

20 Delicious Heartburn Friendly Recipes



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www.TheHeartburnSolution.com

The Natural & Holistic
Step-By-Step Solution To
Your Heartburn

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Sample Meal Plans

We have created sample meal plans with most of the 20 recipes in this cookbook.

They are divided according to juices, breakfast, desserts, mains, salads and soups so that you will enjoy heartburn healing meals at any time of the day.

Most of the recipes are loaded with fresh fruits, vegetables and herbs that are aimed to stimulate digestive juices and heal your gut, right from the esophagus to the intestines!


What's more, they are not just useful for acid reflux symptoms. Many of the richly colorful and flavorful vegetables and herbs contain bountiful nutrients and minerals. Besides the usual Western dishes, some of the recipes are inspired by Asian cuisines, which are lighter on the stomach.

Your body will feel lighter and detoxed, and most importantly, your gut will thank you for not adding on to the digestive load and various components in the ingredients will kickstart the natural healing process of the inflamed gut. Symptoms like bloatedness, gas, indigestion and acid reflux will be gone in no time.


Chamomile Ginger Tea



What is it?

 A delightful concoction to treat nausea and incoming acid reflux swiftly. It would be no wonder that you'll make this tea a part of your after-meal routine.

Why it's good for you?

 Ginger contains *shogaol* and *gingerol* that stimulates your body to release saliva, gastric juices, and bile that aids swift movement of food into the intestine. Ginger also keeps serotonin levels at bay thus warding off nausea. Chamomile's antispasmodic and carminative property works perfectly with ginger in soothing the stomach. Together, they effectively work in preventing the onset of acid reflux.



Chamomile Ginger Tea

Ingredients

1 old ginger root, sliced

2 tbsp dried chamomile

Manuka honey to taste

Water

A slice of lime, for garnish

Basil leaves, for garnish

Serves 1- 2


Directions

1. Boil sliced ginger roots in water. Once boiled, simmer for 10 minutes.
2. Add ginger tea to chamomile and infuse for 15 minutes. Add honey to taste.
3. Garnish with lime and basil. Serve warm.


Mixed Berries Yogurt



What is it?

 Sweeten your day right with this fusion of sweet berries with yogurt. These berries are more than just sweet treats for breakfast or desserts. They are fiber-rich berries that will make you feel full longer while loading you with anti-oxidants.

Why it's good for you?

 These berries are rich in Vitamin C that cleanses the digestive tracts of contaminants such as pesticides, heavy metals, and digestion by-products. This cleansing ability is not limited to the digestive tracts like the colon but also extends to cleansing of the blood. blood-cleansing ability of berries makes them a heart-healthy food.

Probiotics are 'good' bacteria in yogurt that helps proper digestion. Probiotics prevent colon cancer, improve tolerance for lactose, rid yeast infection, and improves the persons HDL and LDL ratio. A must-include healthy fusion in your diet plan.



Mixed Berries Yogurt

Ingredients

- 1 cup fresh blueberries
- 1 cup fresh raspberries
- ½ cup red currants
- 1 cup unsweetened yogurt
- Mint for garnish

Serves 2

Directions

1. Blend all the ingredients and place it in the fridge. Garnish with mint leaves.
2. Enjoy the cooling yogurt after your meals!

🍏 Apple Muesli Delight



What is it?

🍷 A mishmash of ingredients that no one would dare describe as boring. A delicious and energy-loaded breakfast to start your day right.

Why it's good for you?

🍷 This combo is sure to provide you with energy and enough protein to kickstart your morning. The grains provide you with the needed iron, niacin, thiamine, and riboflavin. The needed fiber in them is just what you need to keep your colons and blood cholesterol levels healthy. The best part is that they are gluten-free. No need to worry about harming your small intestines with too much gluten.



Apple Muesli Delight

Ingredients

- | | |
|--------------------------------|-------------------------|
| 2 red apples, peeled and cored | ¼ cup dried raisins |
| ¼ cup millet | ¼ cup dried cranberries |
| ⅛ cup barley | ¼ cup walnuts |
| ¼ cup buckwheat groats, cooked | 3 tbsp Manuka honey |
| ½ cup flax seeds | 2 tsp agave nectar |
| 1 tsp organic vanilla extract | 2 tbsp water |
| 3 tbsp extra virgin olive oil | |

Serves 2

Directions

1. Preheat oven to 300 deg F.
2. Mix all the grains together in a large bowl. In a smaller bowl, stir to dissolve honey in water. Add vanilla extract and olive oil to honey. Stir evenly.
3. Pour the liquid into the large bowl and stir thoroughly. The grains will absorb the honey to become a shiny, sticky texture.
4. Place a baking sheet on the baking pan. Transfer the muesli contents, spread evenly and bake for 20 minutes. Remove the muesli and turn it over so it does not get over-baked. Add the nuts and bake for another 10 minutes. Remove from oven and let it cool.
5. Keep ½ of an apple, slice, to serve as accompaniment to muesli. Dice apple into tiny cubes, place in a bowl and mash it using a fork. Alternatively, you can use a blender. Add agave nectar and mix evenly to make apple sauce.
6. Place cooled muesli in a bowl, pour the apple sauce and sprinkle cranberries and raisins. Enjoy the muesli together with apple slices!



Cool the muesli on the baking sheet so that it will be crispier.


Avocado Mousse



What is it?

 Best served chilled on a warm summer day, this delectable mix of avocado and molasses is so creamy that it will literally melt in your mouth.

Why it's good for you?

 Also known as "alligator pear", avocados are often dismissed by weight-conscious individuals as it is thought to be very fattening. However, with the high percentage of monosaturated fat, it protects against heart disease, cholesterol and prevents aging. Avocados are easy to digest and provides lots of fiber, helping to cleanse your body in the process.



Avocado Mousse

Ingredients

- 1 ripe avocado
- 3-4 tbsp blackstrap molasses
- 1 tbsp freshly squeezed lemon juice
- 1 cup fresh pomegranate juice

*For a healthier alternative, use Manuka honey.

Serves 2

Directions

1. Cut the avocado into half, remove the seed. Use a spoon and scoop the flesh into a bowl.
2. Use a fork and mash the avocado. For smoother consistency, blend the avocado over low speed for a few minutes.
3. Transfer to a small bowl and refrigerate it.
4. In the meantime, combine molasses, lemon juice and pomegranate juice in a small saucepan. Cook over small fire, and stir occasionally, until the molasses has completely dissolved. Once molasses has dissolved cook till it has reduced to 1/2 cup. Remove from heat and allow it to cool. You can choose to refrigerate it after it has cooled.
5. Combine the avocado mousse and pomegranate molasses. Mix evenly and enjoy!



Press gently on the skin of the avocado. If it dents a little, it means it's ripe.

Red and Green Layered Tower



What is it?

🍽️ The salad that should be the fad. The creaminess of avocado complements perfectly with the nutty flavor of the pines and the subtle sweetness of beets. It looks pretty to serve to guests too!

Why it's good for you?

🍽️ Avocados contain 85% monosaturated fats. But, they are the good fat. These fats contain phytosterols and polyhydroxylated which works greatly against inflammation. It also contains oleic acid. Oleic acid aids the transportation and absorption of carotenoids, a fat-soluble nutrient that is fabulous antioxidant.



Red and Green Layered Tower

Ingredients

- 2 beetroots, peeled
- 2 ripe avocados, stoned
- 1 tbsp crumbled vegan cheese
- A handful of pine nuts, toasted
- 2 sprigs of parsley, for garnish

Dressing:

- 1 tbsp extra virgin olive oil
- ½ tbsp Manuka/raw honey
- 1 tsp freshly squeezed lime juice

Serves 2

Directions

1. Bring vegetable broth to a boil. Put the entire beetroots to simmer for 3 -5 minutes till it turns softer. Remove from pot, peel the beetroot and cut it cross-sectionally into thick circular slices.
2. Cut avocado into half and slice cross-sectionally.
3. Using one slice of beet as the base, place an avocado slice on top of it. Stack beet and avocado slices vertically.
4. To make the dressing, whisk olive oil, honey, and lime juice together.
5. Pour dressing over the salad tower. Sprinkle vegan cheese, pine nuts and garnish with parsley.
Ready to serve!

Fig Citrus Salad



What is it?

🍯 Craving for something sweet after a hearty meal? Sweet figs and honey with a twist of lemon might just be what you're looking for.

Why it's good for you?

🍯 Fig is one sweet way to lose weight because it is rich in fiber. Fibers eliminated excess cholesterol in the blood and ensures good bowel movement. Although lemons are acidic in nature, they are alkaline-forming once ingested and is very good for the body. Lemon with honey works greatly in soothing an upset stomach and prevents an onset of heartburn.



Fig Citrus Salad

Ingredients

10 figs, halved
1 tangerine, peeled and sliced
½ grapefruit, peeled and sliced
A handful of pomegranate seeds
Mint for garnish

Dressing:

½ tbsp Manuka/raw honey
Freshly squeezed juice of ½ lemon

Serves 2 - 4

Directions

1. Prepare the fruits and refrigerate for 1 hour before serving.
2. Using either a wooden or plastic spoon, stir Manuka honey into fresh lemon juice. Drizzle over the fruits and serve with mint.




Never use metal spoon when handling Manuka honey as metal will destroy the anti-bacterial properties of the valuable Manuka honey.


Dandelion Carrot Salad



What is it?

 One munch and you are able to appreciate the ingenuity of the crispiness and fresh taste of the herbs. It's so easy to make as no cooking is required. Just toss the salad, pack inside a tupperware and you're ready to go!

Why it's good for you?

 Dandelion is probably one of the best salad greens you can find. Besides being one of the richest in beta carotene and Vitamin A, it is also very highly rich in potassium and heart disease, keeping your blood pressure in check, and reduces the risk of heart disease. The bitter taste of dandelion greens stimulate the production of digestive juices, which helps to cure heartburn, and promotes cleansing of the gut. You'll be wondering where is the protein in this salad. Well, most of them come from dandelion. It contains 14% more proteins than spinach!



Dandelion Carrot Salad

Ingredients

2 cups fresh dandelion greens

1 cup carrot, sliced

1 cup lettuce, shredded

Dressing:

1 tbsp extra virgin olive oil

¼ tsp Manuka/raw honey

1 tsp freshly squeezed lime juice

Serves 2

Directions

1. Wash and drain the ingredients. Make sure it doesn't contain any water so as to retain the crispiness.
2. Pour the dressing over the salad, toss evenly. Ready to serve!

🌿 Vietnamese Spring Rice Rolls



What is it?

🍲 Vietnamese are famous for their fresh yet lively flavors. This easy-to-make rolls is very good on the eyes...not to mention the stomach.

Why it's good for you?

🍲 If you're feeling lethargic, sluggish, or simply feel tired, chances are you have accumulated too much toxins from unhealthy foods and lifestyle. You can crunch your way to health with bean sprouts. With this Vietnamese Spring Rice Rolls, you will benefit from the great cleansing ability of the bean sprouts. Bean sprouts are also high in vitamin C, protein, and Folic acid.

Apple cider vinegar will aid in proper digestion of food. Some heartburn cases are caused by poor stomach acid production, and thus improper food digestion. Apple cider simply eliminates this problem.

Vietnamese Spring Rice Rolls

Ingredients

8 rice roll wrappers
½ carrot, peeled and shredded
½ avocado, stoned and sliced
2 large purple cabbage leaves, shredded
10g rice vermicelli/ glass noodle,
A handful of mung bean sprouts

Dipping Sauce:

2 garlic cloves, peeled and minced
2 tsp molasses or agave nectar
½ tbsp fresh cilantro, chopped
Freshly squeezed juice of 3 limes
1 red chili, deseeded and minced (optional if non-spicy version preferred)
2 tsp apple cider vinegar

Serves 4

Directions

1. To make the dipping sauce, combine all the ingredients together and let it cool in the fridge.
2. Wash the vermicelli. Soak it in hot water till it softens (approximately 15 minutes). Drain and cut into 4 -5 inches length. Cut the shredded carrot and cabbage into 4 - 5 inches length. Place in the fridge to retain crunchiness and drain the water off the vegetables.
3. Add warm water into a large circular bowl. Soak rice roll into water and remove once it softens. Pat it dry using a clean towel.
4. Using two rice sheets, overlap the first sheet with $\frac{2}{3}$ of the second rice-paper sheet. In the centre of the two sheets, arrange the avocado first as the base. Add the vermicelli, shaping it into a rectangular mass. Top it with carrot and red cabbage.
5. Fold the sides and bottoms of the rice sheets towards the filling (the avocado slices will act as a guide), and roll it tightly into a cylinder. Divide each roll into 3 diagonally using a sharp dry knife. Repeat for the other rolls, serve on a platter and garnish with sprouts.




Do not soak the rice roll in water till it has completely softens as the moisture in the fruits and vegetables will further soften the rice roll. If soaked too long the rice roll will crumble. Remove rice roll from water once it starts to soften. When placing the filling leave a 1.5 inch border from the sides of the rice paper sheets.


Roasted Pumpkin With Herbs



What is it?

 Roasted pumpkin is a good choice for busy, on-the go working professionals. Just drizzle the herbs and seasoning, pop it into the oven, and you'll have an inviting, orangey dish in no time.

Why it's good for you?

 Pumpkin is rich in antioxidant carotenoids and Vitamin A, C, K, potassium, magnesium and iron. The herbs used for this dish help to stimulate the production of digestive juices, and soothe the lining of the stomach. The inclusion of fenugreek helps to reduce stomach ulcers from the digestive juices.



Roasted Pumpkin With Herbs

Ingredients

- 1/2 pumpkin, skin removed, deseeded and cubed
- *for extra crispness, you can brush the skin clean and leave it intact.
- 5 tbsp extra virgin olive oil
- 2 tbsp fresh parsley, chopped
- 1 tbsp marjoam leaves, chopped
- 1 tbsp rosemary, chopped
- 1 tbsp oregano, chopped
- 1 tbsp fenugreek, chopped
- Celtic salt and pepper to taste

Serves 2

Directions

1. Preheat the oven to 350 deg F.
2. Mix the herbs and salt thoroughly in a small bowl.
3. Lay the pumpkin pieces evenly on a baking sheet, and sprinkle half of the herbs evenly on the pumpkins. Drizzle olive oil and salt.
4. Roast in the oven for 15 to 20 minutes. It is advisable to remove the tray occasionally and move the pumpkins around the tray to ensure they don't stick.
5. Remove from the oven after roasting and sprinkle the remaining fresh herbs. Ready to serve!




Choose a smaller pumpkin as it will be sweeter


Sautéed Portobello With Pineapple



What is it?

 This savory dish complements perfectly with quinoa or brown rice. The meaty texture of portobello mushrooms can be compared to steak and combined with the sweetness of pineapple, it brings out a fruity fragrance.

Why it's good for you?

 Portobello mushrooms are a rich source of antioxidants L-ergothioneine and polyphenols. Besides that, it is very rich in folate, Vitamin B1 and B6. The high amount of riboflavin helps to increase energy production at the cellular level. Pineapple contains loads of enzymes that will help to boost your digestion.



Sautéed Portobello With Pineapple

Ingredients

- 2 large portobello mushrooms
- 2 medium slices pineapple, cut into cubes
- 4 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 2 shallot, sliced
- Celtic salt and pepper to taste

Serves 2

Directions

1. Wash portobello mushrooms, pat it dry using a kitchen towel. Place it on a few layers of kitchen towel so that it will soak the excess moisture from the mushroom.
2. Season mushrooms with celtic salt, pepper and olive oil. Rub the insides of the mushrooms so that the seasoning are evenly distributed. Leave aside.
3. Sauté garlic with olive oil under low heat until fragrant. Add shallots and fry till soft.
4. Place mushrooms and let it cook under medium heat for a few minutes. Flip the mushrooms on the other side, and stir fry pineapples at the side.
5. Remove from pan and serve warm!




Portobello mushrooms cook very easily, so remember not to overcook it as it will lose the steak-like texture.


Spicy Papaya Quinoa



What is it?

 A perfect marriage of an ancient American origin quinoa and Mediterranean spices. This recipe will surely tease your tongue while providing you with complete nutrition.

Why it's good for you?

 Now you can confidently dish away meat proteins. With quinoa, you are ensured of consuming all the nine amino acids that a human needs in a protein that are usually found in meat. With quinoa's protein, your body is not laded with acid byproducts like a meat does.

The Mediterranean spices will not only burst flavors in your tongue, they also explode waves of nutrients. Spices like rosemary, oregano, parsley, and red pepper flakes are great sources of antioxidants. It helps keep away heart disease, premature aging, and even cancer.



Spicy Papaya Quinoa

Ingredients

- 1¼ cups quinoa, washed and drained
- 1 ripe papaya, peeled, deseeded and diced into large squares
- 3 tbsp mung bean sprouts
- ¾ cup vegetable stock

Dressing:

- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 1 tbsp rosemary, chopped
- 1½ tbsp oregano, chopped
- 1 stalk parsley, chopped
- Freshly squeezed juice of 1 lemon
- 1 tsp Manuka honey
- 1 tsp red pepper flakes
- Celtic salt and pepper to taste

Serves 4


Directions

1. Cover quinoa with vegetable and bring to boil in a small saucepan. Turn down the fire and simmer for 10 minutes till the quinoa has absorbed the water. Remove from pan and cool.
2. In the meantime, prepare the papaya and wash and drain the sprouts off excess water.
3. Sauté garlic with olive oil under low heat until fragrant. Combine the ingredients required for the dressing. Add the dressing to the quinoa once it has cooled down. Mix evenly.
4. Add papaya and sprouts to seasoned quinoa. Serve!


Green Curry Pasta



What is it?

 Green curry is a staple in Thai cuisine, marked by its distinct sweetness that is not found in Indian curries. When sauteed it gives off a spicy and inviting fragrance. This dish is definitely a good choice during autumn or winter when you need something to warm your stomach.

Why it's good for you?

 Green curry is very rich in carminatives (coriander, cumin, basil) which helps to improve digestive problems like bloating and intestinal tract spasms. One point to highlight is its anti-inflammatory properties which will help to heal swollen digestive tracts.

Green Curry Pasta

Ingredients

2 bunches buckwheat spaghetti or soba
 ¼ red capsicum, sliced
 3 fresh Shitake mushrooms, sliced
 ¼ large corn, cut into small pieces
 ¼ small carrot, sliced thinly
 5 tbsp extra virgin olive oil
 A tsp black and white sesame seeds (optional)
 Serves 2

Sauce

1 stalk lemongrass, minced
 ¾ tsp ground cumin
 1½ tsp ground coriander
 1 onion, minced
 2 cloves garlic, minced
 2 green chili, deseeded, minced
 1 cup fresh coriander leaves, chopped
 2 tsp young ginger, minced
 2 tbsp fresh basil, chopped
 2 lime leaves, sliced
 2 tsp Bragg's aminos
 Celtic salt and molasses to taste
 1 cup free coconut milk
 *for convenience you can buy pre-made organic green curry paste from health shops

Directions

To make sauce:

1. Place all the ingredients for the sauce in a blender or food processor. Add a little coconut milk to ensure that the mixture is able to blend.
2. In a frying pan, add oil and fry the paste at medium heat. Once fragrant, add coconut milk and stir-fry over low heat till the mixture becomes a paste. Leave it aside.


Pasta:

3. In a small pot, add water, a little salt and oil. Bring to boil. Cook pasta, corn and carrot for 3-5 minutes as per manufacturer's instruction. Remove from pot and drain the pasta. Leave the corn and carrot aside.
4. Using the paste prepared earlier, add capsicum, mushroom, corn and carrot. Stir-fry under medium heat. Add the pasta and stir fry for 1-2 minutes to allow the paste to flavor the pasta.
5. Remove from pan and sprinkle sesame seeds. Enjoy!


Spinach-Stuffed Cannelloni



What is it?

 A fiber-rich cannelloni that promotes digestion. This elegant and tasty dish is a good way to prevent onset of heartburn.

Why it's good for you?

 The bell peppers in this recipe more than just define the meal. Bell peppers are non-starchy vegetables that don't load you with carbohydrates and calories you don't need. In other words, you can eat more of it! It also got loads of Vitamin C and B6, thiamine, folic acid, and beta carotene.

Bell peppers are exceptionally high in phytochemicals too that are great antioxidants. Cataracts, blood clots and strokes, and cholesterols are some illnesses that bell peppers work against.



Spinach-Stuffed Cannelloni

Ingredients

Filling and pastry:

4 whole-wheat lasagna sheets
 300g fresh spinach, washed and drained
 1½ cup vegan cheese
 2 cloves garlic, minced.
 1 tbsp rosemary, chopped
 1½ tbsp oregano, chopped
 2 tbsp fennel, chopped
 ¾ cup almond milk
 Celtic salt, nutmeg and pepper to taste

Sauce:

2 tbsp extra virgin olive oil
 3 cloves garlic, minced
 1½ tbsp balsamic vinegar
 1 tbsp basil leaves, chopped
 1¼ cup vegetable broth
 2 red bell pepper, deseeded and chopped
 4 red tomatoes, quartered
 1 tsp red pepper flakes
 Celtic salt and pepper to taste

Serves 2- 4

Directions

To make sauce:

1. Place bell pepper, tomatoes on a baking pan, season with olive oil, garlic, basil, Celtic salt, pepper and pepper flakes. Roast vegetables for 30 minutes at 420 deg F. Remove from oven and let it cool. Remove tomato skins if loose.
2. Transfer roasted vegetables to a large saucepan, add vegetable broth, bring to a boil and simmer over low heat. Stir to prevent mixture from sticking to the base. Transfer sauce to a blender and blend till smooth.

Filling and pastry:


3. Sauté garlic with olive oil under low heat until fragrant. Add spinach and rest of the herbs and sauté till spinach is ¾ cooked. Remove from heat and cool. Whisk almond milk together with vegan cheese. Add to spinach mixture and mix evenly.
4. Reduce oven temperature to 375 deg F. Coat baking pan with sauce. Cut lasagna sheets to preferred size and place them on the baking pan. Place ⅓ cup filling (approx. 6 tbsp) in the centre, roll to a tight cylinder, with the ends facing down the pan. Repeat for the remaining lasagna sheets.
5. Drizzle sauce over rolled lasagna, sprinkle vegan cheese on top. Wrap the pan with aluminum foil and bake for 30 minutes, open the foil and bake for another 10 minutes.
6. Sprinkle basil leaves and serve!



Do not use tomatoes in the sauce if it triggers your heartburn. Replace tomatoes with red bell pepper, add a little lemon juice and stevia to achieve the blend of sweet and sour.


Melon Olive Rice

What is it?

 If you're looking for a way to enjoy a carbo-loaded meal without the fear of shooting up your sugar level, this recipe is perfect for you. The melon more than just adds a twist in flavor, it also aids in proper carbohydrate digestion. Good digestion means a lesser risk of heartburn.



Why it's good for you?

 A novel way to relish a rice dish. The cantaloupe's rich aroma and flavor complements well with the brown rice's slight nutty taste. And they complement well in their nutritional value too. Cantaloupe contains potassium, Vitamin B6 and B3, folate, and dietary fiber. The most remarkable vitamin in cantaloupe that should be considered is its Vit B complex. Vitamins B ensures proper carbohydrate digestion and stabilizes sugar levels in the blood.

Brown rice is exceptional in its manganese content. This mineral not only helps in the production of energy from carbohydrates and protein, it also keeps the nervous system healthy. Both are low in calories. A zest of cumin perfects the dish not only for its peppery flavor. The flavor provides you with iron. It also stimulates proper secretion of enzymes from the pancreas. These enzymes are necessary for good digestion and nutrient absorption.



Melon Olive Rice

Ingredients

- 1 cantaloupe melon, halved, deseeded
- ½ cup green olives
- 1½ brown rice, cooked
- 2 cloves garlic, minced
- ¼ cup vegetable broth
- ½ tbsp oregano
- ½ tsp ground cumin
- Freshly squeezed juice of ½ lemon
- Mint leaves for garnish
- 2 tbsp extra virgin olive oil
- Celtic salt and pepper to taste

Serves 3-4

Directions

1. Using a small ice-cream scoop, carefully scoop the flesh of cantaloupe melon, place it in a bowl. Leave around ½ inch of flesh from the rind. Do not discard the melon skin. Refrigerate the melon and the skin.
2. Sauté garlic with olive oil under low heat until fragrant. Add olives, sauté, add cooked brown rice, oregano, cumin, salt and pepper and stir-fry over medium-high fire. Add vegetable broth and allow it to simmer for 3 minutes over low fire.
3. Allow the olive rice to cool, then transfer the rice in the melon bowls. Add the freshly-scooped melon, drizzle lemon juice, and toss. Garnish with mint leaves. Enjoy!

Spinach Tofu Stuffed Pita



What is it?

🍲 Thinking of going Chinese for dinner? This menu is a smart alternative to a high fat and high carbohydrate diet. This low-calorie stuffed pita is high in essential fatty acids which has a lot of benefits for the body.

Why it's good for you?

🍲 This recipe is distinguished for the nutritional content of tofu, sesame, and sesame oil --- essential fatty acids Essential fatty acids play a big role in disease prevention especially preventing heart disease.

Spinach Tofu Stuffed Pita

Ingredients

Filling:

- 2 large tofu, cut into small square pieces)
- 1½ cup fresh spinach, chopped into large pieces
- 4 cloves garlic, minced
- 2 tsp fresh ginger, minced
- 3 tsp white sesame seed, toasted
- 2 tsp black sesame oil
- 1 tsp cayenne pepper powder
- 3 tbsp Braggs aminos
- 8 tsp extra virgin olive oil (divided into 2 parts)
- Celtic salt and pepper to taste

Pita Bread:

- 1 packet quick rising yeast
- 3 cups wholewheat all-purpose flour
- 1 cup room temperature filtered water
- ½ cup warm filtered water
- 1 tbsp agave nectar
- 1½ tsp Celtic salt
- 2 tbsp extra virgin olive oil

Note: If you are in a hurry, you can always select freshly-made pita breads from your local bakery.

Serves 8

Directions

Filling

1. Using a non-stick skillet, heat olive oil over medium-high fire, add tofu and pan-fry till the sides are crispy. (takes about 5 minutes each side). Flip the tofu over to the other side once one side is browned. Add Braggs Amino, remove from pan, and place it in a large bowl.
2. Use a clean skillet, add olive oil, sauté ginger till crispy, add garlic and continue to sauté. Wash the spinach, drain it off excess water, and add it to the pan. Stir fry for about one minute or when the spinach starts to wilt. Add salt and pepper to taste, remove from pan.
3. Transfer the spinach to the bowl of tofu, add toasted sesame seeds, sesame oil, Braggs amino. Mix well.

Pita Bread:

4. Add the yeast to ½ cup warm water and stir in agave nectar. Let the dissolved yeast rest for a while. Sift flour and combine with salt in a large mixing bowl. Make a well in the center and pour in the yeast mixture. Using your hands or wooden spoon, warm water slowly till it becomes a soft dough.
5. Knead the dough till it becomes pliable, or stretchy. Add olive oil and place the dough in a bowl, cover with a kitchen towel and let the dough rise. (approx. 1 ½ hr). Slam the dough down to releases trapped air bubbles, divide it into 8 small doughs. Use a rolling pin to flatten the dough. Preheat oven to 400 deg F, and bake for 3 min.
6. Make an opening in the pita bread, stuff spinach and tofu. Enjoy!



Pat the tofu dry using a clean kitchen cloth before frying to prevent oil from splashing off the pan.

✿ Miso Tofu Soup



What is it?

🍲 This soup may be Oriental in origin but it sure has made a global impact. It has gained popularity all over Europe and America. The soup naturally soothes the digestive tract and prevents heartburn, gas pain, and belching.

Why it's good for you?

🍲 Miso has been part of Chinese and Japanese diet for centuries. It's been said that it's the secret to their longevity. It provides you with the friendly bacteria that aid proper digestion and nutrient absorption and spike the immune system. The soy lecithin in miso is not only great in dissolving the cholesterol plaques in your blood, it is also prevents arteriosclerosis.



Miso Tofu Soup

Ingredients

- 2 piece organic tofu, cut into cubes
- 4 tbsp dried nori flakes
- 2 - 3 tbsp organic miso paste (adjust according to level of saltiness)
- ½ onion, peeled and sliced
- ½ tbsp soy lecithin
- 5 cups water
- ⅓ small carrot, peeled and diced (for extra sweetness)
- 2 tbsp extra virgin olive oil

Serves 2 -3

Directions

1. In a saucepan, sauté onion in olive oil till fragrant. Once it is browned, add water and carrot to the saucepan and bring water to boil.
2. Dissolve miso paste by stirring it in a small bowl of water. Add miso and tofu to the soup.
3. Add nori flakes and lecithin. Serve warm.

✿ Soy Noodle Soup



What is it?

🍲 Soup base made from evaporated milk is a favorite in Chinese cuisine, but dairy is bad for our health, especially if you have heartburn. This soy substitute is equally delicious without the additional burden on your body.

Why it's good for you?

🍲 This soup is really easy to prepare and light on the stomach. Take note that when cooked, tomatoes do not irritate the esophagus as when it is raw. The inclusion of bok choy and seaweed provide rich sources of Vitamin A, C and K.

Soy Noodle Soup

Ingredients

- 1 small piece organic tofu, cut into cubes
- 1 small ripe tomato, sliced
- 1 tbsp dried nori flakes
- A few stalks of bok choy or chye sim, cut into bite size pieces
- 3 fresh Shitake mushrooms, sliced
- 1 packet organic buckwheat noodles
- 4 cup water (optional, depending on the consistency of the soup)
- 1 packet of organic soy powder
- * Substitute with almond milk if you are allergic to soy
- ½ tbsp extra virgin olive oil
- Celtic salt to taste

Serves 2 -3

Directions

1. In a medium pot, slowly dissolve soy powder into room temperature water. Stir continuously using chopsticks.
2. Bring the water to a boil. Add olive oil, noodles, mushrooms, tomato, boy choy and tofu.
3. Remove from heat. Add nori flakes and celtic salt to taste.

🌿 Bulgarian Cold Cucumber Soup



What is it?

🍲 Is the weather too hot to include hot soup in your meal course? This tasty soup provides is a classic Bulgarian “cold” soup that’s best served chilled during warm summers. Not only is this soup very refreshing, but it’s very easy to make.

Why it’s good for you?

🍲 This tasty soup provides you with tons of nutrients. Cucumber ensures your dose of Vitamin C and molybdenum, a mineral that helps in proper utilization of iron. It also contains a wealth of potassium, Vitamin A, folate, manganese, magnesium, dietary fiber and silica. Silica is responsible for giving a person a youthful glow.

Walnuts and dill are great sources of EFA Omega 3 which is vital for brain function. It is also responsible for you body’s growth and keeping the heart healthy. EFA Omega 3 also enhances the production of hemoglobin. Cell membranes are also able to absorb nutrients easily thereby digestion is greatly improved. Better digestion leads to lower instances of heartburn.

Bulgarian Cold Cucumber Soup

Ingredients

- 2 green cucumbers, peeled, deseeded and cubed
- ½ onion, peeled and sliced (optional)
- 4 garlic cloves, peeled and minced
- 2 cups yogurt/vegan sour cream
- 1 tsp molasses
- 1 cup water (optional, depending on the consistency of the soup)
- 1½ tbsp dill, chopped
- ½ cup walnuts, chopped
- 2 tbsp extra virgin olive oil
- Celtic salt to taste

Serves 2

Directions

1. In a saucepan, sauté onion in olive oil till fragrant.(optional)
2. Place cucumbers in a large bowl, add onion (optional), garlic, dill, olive oil, and walnuts. Add salt and molasses to taste. Whisk the yogurt and pour it over the mixture.
3. Let it marinate for a few hours in the refrigerator.
4. Add a little water if the soup is too thick. You can also add a few ice cubes for a colder soup. Serve cold with dill for garnish.



If you prefer a smoother consistency without any chunks, marinate the cucumbers without adding the yogurt for a few hours and place it in the refrigerator. After the mixture is cooled puree it in a blender. When smooth, add yogurt and blend on low speed. Serve with dill and walnuts.

✿ Sorrel Herb Soup



What is it?

🍲 This is the perfect soup to couple with the heavy main dish you've prepared. The turmeric works like magic in accelerating the metabolism. You can be assured that with every tablespoon of this soup is teeming with nutrients too.

Why it's good for you?

🍲 Turmeric has curcumin that works well in stimulating the production of bile from the gallbladder. Because of this, digestion is enhanced. Curcumin also serves to relieve gas and bloating.

Sorrel and watercress are very rich in flavonoids. Flavonoids helps prevent inflammation that may impede proper digestion which can lead to heartburn.

Sorrel Herb Soup

Ingredients

- 6 stalks chives, chopped
- 1/2 cup fresh dill, chopped
- 1 bunch watercress, roots removed, chopped
- 200g sorrel leaves, chopped, leave some for garnish
- 1/2 cup vegan sour cream
- 1/2 cup almond milk
- 2 stalks parsley, chopped
- 1 1/2 tsp turmeric powder
- 1/2 nutmeg powder
- 6 cups vegetable stock
- 1/2 onion, peeled and sliced
- 3 garlic cloves, peeled and minced
- 3 tbsp extra virgin olive oil
- Celtic salt and pepper to taste

Serves 2 - 3

Directions

1. In a large saucepan, sauté onion in olive oil till onion turns translucent, add garlic and sauté for another few more minutes.
2. Add nutmeg and turmeric and fry till fragrant. Add sour cream and almond milk.
3. Add 3/4 of the watercress, chives, sorrel leaves, parsley to the saucepan, together with vegetable stock. Bring to a boil. Cover the saucepan and simmer for a few minutes.
4. Allow the soup to cool. Add the remaining uncooked vegetables and blend it to retain the bright green color. Stop when it has reached a smooth consistency.
5. Add dill and parsley for garnish. Serve warm!



Always remember to leave a portion of the vegetables uncooked for blending so that the soup gives off a nice, bright, greenish hue.

✿ Chinese Bitter Gourd Soup



What is it?

🍲 A bowl of soup that is better when bitter. The bitter gourd's taste is outweighed by the dried wolf berries. Together, they blend perfectly into a nutritious soup.

Why it's good for you?

🍲 Rediscover the ancient Chinese' secret to relieving heartburn in this soup. Wolfberry's numerous health benefits includes relieving heartburn. It works in tandem with bitter gourd. Like many bitter foods, when we taste bitter gourd, it will stimulate the production of digestive enzymes. Proper digestion prevents acid reflux from occurring.

Chinese Bitter Gourd Soup


Ingredients

- 1 medium bitter gourd, sliced and deseeded
- 1 red onion, peeled and sliced
- 3 tbsp dried wolfberries (goji berry)
- 3 cups vegetable stocks
- 2 tbsp extra virgin olive oil
- Celtic salt to taste

Serves 4

Directions

1. In a saucepan, sauté onion in olive oil till fragrant.
2. Fill saucepan with water, add vegetable stock and bring it to a boil. Add bitter gourd and let it simmer for 30 minutes over low fire.
3. Transfer the mixture into soup bowls, serve with wolfberries

 To retain the sweetness of wolfberries, do not boil it together with the soup. Just sprinkle after the soup is ready to serve, stir, and let it sit for 1 minute.