
MEDICAL MEDIUM

THYROID HEALING

DIGITAL ACCOMPANYING MATERIAL

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Chapter 24

THYROID HEALING RECIPES



JUICES, TEA, WATERS & BROTH



CELERY JUICE

Makes 1 serving

Plain, fresh celery juice is one of the most powerful healing juices available to us. This clean, green drink is the very best way to start your day. Make this juice a part of your daily routine, and soon you won't want to go a day without it!

1 bunch celery

Rinse the celery and run it through a juicer. Drink immediately. Alternatively, you can chop the celery and blend it in a high-speed blender until smooth. Strain and drink immediately.

TIPS

- Use organic celery whenever possible. If using conventional celery, be sure to wash it especially well before juicing.
- If you find the taste of straight celery juice too strong, you can juice one cucumber and/or one apple with the celery. This is a great option as you get adjusted to the flavor, however there are more benefits when celery juice is consumed on its own.
- If drinking the full 16 ounces that this recipe yields feels like too much in the beginning, start with a few sips and work your way up over time.



CUCUMBER JUICE

Makes 1 serving

Cucumber juice packs a powerful punch of hydration into a small glass. In fact, it's the best rejuvenation tonic in the world. This juice is subtle and sweet, and you just may find that you absolutely love the taste.

2 large cucumbers

Rinse the cucumbers and run them through a juicer. Drink immediately.

Alternatively, you can chop the cucumbers and blend them in a high-speed blender until smooth. Strain and drink immediately.

TIPS

- Use organic cucumbers whenever possible. When using conventional cucumbers, be sure to wash them especially well before juicing.
- If you find the taste of straight cucumber juice too strong, you can juice some apple with the cucumber as you adjust to the flavor. This will make it slightly less effective. Before long, you may find that you crave cucumber juice all on its own.
- If drinking the full 16 ounces that this recipe yields feels like too much in the beginning, start with a few sips and work your way up over time.



THYROID HEALING JUICE

Makes 1 serving

This juice is made entirely of ingredients that support thyroid health. The best part is that it's easy to customize according to your tastes. Feel free to substitute cucumbers in place of the celery or parsley in place of the cilantro. In any case, you will be getting a big dose of powerful thyroid support!

1 bunch celery
2 apples, sliced
1 bunch cilantro
2 to 4 inches fresh ginger

Run all the ingredients through the juicer. Drink the juice immediately on an empty stomach for best results.

Alternatively, roughly chop the celery and apples. Add all of the ingredients to a high-speed blender. Blend the ingredients until smooth and then strain. Drink the resulting juice immediately.

TIPS

- As mentioned above, this juice can be customized to your taste preferences by substituting 2 cucumbers in place of the celery or 1 bunch of parsley in place of the cilantro.
- Depending on the juicer, more or less ginger will be needed. Adjust the amount according to your taste.



THYROID HEALING TEA

Makes 1 serving

Teas are a wonderful way to add some quiet to the busy rush of our days. This healing tea will do just as much for your spirit as for your thyroid and the rest of your body. As you drink, take a moment to pause and calm your heart and mind. What a miracle that such healing foods are available to us here on the earth!

2 cups water
1 teaspoon thyme
1 teaspoon fennel seed
1 teaspoon lemon balm
2 teaspoons raw honey
(optional)

Bring 2 cups of water to boil in a small saucepan. Add thyme, fennel seed, and lemon balm. Turn off the heat and allow the tea to steep for 15 minutes or more. Strain the tea and pour it into a mug. Stir in honey if desired and enjoy!

TIPS

- Store-bought tea bags can be used as well when loose tea is not available. Use one tea bag each of thyme, fennel seed, and lemon balm.
- Either fresh or dried thyme and lemon balm can be used.



LEMON OR LIME WATER

Makes 1 serving

A tall glass of lemon or lime water is one of the very best tools for hydration and detoxification. On top of the healing benefits you read about in Chapter 22, lemons and limes activate drinking water, making it better able to latch onto toxins in your body and flush them out. Drinking this elixir, you'll feel like you are infusing every cell in your body with healing nectar!

½ lemon or lime
2 cups water

Squeeze the juice from half of a freshly cut lemon or lime into the water. Sip and enjoy!

TIP

- Lemons and limes travel well. When you're on the road and missing your kitchen, make sure to pack a few lemons and limes so you can enjoy this fresh tonic when you're far from home.



GINGER WATER

Makes 1 to 2 servings

Whether it's hot ginger tea before breakfast or a cold glass of ginger water after lunch, this drink is easy to customize in a way that works for you!

1 to 2 inches fresh ginger
2 cups water
½ lemon (optional)
2 teaspoons raw honey
(optional)

Grate the ginger into 2 cups of water and add the juice of ½ lemon. Allow the water to steep for at least 15 minutes and ideally longer. You can even leave it steeping in the fridge overnight. Strain the water. Add lemon and honey if desired and enjoy warm or cold throughout the day.

TIPS

- As an alternative to grating the ginger, try chopping it into a few small pieces and squeezing them in a garlic press—it will act like a mini juicer. Be sure to take out the “pulp” from the press afterward, chop it finely, and add it to the water, too.
- It can be helpful to prepare a big batch of ginger water in advance to sip as desired. For best results, add the honey and lemon just prior to consuming.



ALOE WATER

Makes 1 serving

While the taste of aloe may take some getting used to, it will be well worth the effort. As you drink your aloe water, think about all of the amazing benefits that your liver, your adrenals, and the rest of your body will reap from this amazing healing food.

2-inch piece of fresh aloe leaf
2 cups water

Scoop the gel from the inside of the fresh aloe leaf and place it into a blender alongside the water. Blend for 10 to 20 seconds until thoroughly combined. Drink immediately on an empty stomach for best results.

TIPS

- Fresh aloe leaves can be found in the produce section of many supermarkets.
- Save the remainder of the aloe leaf by wrapping the cut end in a damp towel or plastic wrap and storing in the refrigerator for up to 2 weeks.
- If you need to, you can also try blending aloe into a smoothie such as the Thyroid Healing Smoothie on page 192.



THYROID HEALING BROTH

Makes 1 to 4 servings

Sometimes it can feel challenging to stick to healthier ways of eating when all around you, others seem to indulge in less-than-productive foods. With this antiviral, mineral-rich broth—a cornerstone of the Thyroid Virus Cleanse Month featured in the previous chapter—you can give yourself a nourishing, comforting boost any time. If you'd like, keep a mug of it by your side all day, refilling as you desire.

2 sweet potatoes, cubed
2 celery stalks, diced
2 onions, diced
6 garlic cloves
1 inch turmeric root, peeled and minced
1 inch ginger, peeled and minced
1 cup finely chopped parsley
4 sprigs thyme
2 tablespoons Atlantic dulse flakes
1 tablespoon kelp powder
8 cups water

Place all the ingredients in a large pot. Bring the mixture to a boil, then reduce the heat to a low simmer for 1 hour. Strain and enjoy as a healing, restorative broth that can be sipped throughout the day.

TIPS

- This recipe may also be enjoyed as a chunky vegetable soup by leaving the vegetables in the broth.
- Alternatively, you can make a simple purée out of this recipe. Use an immersion blender to purée the vegetables until smooth or transfer them in small batches to a standing blender. Make sure to leave a vent for steam to escape through the top of the standing blender!
- You're welcome to make a large batch of this soup and freeze the leftovers to use throughout the week. Try freezing the broth in an ice cube tray for easy thawing later.
- If you'd like to make this soup a little more decadent to share with company, you can add a pinch of salt and a little splash of coconut oil into each individual bowl just before serving.





BREAKFAST



APPLE PORRIDGE WITH CINNAMON AND RAISINS

Makes 1 serving

There's something so delightful about starting the day with a simple bowl of hearty goodness that's specifically geared to help you heal. In this version, skip the grains and load up on a bowl of fruit-based satisfaction.

3 apples, sliced
¼ teaspoon cinnamon
1 pinch vanilla bean powder
2 dates, pitted
1 teaspoon raw honey
(optional)
½ lemon
¼ cup raisins
2 tablespoons walnuts
(optional)
2 tablespoons shredded
coconut (optional)

Combine the apples, cinnamon, vanilla bean powder, dates, honey, and the juice of the lemon in a food processor. Process all of the ingredients together until they are just combined. Pour the apple mixture into a bowl and stir in the raisins, walnuts, and shredded coconut if desired. Serve and enjoy!

TIP

- Feel free to get creative and figure out what toppings you like the most! Try different toppings on different days to get a variety of nutrients and flavors.



PAPAYA BERRY BOATS

Makes 2 servings

Delicious breakfasts don't have to be complicated! These papaya berry boats come together in minutes in a bright burst of color and flavor. They're perfect for a hydrating, satisfying breakfast that is easy to digest and will get your day started off right.

1 large Maradol papaya

2 bananas, sliced

3 cups mixed berries

1 lime (optional)

Slice the papaya in half lengthwise and scoop out the seeds. Place the two halves of the papaya on a plate with the cut sides facing up. Arrange the banana slices and the berries inside the center of each papaya half. Squeeze lime juice over the top of your papaya boats if desired and enjoy!

TIPS

- Maradol papayas are readily available in many supermarkets. If they're still green and unripe, look for ones with at least a hint of yellow-orange color in the skin. Left on the countertop, they will ripen until the skin gives when pressed, similar to a ripe avocado.
- If you're new to papaya's tropical flavor, lime juice is the perfect complement, which is why it's included as an optional ingredient in the list above. A simple squeeze of lime on papaya is a revelation worth experiencing.



WILD BLUEBERRY PANCAKES

Makes 4 servings

Who doesn't love pancakes—especially when they are chock-full of only the very best ingredients? These delicious pancakes will become a favorite to enjoy with family and friends. This batter behaves differently than traditional pancake batter, so follow the directions closely and enjoy the results!

2 ripe bananas
4 tablespoons raw honey
1 teaspoon baking powder
½ teaspoon sea salt
½ cup water
2 cups almond flour
¼ cup potato starch
1 tablespoon coconut oil
1 cup wild blueberries
½ cup maple syrup

For the batter, blend the bananas, honey, baking powder, and sea salt together with the water until smooth. Add the almond flour and potato starch and continue to blend until a thick, even batter forms.

To cook on the skillet: Heat a little of the coconut oil in a large ceramic nonstick skillet over medium-low heat. Pour the batter into the skillet by heaping tablespoons to create small pancakes. Sprinkle a few wild blueberries over the tops. Use the back of a spoon to smooth the batter evenly into a circle. Cook the pancakes for 2 1/2 to 3 minutes, then flip and cook for 4 minutes on the other side.

To bake in the oven: Preheat the oven to 325°F. Using the coconut oil, lightly grease two baking trays lined with parchment paper. Spoon the batter into 3-inch circles, smoothing evenly. Sprinkle a few wild blueberries over the tops. Bake the pancakes for 8 to 10 minutes until the edges turn golden, then flip and bake 2 minutes more.

Combine the maple syrup and remaining wild blueberries in a small sauce over medium heat, stirring frequently until hot and well combined. Serve atop the pancakes and enjoy!

TIP

- If you run into trouble using a skillet, try the baking method for best results!



HEAVY METAL DETOX SMOOTHIE

Makes 1 serving

This smoothie is a perfect and powerful combination of five key ingredients for detoxing heavy metals. Not only that—it tastes amazing!

2 bananas
2 cups wild blueberries
1 cup cilantro
1 teaspoon barley grass juice powder
1 teaspoon Hawaiian spirulina
1 tablespoon Atlantic dulse
1 orange
1 cup water

Combine the bananas, blueberries, cilantro, barley grass juice powder, spirulina, and dulse with the juice of one orange in a high-speed blender and blend until smooth. Add up to 1 cup of water if a thinner consistency is desired. Serve and enjoy!

TIPS

- If the barley grass juice powder and spirulina make the taste too strong for you, start with a small amount of each and work your way up.
- Keeping your kitchen stocked with ripe bananas is an art. Try asking your local grocer for an entire case of bananas (often available at a discount), then freeze a large batch when they reach peak ripeness. This way, you'll have frozen bananas on hand for those days when you run out of fresh ones.



THYROID HEALING SMOOTHIE

Makes 1 serving

Smoothies are a great way to get a variety of healing ingredients in one go. You can customize this thyroid healing smoothie with whichever healing foods you'd like, rotating them throughout the week or month so that you get plenty of different nutrients and flavors.

2 cups mango (fresh or frozen)

1 banana

1 cup water

SUGGESTED ADDITIONS

2 cups spinach

½ cup arugula

1 teaspoon kelp powder

½ inch ginger, peeled

1 orange, juiced

½ cup cilantro

½ cup aloe vera gel

½ cup raspberries

Combine the mango and banana with 1 cup of water in a blender. Add any of the possible additions in assorted combinations. If you're feeling adventurous, go ahead and add them all! Blend until smooth. Serve and enjoy!

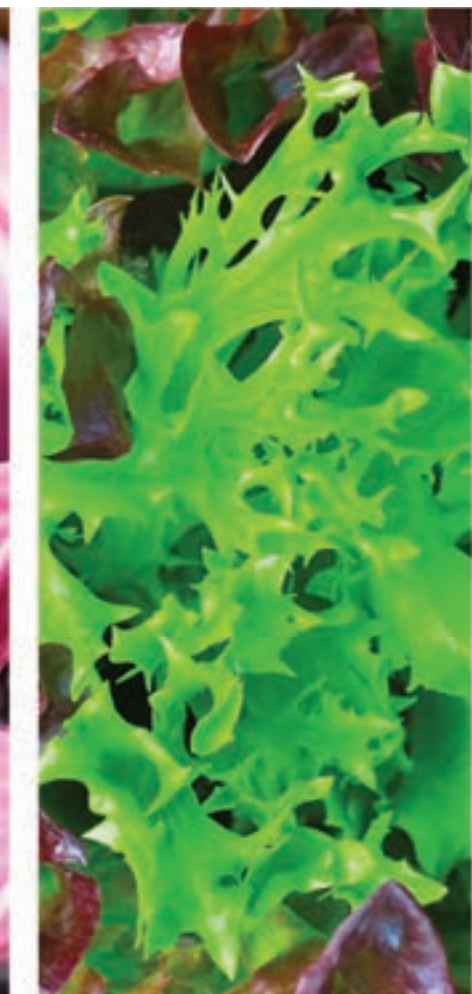
TIP

- For a change of pace, turn this into a light yet satisfying smoothie bowl, arranging sliced banana or peach, cubed mango or papaya, diced pear, pomegranate seeds, fresh or even frozen berries, raisins, or chopped dates, figs, or dried apricots on top.





LUNCH



PESTO ZUCCHINI NOODLES

Makes 2 servings

These zucchini noodles are a bright and delicious way to enjoy so many beautiful ingredients together. The familiar flavors of pesto combine with sweet cherry tomatoes and mild noodles in a dish that is light, satisfying, and, simply put, wonderful!

3 medium zucchinis, peeled
2 cups loosely packed basil leaves
¼ cup hemp seeds
¼ cup walnuts
1 teaspoon olive oil (optional)
½ date
2 garlic cloves
¼ teaspoon sea salt
1 lemon
¼ cup water
2 cups cherry tomatoes

Turn your zucchinis into noodles using a spiralizer, peeler, or julienne peeler. Place these noodles into a large mixing bowl and set aside. Blend the basil leaves, hemp seeds, walnuts, olive oil, date, garlic cloves, sea salt, and juice of the lemon with the water until a smooth pesto forms. Pour the pesto over the zucchini noodles and toss until they are evenly coated. Divide the noodles between two bowls. Top with sliced cherry tomatoes. Serve and enjoy!

TIPS

- Kelp or cucumber noodles may be used in place of the zucchini noodles if desired.
- This dish is the perfect item to bring along to your next picnic in the park. Make a double batch that is big enough to share!



MASON JAR SALADS TWO WAYS

Makes 2 servings

One of the best ways to incorporate an abundance of healing foods into your diet is to prepare ahead of time. These two salads can be made in advance and stored in the fridge for up to 3 days. Keep them on hand for an easy grab and go meal anytime!

MIXED VEGETABLE SALAD WITH “RANCH” DRESSING

2 cups shredded red cabbage
2 cups shredded carrots
2 cups chopped asparagus
1 cup sliced radish
1 cup chopped fennel
1 cup chopped celery
1 cup chopped cilantro
½ cup chopped parsley
½ cup sliced scallion
1 lemon, halved
1 avocado, diced (optional)
8 cups spinach or arugula

RANCH DRESSING:

¼ cup Brazil nuts
¼ cup cashews
6-inch piece of celery
1 garlic clove
1 tablespoon dried parsley
1 tablespoon fresh dill
½ tablespoon garlic powder
¼ teaspoon celery seeds
¼ teaspoon sea salt
1 lemon
½ cup water

Layer all of the ingredients, except for the spinach or arugula, into two large (32-ounce) mason jars. Store the jars in the fridge for up to 3 days. Enjoy the mixed vegetables over a bed of leafy greens topped with “ranch” dressing.

Blend the Brazil nuts, cashews, celery, garlic clove, dried parsley, fresh dill, garlic powder, celery seeds, sea salt, and the juice of the lemon together until smooth. Slowly stream in ¼ to ½ cup of water, stopping when desired consistency is reached. Store the dressing in a small mason jar in the fridge for up to 3 days.



FRUIT SALAD WITH LEAFY GREENS

2 cups orange sections
2 cups raspberries
2 cups diced mango
2 cups diced cucumber
1 cup pomegranate seeds
1 cup chopped cilantro
½ cup chopped basil
1 lime
8 cups leafy greens

Layer all of the fruit into two large (32-ounce) mason jars. Slice the lime into wedges and layer them on the top of the jars' contents. Store the jars in the fridge for up to 3 days. Enjoy the fruit salad over a bed of mixed leafy greens with lime juice squeezed over the top.

TIPS

- If you don't have mason jars on hand, you can store these salads in any available container.
- If you're running out the door, grab a bag or box of pre-washed salad greens along with your salad jar, and you'll be ready to go. Don't let anything stop you from healing—you've got this!



SPINACH SOUP

Makes 1 serving

One of the amazing things about incorporating more fruits and vegetables into our diet is the way that our taste buds change, and we begin to crave more and more of these fresh ingredients over time. When you find yourself yearning for leafy greens and the benefits they provide, this easy-to-make, richly flavored soup is a great way to incorporate them into your day in an easily digestible form. With all of the minerals the spinach provides, you'll also help curb any cravings for the foods you know don't serve your health right now.

1½ cups grape tomatoes
1 stalk celery
1 garlic clove
1 orange
4 cups baby spinach
2 basil leaves
½ avocado (optional)

Blend the tomatoes, celery, and garlic with the juice of 1 orange until smooth. Add the spinach by the handful until completely incorporated. Add the basil and the avocado (if desired), blending until creamy and smooth. Serve and enjoy immediately!

TIPS

- Cilantro may be used in place of the basil by substituting ¼ cup of cilantro leaves.
- If this soup doesn't have you singing "Hallelujah!" at the beginning of your journey, give it another try in a few weeks. As your palate begins to change, you may find that you wind up loving this soup so much that you make it a staple of your diet!



SUN-DRIED TOMATO ARTICHOKE DIP WITH VEGETABLE CRUDITÉS

Makes 2 servings

This creamy dip takes only seconds to prepare and combines bold flavors with comforting warmth. Sun-dried tomatoes, garlic, and parsley blend perfectly with tender artichoke hearts to create a dip that will have everyone coming back for more!

2 cups steamed artichoke hearts (see Tips)
¾ cup oil-free sun-dried tomatoes, soaked in hot water for 5 minutes
2 tablespoons raw tahini
1 cup loosely packed parsley
2 garlic cloves
1 lemon
¼ teaspoon sea salt
Vegetables of your choice for dipping (such as bell pepper, cucumber, cauliflower, radishes, asparagus)

Place the artichoke hearts, sun-dried tomatoes, tahini, parsley, garlic cloves, juice of the lemon, and sea salt into a food processor. Process the ingredients together until well combined. Serve the artichoke dip alongside any vegetables of your choice!

TIPS

- To prepare the artichoke hearts, follow the directions for steaming whole artichokes on page 212. Allow the artichokes to cool and then remove all of the tough green leaves until only the tender yellow leaves remain. Cut the artichoke in half and remove the choke (the silky white and purple leaves and the underlying filaments) completely by scooping it out with a spoon. Now your artichoke heart is ready to use.
- If raw tahini is unavailable, regular tahini may be used instead. Raw tahini has a milder flavor, and roasted tahini is more distinctive. Either will work well.
- Enjoy this dip with raw vegetables as described or with cooked vegetables of any kind. If you're feeling creative, you can even try stuffing it into a baked potato!





DINNER



“NACHOS-STYLE” BAKED POTATOES

Makes 2 to 3 servings

While traditional nachos may involve chips, these soft and golden baked potato rounds leave nothing to be desired. Cooked perfectly in the oven until crispy on the outside and tender in the middle, then piled high with the familiar flavors of avocado, tomato, onion, and cilantro, these potatoes will disappear fast, so you may want to make a double batch. Make these potatoes extra indulgent by topping them with the Garlic Cashew Aioli on page 212!

6 medium potatoes
2 teaspoons coconut oil
½ teaspoon sea salt, divided
1 avocado, diced
1 cup diced tomato
1 cup diced onion
½ cup cilantro, chopped
½ jalapeño, minced (optional)
2 limes
¼ cup Garlic Cashew Aioli
(optional, recipe on page 212)

Preheat the oven to 375°F. Peel and slice the potatoes into rounds that are ¼ inch to ½ inch thick. Toss them with the coconut oil and ¼ teaspoon of the sea salt. Arrange the potatoes on a baking tray lined with parchment paper. Leave space so that they are not touching or overlapping. Bake the potatoes for 20 minutes, flip, and then bake for 10 more minutes.

While the potatoes bake, combine the avocado, tomato, onion, cilantro, jalapeño, and the juice of both limes in a small mixing bowl. Arrange the potato slices in a pile on a serving plate. Top with the avocado salsa and drizzle the Garlic Cashew Aioli over the top if desired. Finish the nachos off with the remaining sea salt and enjoy!

TIPS

- Experiment with different varieties of potatoes for different nutrients, flavors, and textures.
- For a make-ahead trick, try peeling and slicing the potatoes in advance and storing them in a bowl of cold water in the fridge. They will keep well for up to three days this way; just change the water daily and enjoy having potatoes ready to go at a moment's notice.



CAULIFLOWER “FRIED RICE”

Makes 2 to 3 servings

Juggling our healing journeys with the demands of busy schedules and the needs of our loved ones can be a challenge. This cauliflower “fried rice” may make your life a little easier with its restaurant-quality flavor and fast prep time. It’s a recipe that can be made cooked or raw, and it’s easy to customize with your family’s favorite vegetables and herbs.

1 medium cauliflower
(about 6 cups florets)
1 teaspoon coconut oil
½ red onion, diced
1 inch ginger, minced
3 garlic cloves, minced
1 large carrot, diced
1 red bell pepper, diced
2 stalks celery, diced
1 cup peas
1 teaspoon toasted sesame oil
2 tablespoons coconut aminos
½ teaspoon raw honey
(optional)
1 teaspoon sea salt
½ jalapeño (optional)
1 cup cilantro
¼ cup almonds, chopped
(optional)
2 teaspoons sesame seeds
1 lime

Cut cauliflower into florets and place into a food processor. Pulse until the cauliflower achieves a coarse rice texture. Use a nut milk bag or cheesecloth to wring extra moisture out of the “rice” and then set it aside.

Heat 1 teaspoon of coconut oil in a large pan and sauté the onion over medium-high heat until translucent and cooked through. Add water by the tablespoon as needed to prevent sticking. Place the ginger, garlic, carrot, bell pepper, celery, and peas in the pan with the red onion and continue to cook for 5 to 7 minutes until the vegetables begin to soften. Add the cauliflower rice, toasted sesame oil, coconut aminos, honey, and sea salt to the pan and stir well to combine. Continue to cook another 5 to 7 minutes until cauliflower rice is tender.

Serve the cauliflower “fried rice” topped with jalapeño (if desired) along with cilantro, chopped almonds, sesame seeds, and a generous squeeze of lime juice!

For raw cauliflower “fried rice”: Follow the first step to make cauliflower rice, and place the rice into a large bowl along with the red onion, ginger, 1 clove of minced garlic, carrot, bell pepper, and celery. Stir the toasted sesame oil, coconut aminos, sea salt, and jalapeño into the cauliflower rice and marinate for at least 15 minutes. Serve topped with cilantro, chopped almonds, sesame seeds, and lime juice.



STEAMED ARTICHOKEs WITH GARLIC CASHEW AIOLI

Makes 2 servings

Steamed artichokes are delicious eaten on their own with a little lemon juice and sea salt—especially when you know about all of the healing benefits they bring to your thyroid. This recipe takes artichokes to another level, pairing them with a decadent garlic cashew aioli. It's an incredibly simple recipe to pull together and a great way to wow the guests at your next dinner gathering.

4 artichokes
1 cup cashews
2 tablespoons olive oil
3 garlic cloves
2 lemons
¼ teaspoon sea salt
½ to 1 cup water

Trim the artichokes by slicing ½ inch off of the tops and all but ½ inch off the stems. Trim any remaining leaves by ½ inch as well. Bring a pot of water to boil. Place the artichokes into a steamer basket inside the pot. Steam the artichokes for 30 to 40 minutes depending on size. They're done when one of the leaves pulls off easily and is tender.

Combine the cashews, olive oil, garlic, juice of two lemons, and sea salt in the blender with ½ cup of water. Blend until smooth for a thicker aioli. For a thinner consistency, continue to stream in another ½ cup of water while blending.

Serve the artichokes alongside the cashew aioli for dipping and top with any fresh herbs as desired!

TIP

- Save the extra aioli for use as a sauce over steamed potatoes or broccoli, as a topping for the “Nachos-Style” Baked Potatoes (recipe on page 208), or massaged into kale for a hearty salad.



SPAGHETTI SQUASH “BOLOGNESE”

Makes 2 servings

Spaghetti squash gets its name for a very good reason. The tender, yellow strands are so much like spaghetti, especially when you top them with a rich, savory tomato sauce and a sprinkle of Brazil Nut Basil “Parmesan.” This dish will be an instant favorite with family and friends, so you might want to make a double batch. Freeze a batch of the sauce so that you always have some on hand when the urge for a big bowl of spaghetti strikes!

1 large spaghetti squash
2 cups diced red onion
4 garlic cloves, minced
2 cups cherry tomatoes
1 cup sliced mushrooms
(optional)
1 teaspoon chili powder
1 teaspoon poultry seasoning
1 teaspoon garlic powder
¼ teaspoon curry powder
¼ teaspoon sea salt
½ cup sun-dried tomatoes,
soaked 5 minutes in hot water
¼ cup Brazil Nut Basil
“Parmesan” (see below)

BRAZIL NUT BASIL “PARMESAN”

¼ cup Brazil nuts
¼ teaspoon sea salt
¼ teaspoon dried basil
1 garlic clove

Preheat the oven to 400°F. Carefully slice the spaghetti squash in half and discard the seeds. Fill a baking tray with ½ inch of water and place the squash halves cut side down in the tray. Bake the squash for 30 to 40 minutes until one finger pressed gently into the exterior of the squash leaves an indentation. Remove the squash halves from the oven. When they are cool enough to handle, use a fork to scrape down the insides of the squash creating “spaghetti” strands. Divide the squash noodles between two bowls.

To make the “Bolognese,” place the diced onion into a medium saucepan along with 2 tablespoons of water. Sauté the onion over medium-high heat until translucent and tender. Continue adding water by the tablespoon as needed to prevent sticking. Add the garlic, cherry tomatoes, mushrooms, chili powder, poultry seasoning, garlic powder, curry powder, sea salt, and sun-dried tomatoes to the saucepan and continue cooking, stirring frequently for 5 to 7 minutes, until the tomatoes soften. Using an immersion blender, blend the sauce ingredients together until combined but still chunky. Alternatively, transfer to a standing blender and pulse blend, making sure to leave the top ajar for steam to escape.

Serve the sauce over the top of the spaghetti squash noodles. Top with the Brazil Nut Basil “Parmesan” and enjoy!

Place the Brazil nuts, sea salt, basil, and garlic into the blender or food processor and pulse briefly until small crumbles form.





SNACKS



SWEET POTATO CHIPS AND GUACAMOLE

Makes 1 to 2 servings

Chips get a bad reputation because many store-bought chips come loaded with preservatives and undesirable ingredients. It is possible to make delicious, clean chips right in the oven at home! The recipe below has a lot of spices for a bold, flavorful chip, though feel free to leave them all out. These chips are just as delicious with nothing more than a sprinkle of sea salt or dipped in this mouthwatering guacamole.

2 large sweet potatoes
¼ teaspoon sea salt
¼ teaspoon garlic powder
¼ teaspoon cumin
¼ teaspoon paprika
¼ teaspoon chili powder
¼ teaspoon cayenne (optional)
2 teaspoons coconut oil (optional)

GUACAMOLE

2 avocados
½ lemon
1 lime
1 small tomato, finely diced
¼ red onion, finely diced
½ cup cilantro, chopped
1 garlic clove, minced
¼ jalapeño, minced (optional)
¼ teaspoon sea salt (optional)

Preheat the oven to 250°F. Using a mandoline or knife, slice the sweet potatoes into very thin rounds, approximately 1/16-inch thick if possible and no thicker than 1/8 inch. Make sure they are even and thin, though not transparent. Bring a pot of water to boil. Place the sweet potato slices into the boiling water and return to a simmer over medium heat. After 5 minutes, remove the sweet potatoes and discard the water.

Combine the sea salt, garlic powder, cumin, paprika, chili powder, and cayenne in a small bowl. Lightly grease two baking trays with coconut oil. Arrange the sweet potato slices on the trays so that they are not overlapping. Brush the tops of the sweet potatoes lightly with more coconut oil. Sprinkle the spice mix generously over the top of the slices.

Bake the sweet potatoes for 25 minutes. Remove the trays from the oven and set the slices that are already crispy to one side. Return the trays to the oven for 5 more minutes and then check to remove the crispy chips again. If needed, bake the remaining slices 3 to 5 minutes more. Note that the chips might not appear crispy when first removed from the oven, though they should crisp up as they cool.

Serve sweet potato chips alongside guacamole, or enjoy them plain! For best results, serve shortly after making!

Mash the avocado together with the juice from the lemon and lime in a small bowl. Stir the tomato, onion, cilantro, garlic, jalapeño, and sea salt into the mashed avocado. Serve and enjoy with the sweet potato chips, alongside any cut-up vegetables of your choice, as a salad dressing, or even on top of cooked vegetables as desired.



WILD BLUEBERRY BANANA ICE CREAM

Makes 2 servings

This ice cream is everything you could want it to be—creamy, sweet, and cold. The best thing about it is that you can enjoy it any time you want without fear of setting back your healing. Ice cream for breakfast? Absolutely! Ice cream for dinner? Why not? It also makes the perfect snack. No matter when you enjoy your banana ice cream, your thyroid and the rest of your body will thank you for the healing benefits this indulgence brings.

3 large frozen bananas
2 cups defrosted wild blueberries, divided
2 tablespoons raw honey (optional)

Place 1 cup of thawed wild blueberries and their liquid into the food processor along with 2 tablespoons of raw honey if desired. Pulse 5 times until just combined. Many of the berries should still be whole. Set this sauce aside.

Roughly chop the bananas and place them into a food processor along with the remaining cup of wild blueberries. Process until a smooth soft-serve ice cream forms. If desired, you can place the ice cream into the freezer to harden for 2 hours before scooping it out.

Serve the ice cream in individual bowls and top with the wild blueberry sauce. Enjoy!

TIP

- Make this into an ice cream sundae with your choice of healing toppings. Try sprinkling your dish with chopped dates or figs, fresh berries, sliced banana, shredded coconut, hemp seeds, or chopped walnuts.



RASPBERRY THUMBPRINT COOKIES

Makes 4 to 6 servings

Healing doesn't mean that you can't enjoy a sweet treat when you need one! These raspberry thumbprints are delicious and have none of the harmful ingredients that can be found in some store-bought kinds. The bright pop of raspberry jam nestled in a rich, nutty dough makes these gorgeous cookies a true gift to yourself.

1 cup plus 2 tablespoons
almond flour
½ teaspoon baking soda
½ teaspoon sea salt
½ cup tahini
½ cup coconut sugar or
maple sugar
½ teaspoon alcohol-free
vanilla extract
½ cup white sesame seeds
½ cup raspberry jam (see
Tips, below)

Preheat the oven to 350°F. Whisk together the almond flour, baking soda, and sea salt in a mixing bowl and set aside. Process together the tahini, coconut sugar, and vanilla extract in a food processor until smoothly combined. Add the almond flour mixture to the food processor and pulse until well combined. If mixture is still crumbly, add water by the tablespoon as needed until smooth dough forms.

Form the dough into 1-inch balls and roll them in the sesame seeds before placing them onto a baking tray lined with parchment paper. Leave at least 2 inches between the cookies. Press a thumbprint into the center of each cookie and place the cookies into the oven. Bake the cookies for 8 to 10 minutes.

Remove the cookies from the oven and fill each one with 1 teaspoon of raspberry jam. Place the cookies on a wire rack to cool.

TIPS

- If using store-bought jam for filling, make sure to look for a clean one with no added harmful ingredients or preservatives.
- To make a homemade raspberry filling, mash fresh, ripe raspberries (or frozen raspberries that have been thawed) with raw honey or maple syrup until desired consistency is reached.



Thyroid Grab & Go Combos

Sometimes simple is all you need—or have time for. When you're running out the door or too busy to follow a recipe, you don't need to sacrifice nutrition or flavor for convenience. Instead, pull together these quick and easy food combinations specifically geared to support your healing process. Better yet, prep a few of these pairs ahead so that when time is of the essence, all you need to do is grab them and go.



Cauliflower



Apple

- **Cauliflower florets + Apple slices:** this combination brings inflammation down in the thyroid while providing new memory to the thyroid's cells, teaching them to be independent after they may have grown sluggish from thyroid medication dependency.



Tomatoes



Spinach

- **Tomatoes + Spinach:** together, these foods strengthen the liver at the same time that they flush the lymphatic system and build up the immune system to fend off a viral load that may target the thyroid.

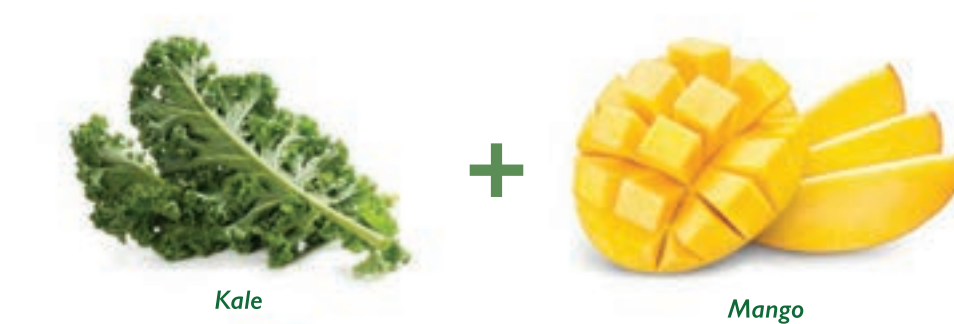
Thyroid Grab & Go Combos



- **Celery + Dates:** combining critical mineral salts with high-quality, bioavailable glucose, this is a powerful adrenal restorative to provide backup superpower for the thyroid.



- **Banana + Dulse flakes:** iodine, potassium, and sodium together in this snack strengthen the entire endocrine system and central nervous system against neurotoxins and their ill effects.



- **Kale + Mango:** this combination of alkaloids and carotenes allows them to easily enter the thyroid, helping to stop the growth of nodules and cysts there.



Pears



Arugula

- **Pear + Arugula:** wonderful for protecting the thyroid from atrophy and shrinkage. Together, these foods boost the thyroid's frequency abilities.



Wild Blueberries



Papaya

- **Wild blueberries + Papaya:** provide fighting power to stop, reduce, and prevent thyroid tumors (both cancerous and benign). Restore thyroid tissue after part of the gland has been surgically removed or killed off through radioactive iodine treatment.



Tangerine



Raspberries

- **Tangerine + Raspberries:** as a team, these foods help prevent the calcium loss that can occur as the thyroid virus forces the body to use its calcium stores to wall off the virus in nodules and cysts, both in the thyroid itself and throughout the body. Help prevent osteoporosis.