

Hi,

I'm a registered nutritional therapist and I help women manage their hormones, stress levels and weight issues to re-discover their former fabulous self again!!

I know what it's like to feel anxiety and stress creeping up - its no fun!

During times when our hormones fluctuate, particularly if progesterone is low, our anxiety can get the better of us.

The good thing is that nutrition can play a big part in calming our nervous system and help us feel more relaxed and in control.

Key nutrients to be mindful of are magnesium, iron, B6 as well as good levels of fibre to keep our hormones balanced.

So, I've included a little, easy recipe that ticks all those boxes.

If you would like to have a chat to find out whether nutritional therapy can help you, please reach out X

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Pea & Basil Buckwheat Risotto

4 servings
20 minutes

Ingredients

1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)
3 cups Vegetable Broth (divided)
2 cups Fresh Peas (or frozen, divided)
2 cups Basil Leaves (stems removed)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

Directions

- 1 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 2 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 3 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1 3/4 cup.

More Flavor: Add a splash of apple cider vinegar and/or your desired herbs and spices.

Additional Toppings: Top with red pepper flakes and/or a dollop of yogurt.