or as a topping for roasted chicken or vegetables. You can leave out the walnuts or parmesan if you don't do well with nuts or cheese.

INGREDIENTS

- 1/4 cup Garlic Oil
- 1/4 cup Olive Oil
- 6 oz bag cleaned Organic Spinach
- 1/4 cup Chopped Walnuts (optional)
- 1 tsp Dried Dill (or 1 TBS fresh dill)
- 2 tsps Lemon Juice
- 1/4 cup Parmesan Cheese (optional)

INSTRUCTIONS

1. Add all ingredients to a food processor.
2. Process until the pesto is smooth, scraping down sides if necessary.
3. Store in refrigerator and consume within approximately one week.



Recipe by Kristy Regan



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Health Hero Marinara Sauce

INGREDIENTS

- 1 1/2 cans Diced Tomatoes
- 3/4 Fresh Red Pepper, roughly chopped, seeded
- 1 1/2 tsp Oregano, dried
- 1 1/2 tsp Basil, dried
- 1 1/2 tsp Balsamic Vinegar
- 1 1/2 tsp Salt
- Fresh Ground Black Pepper to taste

INSTRUCTIONS

1. In a food processor, add 3/4 of the canned tomatoes, oregano, basil, balsamic vinegar, salt and pepper.
2. Process until smooth.
3. Place roughly chopped red pepper in the processor.
4. Process until pepper is finely chopped but it should not be liquidy.
5. In a medium pot, add contents of food processor.



Recipe by Dr. Partha Nandi



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SNACKS

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Vanilla & Cinnamon Granola

There are some mornings when you want to pay homage to your past life and eat a bowl of cereal. Whilst nuts can be problematic for some, for others they can be a good way of increasing good quality fats in your diet. Due to the restrictions of the SIBO protocol, this granola is to be eaten in small portions and in moderation. Divide the mixture up once you have made it so you are not tempted to over eat it.

INGREDIENTS

- 1 cup Macadamia Nuts
- 1/2 cup Almonds
- 1/2 cup Pecans
- 1/2 cup Flaked Coconut
- 4 TBS Pumpkin Seeds
- 4 TBS sunflower seeds
- 1 tsp vanilla powder
- 2 tsp ground cinnamon
- 2 TBS coconut oil
- 1-2 TBS raw organic honey or maple syrup

INSTRUCTIONS

1. Pre-heat the oven to 180c.
2. Line a large deep roasting tray with baking paper.
3. Place the nuts into a food processor and blend until chopped to a consistency you are happy with.
4. Place the nuts in a large bowl. Stir in the coconut, pumpkin seeds, sunflower seeds and spices.
5. Melt the coconut oil and honey. Pour over the dry mixture & stir until completely combined.
6. Pour onto the roasting tray. Cook for 10 minutes, then remove from the oven and stir thoroughly. Return to the oven. Repeat this process until the granola is golden.
7. Remove from the oven, and cool then store in an airtight container in the fridge. Serve with unsweetened almond milk and a sprinkling of berries.

Notes: Keep an eye on the granola as it can burn very quickly.



Recipe by Rebecca Coomes



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Easy Homemade Almond Yogurt

INGREDIENTS

- 1 Package of Raw Almond Slivers (3 oz)
- 2 TBS Honey, or Pure Stevia, or Dextrose
- 1 Packet Yogurt Starter (Yogourmet)
- 1 Blender
- 1 Yogurt Maker

INSTRUCTIONS

1. Add 1 package (3 oz.) of raw almond slivers (I use 1 package from Trader Joe's) to a high-speed blender with water to 4 cup mark and 2 TBS of honey.
2. Mix until somewhat warm (I run the "soup" cycle once).
3. Briefly pulse in 1 package of yogurt starter.
4. Pour in a bowl and cover.
5. Put in a yogurt maker for around eight hours.
6. When done, put it in the fridge overnight – it will continue to firm up.
7. Depending on how thick you like your yogurt, you can drain of any liquid before stirring the next or strain day through cheesecloth to make a more it more cheese-like. Otherwise, just stir it up and enjoy.

TIP: Save about 1/4 cup of this yogurt to inoculate your next batch instead of using the yogurt starter, if you like. This works several times and the yogurt will get sourer with each batch. If you leave a batch in the refrigerator too long, it will start to get an "off" taste. If this happens, throw it out and start with a new batch of starters.



Recipe by Mona Morstein



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Walnut Butter

When people first try nuts on a SIBO diet, I recommend they do so judiciously as they can be hard to digest. Walnut or pecan butter is great in nut butter pancakes and pecan butter blondies.

INGREDIENTS

- 1 Pound Raw Walnuts or Pecans
- 1/2 tsp Salt (or to taste)

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Add walnuts or pecans to a jelly roll pan (a pan that has sides), making sure they are spread out evenly.
3. Roast nuts for approximately 10-12 minutes or until brown and omitting a yummy, roasted smell.
4. Remove nuts from the oven and cool for approximately 10 minutes or until they are cool enough to handle.
5. Add nuts to the food processor and process until it turns to butter.
6. Stop intermittently to scrape down the sides. Depending on your processor, it will take several minutes.
7. Add salt, blend again, and then taste and add more as desired.
8. Add other spices as desired. Blend until incorporated.

Possible flavor combinations: Walnut/honey/cinnamon, pecan/orange essential oil/cardamom, etc. Use your imagination! If you do okay with a little dark chocolate, melt it and stir it into the pecan butter. Amazing!



Recipe by Kristy Regan



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Seereal Bars

INGREDIENTS

- 1/2 cup or 3oz Coconut Butter
- 1 tsp Stevia
- 2 cups Oat Fakes
- 4 Eggs (or Egg Substitute), beaten
- 1 cup Shaved Coconut, unsweetened
- 1/2 cup each of Sunflower Seeds, Flaxseeds,
- partially ground Sesame Seeds
- 1/2 chopped Nuts (pecans are great!)
- 1 cup fresh Blueberries
- 1 tsp Cinnamon

INSTRUCTIONS

1. Select a shallow baking pan 7" x 12". If it is not nonstick grease /line it with some parchment paper.
2. Melt the coconut butter, over low heat. Take off the heat, stir in Stevia, and beat in the eggs.
3. Mix thoroughly.
4. Mix the other ingredients together. Pour in the egg mixture and mix very well.
5. Press into the baking pan.
6. Bake in a preheated oven at 295° f for about 15-20 mins until golden brown.
7. Leave to cool in the tin. Then cut into squares.
8. Store in an airtight container in the fridge. They keep well for at least 7 days. The grains and seeds can be substituted with others according to your liking.

Notes: Instead of using just oats you can try quinoa cakes or a combination of rolled oats and cooked brown rice or quinoa (leftover from dinner!) Sometimes I use a combination of coconut butter and organic butter or as a treat you can use organic dark chocolate chips instead of fresh fruit! These make great snacks or an ending to a meal. They travel well.



Recipe by Annie McRae



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Grain-Free Blueberry Muffins

INGREDIENTS

- 2 1/2 cups Almond Flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3 eggs
- 1 TBSp vanilla (organic, unsweetened)
- 1 cup frozen blueberries
- 4 TBSp butter, melted
- 1/4 cup honey or maple syrup

INSTRUCTIONS

1. Pour into muffin pan using muffin papers (baking cups)
2. Cook at 325, approximately 40 minutes, until browned
3. Enjoy!



Recipe by Dr. Susanne Breen

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DESSERTS

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Pecan Butter Blondes

Not one, but two people have remarked to me, "These are life-changing!" It's a pretty strong statement so even if they're not life-changing for you, I hope they at least add more variety and yumminess to your diet as a snack or dessert. Homemade pecan butter adds depth to the taste but you can also use any other homemade or store-bought nut butter.

This bar recipe is adapted from the Peanut Butter Brownies in Breaking the Vicious Cycle.

INGREDIENTS

- 2 cups Pecan Butter, or other nut butter
- 1 cup Honey or maple syrup
- 2 Eggs (or Egg Substitute)
- 1/2 tsp Baking Soda
- Coconut Oil, for oiling pan

INSTRUCTIONS

1. Oil a 9×13 or similar size rectangular pan.
2. In a mixing bowl, combine the nut butter, honey, eggs, and baking soda and mix thoroughly.
3. Bake at 350 degrees for 25–30 minutes or until the middle is set.
4. Remove from oven and cool. Slice at room temperature. Store in refrigerator.



Recipe by Kristy Regan



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Brownies

INGREDIENTS

- 2 oz unsweetened solid chocolate (such as Bakers or Ghirardelli)
- 1/2 cup butter
- 1/2 cup clover honey
- 1 egg
- 1 tablespoon coconut flour
- 1 tablespoon unsweetened cocoa powder (such as Now or Droste)
- 1/2 teaspoon baking soda
- Dash sea salt
- Optional: 1/2 cup chocolate chips



Recipe by Dr. Allison Siebecker

INSTRUCTIONS

1. Melt solid chocolate and butter in a double boiler or in the microwave on low.
2. Whisk butter, honey, and egg into the melted chocolate and butter.
3. Mix the coconut flour, cocoa powder, baking soda and salt together.
4. Fold the dry ingredients into the wet and blend together till smooth.
5. Optionally mix in chocolate chips.
6. Pour into greased, 8-inch square baking dish.
7. Bake at 350°F for 20–25 minutes (or until an inserted toothpick comes out clean)

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Vanilla Cupcakes

Adapted from Elana's Pantry. Make as cupcakes, or single layer 8 inch round cake (cake may require longer baking time).

INGREDIENTS

- 1/2 cup coconut flour
- 1/2 teaspoon sea salt
- 1/4 teaspoon baking soda
- 6 large eggs
- 1/2 cup grapeseed oil
- 1/2 cup clover honey or maple syrup
- 1 tablespoon vanilla extract

INSTRUCTIONS

1. In a medium bowl, combine coconut flour, salt and baking soda
2. In a small bowl, blend together eggs, grapeseed oil, honey or maple syrup, and vanilla
3. Mix wet ingredients into dry and blend together until smooth
4. Pour batter into well-oiled muffin/cupcake pan
5. Bake at 350°F for 20 minutes (or until an inserted toothpick comes out clean)
6. Cool completely
7. Top with chocolate frosting (my recipe is below or see Elana's Vegan Chocolate Frosting)



Recipe by Dr. Allison Siebecker



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Dr. Siebecker's Chocolate Frosting

INGREDIENTS

- 1 oz unsweetened solid chocolate (such as Bakers or Ghirardelli)
- 1/2 cup butter
- 1/2 cup clover honey
- 1/2 cup unsweetened cocoa powder (such as [Now](#) or [Droste](#))
- 1 Tablespoon vanilla

INSTRUCTIONS

1. Melt chocolate and butter in a double boiler or in the microwave on low.
2. Let it sit on the counter or in the fridge until cool, but still melted. Transfer to a mixing bowl if a double boiler was used.
3. Add the honey, cocoa and vanilla and beat till fluffy (using an electric beater or mixer).

Note: Cooling the melted chocolate and butter before proceeding, prevents honey from dropping to the bottom.



Recipe by Dr. Allison Siebecker



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Chocolate Cake

Makes one 8 inch round cake – double the recipe for a layer cake.

INGREDIENTS

- 1/2 cup unsweetened cocoa powder (such as Now or Droste)
- 1/2 cup hot water
- 1 cup maple sugar (such as Nova, or substitute white sugar if tolerated)
- 1/2 cup + 1/3 cup Better Batter gluten-free flour (substitute white flour [wheat/gluten] if tolerated)
- 1/2 teaspoon + 1/3 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup lactose-free Greek yogurt (such as Siggi's or Green Valley or homemade). Non-dairy yogurt can be substituted.
- 1/4 cup grapeseed oil
- 1 teaspoon vanilla



Recipe by
Dr. Allison Siebecker



INSTRUCTIONS

1. Whisk cocoa and hot water in a medium bowl (the hot water brings out the chocolate flavor)
2. Whisk sugar, flour, baking powder, baking soda, and salt in a large bowl
3. Add the egg, yogurt, oil and vanilla to the dry ingredients and whisk briefly to combine
4. Add the cocoa/water and whisk till fully mixed
5. Pour into an 8-inch round cake pan lined with parchment paper on the bottom and sides, greased.
6. Bake at 350°F for 33-37 minutes, or until the inserted toothpick comes out clean.
7. Cool in pan for 5-10 minutes

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Chocolate Chip Bundt Cake

Adapted from Renee at Welcome to my Curls – watch her make it on her youtube channel. Can be made as cupcakes or a traditional cake in a cake pan, and as a plain yellow cake by omitting the chocolate chips.

INGREDIENTS

- 1 stick or 1/2 cup softened butter (not melted)
- 1 cup maple sugar (such as [Nova](#), or substitute white sugar if tolerated)
- 2 eggs
- 1 cup lactose-free sour cream or yogurt/Greek yogurt (such as Green Valley, Siggi's or homemade), or or dairy free sour cream/yogurt.
- 2 cups [Better Batter](#) gluten free flour (substitute white flour [wheat/gluten] if tolerated)
- 1 teaspoon baking powder & 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 6-8 oz dark chocolate chips (or 12 oz mini chocolate chips as in original recipe). Omit chips for a plain yellow cake.



Recipe by
Dr. Allison Siebecker



INSTRUCTIONS

1. Grease a Bundt pan
2. Add softened butter, maple sugar, eggs, and lactose-free sour cream/yogurt to a large mixing bowl, and lightly mix with spoon
3. Add flour, baking powder, baking soda, salt and vanilla, and mix until combined with an electric mixer. Don't over mix. Chunks of butter are fine.
4. Stir in chocolate chips
5. Spoon into Bundt pan – don't smooth it out or bang to remove air
6. Bake at 350°F for 40-45 minutes or until inserted toothpick comes out clean
7. Cool for 10 minutes. Cake will have a slightly crusty outside and moist inside.

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Pecan Pie Bars

Crust

- 1 1/2 cups almond flour
- 1 cup tapioca starch
- 1/2 teaspoon sea salt
- 6 Tablespoon butter, cold and cubed
- 5-6 Tablespoons maple syrup

Filling

- 1/3 cup melted butter
- 1/2 cup maple syrup
- 1/2 cup maple sugar (such as Nova, or brown sugar can be substituted)
- 1 teaspoon vanilla extract
- 2 tablespoon lactose free milk/milk substitute (I use Elmhurst Milked Oats)
- 2 tablespoon tapioca starch
- 2 cups raw pecans, roughly chopped

1. Preheat oven to 350° F.
2. Line an 8x8 inch baking dish with parchment paper.



Recipe by
Dr. Allison Siebecker



Crust

- Whisk together almond flour, tapioca starch, and salt in a medium bowl, breaking up any clumps.
- Add cold butter to the flours, in cut up pieces. Using a fork, pastry cutter, or clean hands, mix until it looks sandy (it should hold together when squeezed, with no clumps of butter larger than a pea).
- Add the maple syrup (starting with the lesser amount) and stir until the dough comes together.
- Transfer mixture to the parchment-lined baking dish and spread evenly to distribute, pressing until evenly distributed and well packed.
- Bake for 10-15 minutes until it looks pale and dry in the center and the edges just start to look golden.

Filling

- Make the filling while the crust bakes.
- Whisk together melted butter, maple syrup, brown sugar, vanilla, lactose-free milk/milk substitute and tapioca starch in a medium bowl, breaking up any clumps of tapioca starch.
- Remove the crust from the oven and let it cool for 5-10 minutes.
- After the crust has cooled, add the filling to the crust, spreading it evenly and making sure the pecans are distributed throughout.
- Bake for 35-45 minutes. The edges should be bubbly and the filling slightly darkened in color. It can be removed when the middle is still slightly wiggly (it firms up some when cooled) for a gooier texture, or when it's firmer for a more caramelized effect. Both textures are good!
- Cool the bars completely before slicing into squares.
- Leftovers can be stored in an airtight container at room temperature or in the refrigerator for 3-4 days. Not freezer friendly.

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Anti- Inflammatory Golden Cups

These treats are so filling. I take them with me when I'll be away from the house for a long time for a quick burst of energy when I'm hungry.

These can be great for when a sugar craving hits because they're sweet from the coconut and spices. And the coconut butter is so satisfying.

It also has some huge health benefits. It's anti-inflammatory and contains herbs that have been used for thousands of years to calm the digestive system.

INGREDIENTS

- 1/2 cup of Organic Coconut Butter
- 1/2 tsp of Tumeric
- 1/2 tsp of Cinnamon
- 1/2 tsp of Cardamom
- 1/4 tsp of Black Pepper
- (to help turmeric absorb)
- 1/2 tsp of Vanilla Powder
- Silicon Mini Muffin Trays



Recipe by Angela Privin

INSTRUCTIONS

1. Melt the coconut butter by submerging the glass container in boiling water till it melts. Or if your coconut butter does not come in a glass jar, take it out of the container and heat it up in a pan.
2. Once the coconut butter has liquefied, pour it into a bowl and mix in the spices one by one. I just use a regular spoon to mix it in.
3. After mixing in the spices you can transfer the mixture to the silicon mini muffin trays. Or you can use any silicon mold you have and like.
4. Put in refrigerator to cool for 1 hour.
5. Enjoy!

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Nutty Lemon Balls

INGREDIENTS

- 1 cup Raw Pecans
- 1 1/2 cups Shredded Coconut + extra for covering balls
- 1 1/2 cups Almond Flour
- 3 TBS Fresh Lemon Juice
- 2 TBS Lemon Zest
- 2/3 cup Honey or Maple Syrup
- 1 cup slighted melted Coconut Cream (Let's Do Organic is recommended)

INSTRUCTIONS

1. Roast raw pecans in the oven at 350 for 10-12 minutes until fragrant.
2. Cool on a baking rack.
3. Add pecans to a food processor and process until finely ground but not a paste or butter.
4. Add pecans and other ingredients to a bowl and mix well.
5. Add mixture to refrigerator or freezer for 10-15 minutes until the mixture is firm but pliable.
6. Take the mixture out and roll it into tsp size balls with your hands.
7. Roll in coconut and refrigerate until ready to eat.



Recipe by Kristy Regan



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Coconut Almond Fudge

INGREDIENTS

- 1 cup Coconut Oil
- 1/3 cup Almond Butter
- 1/4 cup Honey or Maple Syrup
- 1-2 tsp Vanilla
- Dash of salt
- 3/4 -1 cup Cocoa Powder
- Nuts (optional)
- Shredded Coconut

INSTRUCTIONS

1. On low heat, melt coconut oil, almond butter, and honey (or maple syrup).
2. Remove from heat, and whisk in vanilla, salt, cocoa powder nuts (optional), and shredded coconut.
3. Pour into a baking dish/pie plate lined with parchment paper. Set in fridge to harden. Cut into squares.
4. Store in fridge.



Recipe by Susanne Breen



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WAYS WE CAN HELP

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