

RECIPE'S FOR LIFE WITH GILBERT'S SYNDROME

your free set of six recipes for great health and wellbeing



Broccoli Soup

This is great as a starter or a tasty lunch with chunks of granary bread. Not only does the cruciferous broccoli help your liver function and health in many ways, but the addition of marmite adds B vitamins which are vital to a number of nervous system and other bodily functions including stress response, and cider vinegar is great for your stomach and fat digestion. This soup is filling and easy to digest.

Instructions:

- Cook the leek and celery in the oil for 5 minutes
- Add in the broccoli, potato and vegetable stock and bring to the boil, add in the marmite and cider vinegar.
- Simmer for 20 minutes until the broccoli and potato are falling apart
- Mash with a potato masher or put through a blender
- Add pepper to taste, soy sauce for extra flavour.

Optional: Stir in a big dollop of soya yoghurt to make creamier, if wished, and warm through

Ingredients

- Tablespoon of oil
- Half a leek (thinly sliced)
- A head of broccoli chopped up into small pieces (including the stalky bits, don't waste any)
- 1 large or two small potatoes, chopped into small cubes
- A thinly sliced stick of celery
- 500ml of vegetable stock
- 10ml (two teaspoons or a big dollop to taste) of marmite (optional!)
- A teaspoon of cider vinegar

Brussels with walnuts

Not everyone loves Brussel sprouts - but maybe they haven't given them a chance to sing in a clever yet simple recipe like this! Again, cruciferous veg are great for liver function. Walnuts have protein and essential fats as well as other goodness. This dish is so quick and easy, and you can add to a celebration roast as a side or team with brown rice for a simple and super tasty lunch.

Ingredients:

- Brussel sprouts. For the sweetest brussels choose small or frozen brussel sprout and whizz through the microwave for 5 minutes and drain off excess liquid
- Walnuts - broken or whole (20g per person)
- Sesame seed oil (up to 1tsp per person)
- Dash of soy sauce
- Pomegranate or date syrup
- Pomegranate seeds or finely chopped dried dates

Instructions:

- Heat the sesame seed oil in a deep pan
- Stir fry the hot brussels with the walnuts for just a few minutes, then drizzle in soy sauce
- Plate up and sprinkle over pomegranate seeds or dried dates if used
- Drizzle over pomegranate or date syrup

Perfect as a side dish or serve with a cooked grain such as brown rice, bulghar wheat, or quinoa for a filling nutritious lunch.

"Brussel sprouts contain antioxidants which protect cells, vitamins C and K, reduce inflammation helping to prevent cancer and heart disease, stabilise insulin levels to help prevent diabetes and feed beneficial gut bacteria, supporting immunity."



Photo by Cyrus Crossan on Unsplash

Hot Broccoli and Kale salad with tahini dressing

Well this includes the superfoods of broccoli and kale, teamed together with sesame seed paste to create a liver supporting whopper of a hot salad. That's right, salads don't have to be cold!

Ingredients:

- Broccoli and Kale (chopped small)
- TahiniLemon juiceSoy sauce
- Stevia / maple syrup or other sweetener

Instructions:

- Steam broccoli and kale for 5 minutes, or until soft enough for your taste (you can just pop them in a cover dish in the microwave for 5 minutes).
- Combine tahini, lemon juice, soy sauce and sweetener of choice by stirring vigorously with a fork
- Drizzle over the broccoli and kale, and serve hot

Options:

- Add finely chopped chilli if your stomach can handle it.
- Stir garlic powder or paste into the tahini sauce if you can digest it.
- Add pomegranate seeds to posh it up
- Include peas for protein and sweetness to make a filling dish.

Serve with quinoa, brown rice or bulghar wheat for a complete meal, or have as a side.

"Broccoli is packed with vitamins, fibre and antioxidants. It protects against heart disease, multiple cancers and regulates blood sugar levels. It may also support healthy brain function according to a study of 960 older people in 2019"



Beetroot falafels / burgers

Beetroots have so much goodness and cleansing properties, as well as being super-sweet and tasty once baked. Their deep colour is not just gorgeous but shows that they are full of antioxidants and vitamins. Chickpeas are full of protein and fibre which supports a healthy gut.

Ingredients:

- 2 large / 3 or 4 small raw uncooked beetroot chopped into small cubes
- 1 tablespoon of olive oil
- 200 to 300g of cooked chickpeas (half a tin or cook your own)
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander or a handful of fresh coriander finely chopped
- 1 tablespoon of fresh chopped parsley if you like parsley
- 2 teaspoons of soy sauce
- 1 tablespoon of wholemeal flour

Optional:

1 teaspoon of baking powder (this makes them lighter and more airy, and isn't necessary)

1 tablespoon of sesame seeds if wished

Chilli flakes for heat to taste

Instructions:

- Brush a baking sheet with oil, and sprinkle beetroot onto the sheet, brush with remaining oil
- Bake for 45 minutes and allow to cool
- In a blender blitz the rest of the ingredients, with the beetroot
- Form into small balls or burger shapes and grill or oven cook on a medium hot oven for 15 minutes.

Serve with tahini sauce (two tablespoons of tahini mixed with 1 tablespoon of soy sauce, 1 teaspoon of lemon juice and dash of syrup to sweeten).

Wrap in a pitta bread, lay on a hunk of wholemeal bread, with spinach and slaw.

Or add the Sweet Potato Fries below.

Sweet Potato Fries

Sweet potatoes are better for you than regular potatoes and have more flavour. They impact your blood sugar levels less and have lots of vitamin A and C. This recipe uses NO FAT! And includes spices to rev up your taste buds.

Ingredients:

- One medium sweet potato per person should be sufficient
- For every 2 sweet potatoes -
- Half a teaspoon of salt
- Half a teaspoon of either smoked paprika, mild chilli powder (or hot chilli powder if you prefer!)
- Half a teaspoon of cumin

Instructions:

- Heat oven to 200 degrees centigrade (400 F)
- Slice the sweet potatoes into your preferred thickness (the thicker they are the softer they will be, so slick thin if you want crispy)
- Lay out on a baking sheet
- Mix together the salt and spices and sprinkle over the sweet potatoes
- Bake for 30 minutes, or until cooked through - soft on the inside and crispy on the outside. Turn half way through for the best results.

*You'll need to eat these fresh from the oven or they may lose their crispiness.
Serve with a dip or ketchup*

"Sweet potatoes are packed with vitamin A which is essential in fighting off infections. They also contain magnesium which can help reduce stress and anxiety, as well as reduce insomnia. They may also help protect against bacterial infections. "



Apple Crumble with a twist

Here's a dessert to finish you off, sugar free, fat free and yet feels incredibly indulgent. You can swap and switch ingredients around depending on what you have available (powdered ginger instead of fresh, 1 to 2 tbsp of nut butter and 2 tbsp of maple syrup instead of applesauce (which is just mashed up cooked apple), change oats to a flour if you have that available.

Ingredients:

Filling

- 1 large banana, thinly sliced
- 2 large apples, chopped
- 2 dates, chopped
- 2 tsp cinnamon, ground
- ½ tsp nutmeg, ground
- ½ tsp fresh ginger, minced (or ground ginger)
- 2 tsp lemon juice

Crumble topping

- 90g (1 cup) rolled oats
- 28g (1 oz) walnuts, crushed
- 120ml (½ cup) applesauce, unsweetened
- ¼ tsp salt

Instructions:

- Preheat your oven to 190 C (370F).
- In a bowl mix the filling ingredients
- Transfer into a baking dish (big enough to leave room for the crumble topping to be added in a bit!) and bake for 8-10 minutes, just until the fruit starts to bubble.
- Mix the crumble topping ingredients really well. (If you want your crumble topping to be sweeter, just add 2 tbsp of maple syrup or brown sugar at this stage, or a sweetener like stevia.)
- Take the baking dish out of the oven and cover evenly with the crumble topping, returning to the oven promptly. Bake for another 15-20 minutes, until the oats are slightly golden and crisp.

Serve when cooled down a little, keep any leftovers up to 5 days or freeze for a couple of months.

"Zinging with vitamins and potassium in the fruit. Laden with gut friendly fibre, supporting digestion. Rich in omega 3 and protein in the walnuts. "



Photo by Max Nayman on Unsplash