



NEXT INGREDIENT

# EASY TO EAT

four gentle recipes for recovering from illness



# Absorb Your Meals

This short collection of recipes is meant for anyone who is interested in giving their digestive system a break. It is, however, designed especially for those who are experiencing food sensitivities and those struggling because of digestive challenges, those having trouble eating solids, those experiencing a change in their diet who are trying to figure out what to eat, and/or people experiencing a stressful connection with their food.

On the road to recovery, it is common to have an aversion to food or loss of appetite, high stress around mealtimes, difficulty digesting raw foods, and strong reactions to food (nausea, bloating, stomachaches, hypermotility, and other digestive upsets).

Each of these recipes can be a starting point that an individual or their caregiver customizes.

Contact Next Ingredient for one-on-one support and resources at (541) 246 6550.

# TEA:

## WHAT IS IT?

CUMIN, CORIANDER & FENNEL

## BACKGROUND

A soothing tea from the Ayurvedic system of medicine that calms and optimizes the digestive process.

## INGREDIENTS:

### QUALITIES:

FENNEL  
THREE PARTS

Calming, reduces gas and constipation, antimicrobial, activates production of gastric enzymes, protects colon

CORIANDER  
TWO PARTS

Relieves abdominal pain, bloating, gas and discomfort, improves stomach function, calms intestinal spasms

CUMIN  
ONE PART

Settles the stomach, promotes digestive enzymes, relieves flatulence, supports blood sugar balance, is high in antioxidants

## METHOD:

Boil water, steep all three seeds together for about twenty minutes, strain, and sip throughout the day.

# SOUP:

## WHAT IS IT?

SQUASH SOUP

## BACKGROUND

A savory soup that tastes amazing, is full of nutrients, and does not burden the digestive system

## INGREDIENTS:

## QUALITIES:

A DASH OF PARSLEY,  
THYME, ROSEMARY,  
AND SALT

Anti-microbial, aids digestion, supports mineral balance, helps your body use Vitamin D

1 BUTTERNUT SQUASH

Optimizes pancreatic function, contains fiber, and minerals, including: calcium, magnesium and zinc

3 TABLESPOONS GHEE  
OR COCONUT OIL

Cooking fats that are stable at high temps, are easy to absorb, and support colon function

BASE (1 CARTON  
BROTH OR 2 CANS  
COCONUT MILK)

Source of amino acids (broth) or lauric acid and butyrate (coconut milk)

## METHOD:

In a large pot, sauté herbs on low heat in ghee or coconut oil. Add cubed squash and cook on medium until tender. Stir in your chosen base and simmer on low for fifteen minutes. Salt to taste.

# SMOOTHIE:

PRO TIP: Though smoothies are often enjoyed cold, they can be more difficult to digest. Learn to enjoy them at room temperature, if needed.

## WHAT IS IT?

COCOA PROTEIN SHAKE

## BACKGROUND

A well-rounded and filling drink, this shake can help fill in the gaps when heartier meals seem overwhelming

## INGREDIENTS:

### QUALITIES:

2 CUPS MILK

Mineral rich and contains three main macronutrients. Consider sourcing raw milk, or milk from a goat or sheep.

1-2 TABLESPOONS  
CACAO POWDER

Helps support mineral needs

2 SCOOPS COLLAGEN  
POWDER

Easily absorbed protein that supports tissues (like muscle, hair and bones) in their building and repairing processes

DASH OF CINNAMON

Blood sugar balance, fights infections, lowers blood pressure

## METHOD:

Blend all ingredients until smooth, adjusting amounts for taste.

# BROTH:

## WHAT IS IT?

HERBY BROTH

## BACKGROUND

A special hot drink for any time of day; especially supportive for transitioning to eating full meals.

## INGREDIENTS:

ONE CARTON BROTH  
(BONE/MUSHROOM/  
VEGGIE)

A DASH OF EACH:  
PARSLEY, SAGE,  
ROSEMARY, THYME, SALT

A SPLASH OF APPLE  
CIDER VINEGAR

## QUALITIES:

Repair the intestinal lining, easily absorb nutrients without chewing, build appetite, and warm yourself up

Supports digestive and oral health, supports immunity, anti-microbial, anti-inflammatory, supports mineral needs

Contains enzymes and B vitamins

## METHOD:

In a small cooking pot, add herbs, spices, and apple cider vinegar to your broth base. Heat and sip throughout the day.

# Gain More Support

If this intro has made you curious for more digestive support, or insight into other health challenges such as period challenges or exercise intolerance, you might consider working one-on-one with Gail at Next Ingredient in the form of consulting sessions.

A few coaching sessions can help you get to the point where you know how to support your digestion better, as well as get you on your way to working with other aspects of your wellness journey.

If you are interested in screening for mineral deficiencies, you can book an HTMA service through Next Ingredient, which includes lab testing, a results interpretation, and a customized nutrition plan.

Contact Gail Kloosterman at Next Ingredient for one-on-one support and resources at **(541) 246 6550**.