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 allergies and struggling because of digestive challenges, those having trouble eating solids, those experiencing a change in their diet and 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, emptying/hypermotility, and other digestive upsets).

Each of these recipes can be a starting point that an individual or their caregiver customizes with the needs of the recovering individual in mind.

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 intestional 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:

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: QUALITIES:

ONE CARTON BROTH (BONE/MUSHROOM/ VEGGIE) — Repair the intestinal lining, easily absorb nutrients without chewing, build appetite, and warm yourself up

A DASH OF EACH: PARSLEY, SAGE, ROSEMARY, THYME, SALT — Supports digestive and oral health, supports immunity, anti-microbial, anti-inflammatory, supports mineral needs

A SPLASH OF APPLE CIDER VINEGAR — 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.