



SIBO SOS COOKBOOK

NEW RECIPES INSIDE >>





Food and SIBO are a tricky marriage. I hope you find the dishes here delightful, delicious and nourishing. They are all quite easy and fast. The contributors have their heart, soul and taste tests in every dish. Enjoy!

KOYO

Shivan Sarka

Founder of Chronic Condition Rescue
and SIBO SOS™





SIBO FRIENDLY
BEVERAGES

Inflammation Buster Juice

INGREDIENTS

- 3 inch piece Fresh Turmeric Root
- 4 inch piece Fresh Ginger Root
- 1 Lime, peeled
- 2-3 Carrots
- 1 Navel Orange or 3 Mandarin Oranges, peeled
- 2 stalks Celery

INSTRUCTIONS

Add all ingredients (in the order listed) to an electric juicer.

Notes: Don't have a juicer? Try searching for a used one at a second-hand store.



Riley Wimminger
bridgetownnutrition.com



Green Smoothie

INGREDIENTS

- Any Greens - couple handfuls
- Home-made Almond Milk or Canned Coconut Milk
- 24-hour Almond Yogurt
- 1 cup Frozen Berries
- 1/2 Frozen Banana
- 1-2 TBS of Nut Butter
- Goji Berries or Mulberries

INSTRUCTIONS

Place all ingredients for a smoothie combination into the blender and blend until combined. Serve over extra ice cubes and enjoy immediately.



Susanne Breene
[Pearl Natural Health](#)



Carrot Cake Smoothie

INGREDIENTS

- 1 cup Water (or try almond milk if ok, or coconut milk if ok, as will taste better)
- 1 TBS Coconut Oil
- 1 Large Carrot, peeled and cut into chunks
- 1 tsp. Lemon juice (see how she goes with this omit if troublesome)
- 1 TBS Desiccated Coconut
- 2 TBS. Pumpkin and Sunflower Seeds
- 1/2 tsp. Cinnamon
- 1/2 tsp. Allspice
- 2-3 Ice Cubes

INSTRUCTIONS

1. Combine all ingredients in a high-speed blender and blend until perfectly smooth.
2. Pour into a large glass and sprinkle a little extra cinnamon over the top.
3. Serves 1.



Lee Holmes
superchargedfood.com



Breakfast Smoothies

Sometimes you don't feel like a large breakfast, so these breakfast smoothies are lovely and refreshing on a warm summer's morning.

BEAT THE BLUES

- 1/2 cup Blueberries
- 1 cup Almond Milk, Unsweetened
- 1/2 TBS Coconut Oil
- 1 tsp Raw Organic Honey or Maple Syrup
- 1/2 tsp Vanilla Powder
- Ice

STRAWBERRY DELIGHT

- 1/2 cup Strawberries
- 1 cup Almond Milk, Unsweetened
- 1/2 TBS Coconut Oil
- 1 tsp Raw Organic Honey or Maple Syrup
- 1/2 tsp Vanilla Powder
- Ice

BANANA MAGIC

- 1/2 Banana
- 1 cup Almond Milk, Unsweetened
- 1/2 TBS Coconut Oil
- 1 tsp Cinnamon
- 1 tsp Raw Organic Honey or Maple Syrup
- Ice



Recipe by Rebecca Coomes, [The Healthy Gut](#)



INSTRUCTIONS

Place all ingredients for a smoothie combination into the blender and blend until combined. Serve over extra ice cubes and enjoy immediately.

Note: If making all three smoothies at the same time, rinse out the blender between each flavor.

Some people prefer to eat their breakfast out of a bowl, and we love how pretty these breakfast bowls can look. Use your imagination to create different smoothies and granola flavors to create a tasty combination.



Coconut Milk

If you need to avoid gums and other additives found in commercial coconut milk, it's easy to make your own. Coconut milk is a great option to use for everyday drinking and can be substituted for dairy in recipes.

INGREDIENTS

- 1 Cup Organic Unsweetened Shredded Coconut (Let's Do Organic brand is recommended)
- 6 cups Boiling Water
- 1-2 TBS Clover Honey (optional – depending on desired sweetness) or Maple Syrup
- 1-2 tsp Vanilla (optional)
- 1 Nut Bag for straining

INSTRUCTIONS

1. Add 1 cup shredded coconut to a heat safe blender.
2. Pour boiling water over coconut until blender is $\frac{3}{4}$ full.
3. Add one TBS clover honey (or maple syrup) if desired.
4. Let sit for 30-45 minutes or until lukewarm.
5. Add vanilla if desired.
6. Blend on high for one minute.
7. Over a bowl, strain the coconut milk through a nut bag. Squeeze any liquid out of the bag until the coconut is mostly dry.
8. Discard coconut.
9. Pour coconut milk into a storage container.
10. Consume within 3-4 days. Serves 6-8.



Recipe by Kristy Regan,
vitalfoodtherapeutics.com



Tigernut Milk

My secret for delicious Tigernut milk is using coconut water as a base instead of water. You can also use water of course, but coconut water gives it an extra bit of sweetness and a hit of electrolytes.

Tigernut milk is a creamy, allergen-free alternative for people who have trouble digesting nuts and tolerating nut milks. I don't recommend commercial nut milk to most IBS folks because they contain sugars, gums, additives and fillers like carrageenan that can irritate the gut.

INGREDIENTS

- 1 cup of Tigernuts
- 32 ounce (4 cups) of Coconut Water
- 2 cups of Water (for soaking)
- Nut bag
- Optional: add a sprinkle of cinnamon, cardamom or vanilla powder for extra flavor

INSTRUCTIONS

1. Soak 1 cup of tigernuts in 2 cups of water for 24 hours. You can keep the container on the counter or in the fridge.
2. Drain the water and throw the soaked tigernuts in a high powered blender.
3. Pour 32 ounces of coconut water in the high powered blender.
4. Blend for a couple of minutes.
5. Drape the nut bag over a pitcher or large, deep bowl and pour the contents of the blender into the bag.
6. The milk should pour through the nut bag into the bowl or pitcher. Close the nut bag, lift it up and hold it over the pitcher or bowl as the milk drains out of it.
7. Squeeze the excess milk out of the nut bag until the flour inside is relatively dry.
8. You can dry the pulp out by laying it out on a cookie sheet overnight, dehydrating it in a dehydrator or in an oven at 200 degrees for several hours.
9. Transfer the milk to a container and store in the fridge. It will keep for 5 days.
10. Enjoy this milk as a snack, to bake with or with your favorite grain-free granola. I find a glass of this milk to be an filling meal replacement when I am on the go.



Recipe by Angela Privin,
diyhealthblog.com



Summer Punch

On a hot summer's evening there is nothing better than a delicious, cooling punch. This fruity concoction will keep you feeling refreshed while enjoying a very sophisticated non-alcoholic beverage.

INGREDIENTS

- 1/2 cup Berries (we used Strawberries, Raspberries and Blueberries)
- 1 Navel Orange
- 1 Blood Orange, sliced
- 1 Passion Fruit
- 1 Handful Mint, leaves picked
- 4 cups Soda Water, chilled Ice

INSTRUCTIONS

1. Place the berries, blood orange and mint in a large jug. Scrape out the pulp from the passion fruit and add this into the jug.
2. Juice the navel orange and add the juice into the jug.
3. Top with soda water and plenty of ice. Stir and serve. Serves 4.



Recipe by Rebecca Coomes,
[The Healthy Gut](#)



Jasmine Lime Cooler

Green tea is full of antioxidants! This refreshing cooler is a great summer drink to have on hand and is very easy to make.

INGREDIENTS

- 5 cups Cold Green Tea
- 1/2 cup 1:1 ratio Clover Honey or Maple-Syrup Simple Syrup (clover honey is low FODMAP)
- 3 TBS Fresh Lime Juice

INSTRUCTIONS

1. Add all ingredients to a pitcher and mix well.
2. Store in the refrigerator for up to a week.



Recipe by Kristy Regan,
vitalfoodtherapeutics.com





SIBO FRIENDLY
APPETIZERS

Curry Spiced Carrots

INGREDIENTS

- 4 large Carrots
- 2 TBS Olive Oil
- 1/3 tsp Sea Salt
- 2 tsp Curry Powder
- 1/4 tsp Cinnamon
- 1/8 tsp Ground Cumin

INSTRUCTIONS

1. Preheat oven to 350 F.
2. Slice carrots diagonally into 1/2 inch sized pieces, and place parchment paper on a large baking sheet.
3. Drizzle carrots with olive oil, season with salt, and mix together curry powder, cinnamon, and cumin in a small bowl.
4. Sprinkle the spice mix over the carrots and mix further with hands, tossing the carrots.
5. Bake for 20-30 minutes, or until carrots are tender, flipping half way through. Serves 4.

Notes: you may replace the olive oil with coconut oil



Recipe by Angela Pifer,
SIBO Guru at
www.GutRxGurus.com



Cauliflower Parmesan Poppers

INGREDIENTS

- 12 oz Bag Cauliflower Florets, cut into small, bite-size “popper” pieces
- Salt
- 1/2 cup Almond Flour
- 2 Eggs (or Egg Substitute)
- 1 cup Panko Breadcrumbs
- 1/2 cup Grated Parmesan Cheese
- Pinch Paprika
- Pinch Black Pepper
- Canola Oil, for frying
- Green Onion, Chopped, (optional)

INSTRUCTIONS

1. Blanch cauliflower pieces by adding them to a pot of well-salted, boiling water for 30-45 seconds until crisp-tender; drain, then shock for 30 seconds in ice-water to cool; drain from ice water and pat dry with paper towel; set aside.
2. Set up breading station. Add flour into a large ziplock bag, with a pinch of salt; beat eggs in a large bowl; add panko, parmesan, paprika, pepper and a pinch of salt into another large ziplock bag.
3. To bread, add blanched cauliflower pieces to bag with the flour, and very gently shake to coat pieces well; add floured pieces to bowl with the eggs, and toss the pieces to coat; add pieces to bag with panko/



Modified Recipe by
Katie Caldwell
[CuriousUproarious](#)
[HilariousGregarious](#)



parmesan mixture, gently shake to coat pieces well; take coated pieces out and place onto a plate to hold.

4. Shallow fry (1/2 cup of oil) allow them to fry for about 5-7 minutes, until crispy and golden-brown on all sides; remove and drain on paper towel.
5. Garnish with chopped green onion.

Find the original recipe [here](#)



Almond Crusted Acorn Squash



INGREDIENTS

- 1 Medium Acorn Squash, cut in half lengthwise, and seeded
- 1/2 cup Almond Meal
- 1 TBS Fresh Thyme, minced
- 1/2 tsp Sea Salt
- 1 pinch Fresh Ground Black Pepper
- 3 tsp Coconut Oil, melted

INSTRUCTIONS

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper.
2. Using a sharp knife slice the squash between each ridge into wedges. Set aside.
3. Mix together the almond meal, thyme, salt and fresh ground pepper in a small bowl and set aside.
4. In a large bowl, toss the acorn wedges with the coconut oil until well coated.
5. Sprinkle the herb almond mixture over the wedges until evenly coated.
6. Place the almond crusted acorn wedges onto the baking sheet, making sure they do no overlap.
7. Bake for 30 minutes or until tender and golden. Serves 6.

Notes: Almond meal or almond flour (almond meal which is ground finely) will work for this recipe.

Recipe by Angela Pifer,
SIBO Guru at
www.GutRxGurus.com



Fragrant Celeriac Ginger “Almost Rice”

INGREDIENTS

- 2 Large Celeriac (celery root)
- 1 TBS Olive Oil
- 3 TBS Green Onion, (green part only)
- 1 tsp Grated Fresh Ginger
- 1/3 tsp Sea Salt
- 1/3 tsp Fresh Ground Pepper

INSTRUCTIONS

1. Fill a large pot with water and bring to a boil.
2. Meanwhile, peel the celeriac roots, and chop into smaller pieces.
3. Boil the pieces of root in the pot for about 5 minutes, or until tender. Remove from the pot, and let cool.
4. Pulse in a food processor briefly so that the celeriac is ground into small rice sized pieces, but not over blended into a puree.
5. Toss with olive oil, chopped green onion, ginger, sea salt, and pepper.
6. Serve warm. Garnish with sliced green onions. Serves 6.



Recipe by Angela Pifer,
SIBO Guru at
www.GutRxGurus.com



Garlic Herb Crackers

This cracker recipe is adapted from a recipe from the [NUNM Food as Medicine Institute](#) FAME program. Using garlic oil is a good way to get the taste of garlic without using high FODMAP garlic cloves.

INGREDIENTS

- 1 3/4 cups Almond Flour
- 1/2 tsp Salt
- 1/4 cup Finely Chopped Herbs such as Rosemary, Thyme, Sage and/or Basil
- 1 TBS Garlic Oil, or Melted Ghee, Butter or Coconut Oil
- 1 Egg or Egg Substitute

INSTRUCTIONS

1. Preheat oven to 350.
2. Combine almond flour, salt and chopped herbs in a large bowl.
3. Make a well in the middle of the dry ingredients by pushing them to the side.
4. Add the wet ingredients to the middle and then mix all ingredients together.
5. Shape the dough into a ball.
6. Press the dough onto the middle of a large piece of parchment paper and top with a piece of the same size.
7. Using a rolling pin, roll the dough out to approximately 1/8 inch thickness. Thinner dough will produce crispier crackers.
8. Remove the top piece of parchment paper and discard.
9. Score the dough into 2 inch squares or diamonds using a pizza cutter.
10. Leaving the dough on the parchment, move to a cookie sheet.
11. Bake at 350 for approximately 10-12 minutes or until golden brown.
12. Cool, break crackers apart, and serve.



Recipe by Kristy Regan,
vitalfoodtherapeutics.com



Basil Balsamic Summer Veggies

INGREDIENTS

- 1 Cucumber, peeled & diced
- 2 Tomatoes, diced
- 1 Red Bell Pepper, seeds removed & diced
- 1 TBS Olive Oil
- 1 TBS Balsamic Vinegar
- 1-2 handfuls Fresh Basil, chiffonade cut
- Salt & Pepper, to taste

INSTRUCTIONS

1. Place cut veggies (cucumber, tomato, pepper) in a medium bowl.
2. Stir in olive oil and balsamic vinegar.
3. Add freshly chopped basil (for best results, complete this step just before serving).
4. Season with salt & pepper, to taste.



Riley Wimminger
bridgetownnutrition.com



Yellow Squash (Zucchini Whip)

INGREDIENTS

- 1 cup Squashy Yellow Squash (see below)
- 2.5 cm (1 inch) piece of Ginger, peeled and grated
- 1/8 tsp Stevia Powder
- 1/2 tsp ground Cinnamon, plus extra to serve
- 1/2 tsp ground Turmeric
- 1/4 tsp alcohol-free Vanilla Extract
- 250 ml (9 fl oz/1 cup) additive-free Coconut Milk
- Squashy Yellow Squash
130 g (4 1/2 oz/1 cup) diced Yellow button (pattypan) squash (yellow zucchini)
- 1 tsp Lemon Juice
- 1 tsp. Macadamia Oil
- Pinch of Celtic Sea Salt
- 1-2 drops Liquid Stevia

INSTRUCTIONS

1. Put the squash in a steamer over a saucepan of boiling water and steam for 5-6 minutes or until just tender.
2. Allow to cool slightly, then transfer to a food processor with the oil, lemon juice and salt. Process until smooth, then add stevia to taste.
3. Purée all the ingredients except the coconut milk in a blender until smooth and creamy, then add as much of the coconut milk as necessary for your desired consistency.
4. Serve with any remaining coconut milk, if desired, and a sprinkle of cinnamon.



Lee Holmes
superchargedfood.com



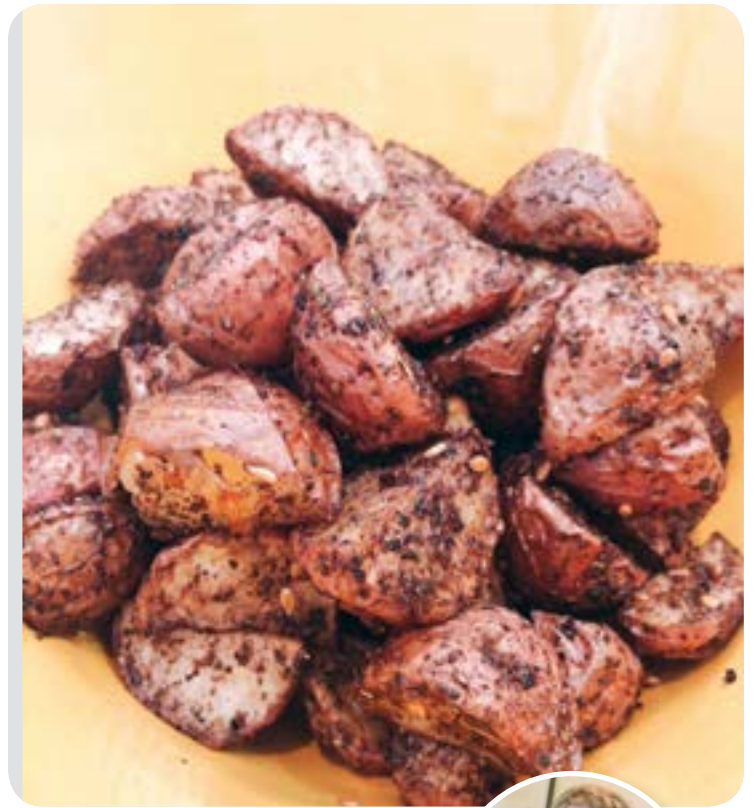
Sumac & Za'atar Roasted Potatoes

INGREDIENTS

- 1 lb Fingerling Potatoes, halved (or baby red potatoes, quartered)
- 2 TBS Olive Oil
- 1 TBS Sumac
- 2 tsp Gluten-free Za'atar Seasoning
- 1/4 tsp Sea Salt
- 1/2 tsp Ground Black Pepper

INSTRUCTIONS

1. Prepare dressing by combining olive oil, lime juice, maple syrup, curry powder, salt & pepper in a small mason jar with lid. Shake, taste test, and adjust, if desired.
2. In a large serving bowl, add lettuce, summer squash, and sunflower seeds.
3. When ready to serve, toss salad with dressing.



Riley Wimminger
bridgetownnutrition.com





SIBO FRIENDLY
SOUPS

Gut Repair Soup

INGREDIENTS

- 1 Bunch of Broccoli
- 1 Zucchini
- 1 Stalk of Celery
- 3-4 tsp of Onion Infused Olive Oil (SIBO friendly)!
- 1 Large Sweet Potato or Squash (optional)
- 1 Bunch of Green Leafy Veggies such as Spinach, Chard, Collards, Kale or Dandelion Greens
- Essential Oils (Any Gut Soothing Ones)
- Herbs, to Taste
- Water for Steaming

INSTRUCTIONS

1. If using sweet potato, cut into 1-inch pieces and start steaming 10 minutes before the rest of the vegetables.
2. Steam veggies until tender and place in blender along with steaming water. Add oil to taste.
3. Add additional water to the soup if too thick.
4. Add a pinch of sea salt and essential oils after blended.
5. Season to taste with basil, cilantro, or other favorite herbs.

Personal Note: Sweet potatoes and squash give the soup a sweeter flavor.



Recipe by Dr. Ritamarie of DrRitamarie.com



Carrot Puree (Organic ingredients)

INGREDIENTS

- Carrots (6 or more)
- Coconut Oil (1 TBS or more)

INSTRUCTIONS

1. Peel and slice the carrots.
2. Steam the carrots until they are very soft.
3. Add the carrots to a food processor along with the coconut oil. Blend until the carrots are pureed and the mixture is well blended.
4. You can add salt and pepper or cinnamon or if you like a savory or spicy flavors add cumin or curry. (I only use these two ingredients in my carrot puree)

After the carrots are pureed, pour the puree into ice cube trays and freeze.

I add two or three of these cubes to soup bags I pre-make and keep in the freezer to create soup with my Vegetable Bouillon which I also pre make.

The carrots stain the white ice cube trays so either dedicate some trays to this process or when washing add just a tiny bit of bleach and hot water to the trays and they come out sparkling white again.

Revised and adapted from
vitalfoodtherapeutics.com



Shivan Sarna
Sibosos.com



Green Leek Powder (Organic ingredients)

INGREDIENTS

- 1 Bunch Green Leek Tips
(Serving size depends on the size of the stalks you choose. This process takes a little babysitting after the first hour or so.)

INSTRUCTIONS

1. Set your oven to 200 F/90 C
2. Cut off the parts of the leek that are white, do not use the white part. Separate the leaves and wash them. Pat dry. Making sure they are dry speeds the cooking process a bit.
3. Arrange them in a single layer on lined baking trays and put into the oven. I have also placed them right on nonstick cookie trays and it was fine. Let them dehydrate and cook till they are crispy and snap when bent. They won't all be done at the same time. You will remove each as they are done which is why I say they need to be baby-sat.
4. Check them every 15 minutes after about the first hour or hour and a half. After you do a batch you will know the personality of your oven and can judge for future batches. They are ready when they are crispy and snap easily when bent.
5. Let them cool to room temperature, then place them in your food processor and pulverize them into a powder.
6. Keep in an air tight container and use the Leek Powder in your Vegetable Bouillon recipe.

Adapted from: notfromapacketmix.com



Shivan Sarna
Sibosos.com



Vegetable Bouillon Powder

(Organic ingredients where possible)

INGREDIENTS

- 2 TBS Kosher Salt
- 2 tsp Table Sugar (your choice of other)
- 1 1/2 TBS Green Leek Powder (See recipe above)
- 1 tsp Dried Thyme
- 1 tsp Dried Rosemary
- 1 tsp Dried Parsley
- 3/4 tsp Dried Sage
- 1/2 tsp Freshly Ground Black Pepper
- 1/2 tsp Paprika
- 1/2 tsp Ground Coriander Seed
- 1/4 tsp Ground Cumin
- 1/4 tsp Ground Ginger

INSTRUCTIONS

1. Measure all the ingredients into the bowl of your food processor/Bullet and pulverize for 30 seconds to turn everything into a fine powder.
2. Put into an airtight jar and store in a cool dark place for up to 6 months – label and date the container. To make broth dissolve 1 tsp. of bouillon powder in 1 cup of boiling water, or add it in separately to dishes, such as stews, to enhance the flavor.

Adapted from: notfromapacketmix.com



Shivan Sarna
Sibosos.com



Shivan's Soup Bags

(Organic ingredients
where possible)

INGREDIENTS

- 1 Handful of Spinach
- 1 Butternut Squash (diced)
- 1 Zucchini (diced)
- Leeks (only the green part – no white parts)
- Beet (small slice)
- Sweet Potato (diced)
- Carrot Cubes (See recipe above)

INSTRUCTIONS

1. Place all ingredients in a quart-sized freezer bag and freeze in freezer.
2. When ready add the ingredients from the soup bag and some vegetable bouillon to water.
3. Use 1 tsp of homemade vegetable bouillon to 8 ounces of water as a baseline. Tweak to your taste.



Shivan Sarna
Sibosos.com





SIBO FRIENDLY
SALADS

Roasted Vegetable & Kale Salad

Kale a veritable powerhouse and is packed full of nutrients and vitamins A, C and K. Not to be outdone by the kale, pumpkin also has some powerful health perks. It is rich in vitamin A and carotenoids, as well as beta-carotene, which is believed to help prevent cancer.

INGREDIENTS

- 5 large Kale Leaves, washed, leaves torn from the stems
- 2 cups Pumpkin/Squash, diced
- 2 TBS Pumpkin Seeds (retained from the pumpkin)
- 1 Red Bell Pepper
- 1 Punnet Cherry Tomatoes, halved
- 2 TBS Pine Nuts, lightly toasted

DRESSING:

- 3 TBS Olive Oil
- 1 TBS White Wine
- Vinegar
- Salt & Pepper
- 2 tsp Wholegrain Mustard

INSTRUCTIONS

1. Pre-heat the oven to 180°C/355°F.
2. Place the pumpkin/squash pieces and seeds in a large bowl. Cover with 1 TBS of olive oil and season liberally with salt and pepper.
3. Cover a baking tray with baking paper, then place pumpkin pieces on the tray. Place into



Recipe by Rebecca Coomes,
[The Healthy Gut](#)



the oven for 45 – 60 mins, or until pieces are cooked and brown, and seeds look roasted.

4. At the same time, place the red bell pepper on a rack in the oven. Cook until blackened and flesh is very soft, 45-60 mins.
5. Place the halved cherry tomatoes in a bowl and cover with 1/2 TBS of olive oil - sprinkle with salt and pepper. Place on a second tray covered with baking paper, and roast for 30 – 45 mins, or until tomatoes are roasted.
6. Place the torn kale leaves in a large bowl. Cover with remaining olive oil. Massage leaves for 5 minutes. Mix vinegar, mustard, salt and pepper together then stir through leaves.
7. Remove everything from oven and cool. Once the bell pepper is cool enough, remove blackened skin, seeds and stem. Slice into ribbons.
8. Stir roasted vegetables through salad. Top with roasted pumpkin seeds & pine nuts. Serve immediately. Serves 4.



Strawberry Basil Mixed Greens Salad

With Balsamic Vinaigrette

INGREDIENTS

- 2 large handfuls Mixed Greens
- 6 medium Strawberries, hulled & sliced
- Handful Fresh Basil, chiffonade cut
- 1/4 cup (or less) Slivered Almonds
- 2 TBS Olive Oil
- 1 TBS Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 1/2 tsp Pure Maple Syrup (optional)
- Salt & Pepper, to taste

INSTRUCTIONS

1. Prepare dressing by combining olive oil, balsamic, Dijon, maple syrup, salt & pepper in a small mason jar with lid. Shake, taste test, and adjust, if desired.
2. In a large serving bowl, add mixed greens, strawberries, basil, and almonds.
3. When ready to serve, toss salad with dressing.



Riley Wimminger
bridgetownnutrition.com



Green Salad

With Curry Lime Vinaigrette

INGREDIENTS

- 1/2 head Green or Red Leaf Lettuce, washed, dried, chiffonade cut
- 1 Yellow Summer Squash, sliced
- 1/4 cup unsalted Raw Sunflower Seeds
- 2 TBS Olive Oil
- Juice of 1/2 Lime
- 1/2 tsp Maple Syrup
- 1/4 tsp Curry Powder (check ingredients to ensure no wheat, onion, garlic)
- Salt & Pepper, to taste

INSTRUCTIONS

1. Prepare dressing by combining olive oil, lime juice, maple syrup, curry powder, salt & pepper in a small mason jar with lid. Shake, taste test, and adjust, if desired.
2. In a large serving bowl, add lettuce, summer squash, and sunflower seeds.
3. When ready to serve, toss salad with dressing.



Riley Wimminger
bridgetownnutrition.com



Spinach Pesto

There are so many uses for pesto! Try it as a dip for almond crackers, over zucchini noodles or as a topping for roasted chicken or vegetables. You can leave out the walnuts or parmesan if you don't do well with nuts or cheese.

INGREDIENTS

- 1/4 cup Garlic Oil
- 1/4 cup Olive Oil
- 6 oz bag cleaned Organic Spinach
- 1/4 cup Chopped Walnuts (optional)
- 1 tsp Dried Dill (or 1 TBS fresh dill)
- 2 tsps Lemon Juice
- 1/4 cup Parmesan Cheese (optional)

INSTRUCTIONS

1. Add all ingredients to a food processor.
2. Process until the pesto is smooth, scraping down sides if necessary.
3. Store in refrigerator and consume within approximately one week.



Recipe by Kristy Regan,
vitalfoodtherapeutics.com



Sweet Potato Mash

INGREDIENTS

- 5 small Sweet Potato, purple
- 0.5 can Coconut Milk
- 0.5 tsp Ground Cinnamon
- 0.13 tsp Salt

INSTRUCTIONS

Preheat the oven to 400 F. To make the mash wrap each sweet potato in foil, and roast them in the oven for 45 minutes or until soft. Let cool, and remove from foil and peel off skins. Transfer peeled sweet potatoes to a medium pot, and mash with coconut milk, cinnamon, and salt.

Notes: We recommend using Native Forest brand unsweetened, no thickeners coconut milk.



Recipe by Angela Pifer,
SIBO Guru at
www.GutRxGurus.com



Recipes by Angela Pifer,
SIBO Guru at
www.GutRxGurus.com

SIBOSOS.COM

Curry Paste

INGREDIENTS

- 2 stalk Fresh Lemongrass, ends, minced
- 1 bunch Green Onion, green part only
- 3 TBS Fresh Ginger, minced
- 5 Kaffir Lime Leaves
- 2 bunch Thai Basil, (1 oz)
- 1.5 tsp Ground Coriander, dried
- 1.5 tsp Ground Cumin, dried
- 2 TBS Coconut Aminos
- 2 Lime, juiced

INSTRUCTIONS

To make the curry paste place all ingredients into a food processor and process until a thick sauce forms.

Notes: We recommend using this as a marinade or soup/sauce base.



Recipe by Angela Pifer,
SIBO Guru at
www.GutRxGurus.com



Dill Avocado Dressing

INGREDIENTS

- 1 package Fresh Dill, (0.5 oz)
- 0.5 Avocado
- 0.25 cup Raw Macadamia Nuts
- 1 Lemon, juiced
- 0.25 cup Olive Oil
- 0.13 tsp Salt
- 0.13 tsp Black Pepper



Recipe by Angela Pifer,
SIBO Guru at
www.GutRxGurus.com



INSTRUCTIONS

To make the dressing, place all ingredients in a food processor and process until smooth.



Pine Nut Chive Pesto

INGREDIENTS

- 1/2 cup Fresh Parsley, chopped
- 1/4 cup Olive Oil
- 1/4 cup Toasted Pine Nuts
- 1 Lemon
- 1/8 tsp Sea Salt
- 1/8 tsp Pepper
- 2 bunch Fresh Chives, (1 oz, green parts only)

INSTRUCTIONS

To make the pesto, place all ingredients into a food processor and process to desired consistency. Serves 8.



Recipe by Angela Pifer,
SIBO Guru at
www.GutRxGurus.com



Health Hero Marinara Sauce

INGREDIENTS

- 1 1/2 cans Diced Tomatoes
- 3/4 Fresh Red Pepper, roughly chopped, seeded
- 1 1/2 tsp Oregano, dried
- 1 1/2 tsp Basil, dried
- 1 1/2 tsp Balsamic Vinegar
- 1 1/2 tsp Salt
- Fresh Ground Black Pepper to taste

INSTRUCTIONS

1. In a food processor, add 3/4 of the canned tomatoes, oregano, basil, balsamic vinegar, salt and pepper.
2. Process until smooth.
3. Place roughly chopped red pepper in the processor.
4. Process until pepper is finely chopped but it should not be liquidy.
5. In a medium pot, add contents of food processor.



Partha Nandi
askdrnandi.com





SIBO FRIENDLY
SNACKS

Vanilla & Cinnamon Granola

There are some mornings when you want to pay homage to your past life and eat a bowl of cereal. Whilst nuts can be problematic for some, for others they can be a good way of increasing good quality fats in your diet. Due to the restrictions of the SIBO protocol, this granola is to be eaten in small portions and in moderation. Divide the mixture up once you have made it so you are not tempted to over eat it.

INGREDIENTS

- 1 cup Macadamia Nuts
- 1/2 cup Almonds
- 1/2 cup Pecans
- 1/2 cup Flaked Coconut
- 4 TBS Pumpkin Seeds
- 4 TBS sunflower seeds
- 1 tsp vanilla powder
- 2 tsp ground cinnamon
- 2 TBS coconut oil
- 1-2 TBS raw organic honey or maple syrup

INSTRUCTIONS

1. Pre-heat the oven to 180c.
2. Line a large deep roasting tray with baking paper.



Recipe by Rebecca Coomes,
[The Healthy Gut](#)



3. Place the nuts into a food processor and blend until chopped to a consistency you are happy with.
4. Place the nuts in a large bowl. Stir in the coconut, pumpkin seeds, sunflower seeds and spices.
5. Melt the coconut oil and honey. Pour over the dry mixture & stir until completely combined.
6. Pour onto the roasting tray. Cook for 10 minutes, then remove from the oven and stir thoroughly. Return to the oven. Repeat this process until the granola is golden.
7. Remove from the oven, and cool then store in an airtight container in the fridge. Serve with unsweetened almond milk and a sprinkling of berries.

Note: Keep an eye on the granola as it can burn very quickly.



Easy Homemade Almond Yogurt

INGREDIENTS

- 1 Package of Raw Almond Slivers (3 oz)
- 2 TBS Honey, or Pure Stevia,
or Dextrose
- 1 Packet Yogurt Starter (Yogourmet)
- 1 Blender
- 1 Yogurt Maker

INSTRUCTIONS

1. Add 1 package (3 oz.) of raw almond slivers (I use 1 package from Trader Joe's) to high speed blender with water to 4 cup mark and 2 TBS of honey.
2. Mix until somewhat warm (I run the "soup" cycle once).
3. Briefly pulse in 1 package of yogurt starter.
4. Pour in bowl and cover.
5. Put in a yogurt maker for around eight hours.
6. When done, put in fridge overnight - it will continue to firm up.
7. Depending on how thick you like your yogurt, you can drain of any liquid before stirring the next or strain day through cheesecloth to make a more it more cheese-like. Otherwise, just stir it up and enjoy.



Recipe by Mona Morstein,
www.azimsolutions.com



TIP: Save about 1/4 cup of this yogurt to inoculate your next batch instead of using the yogurt starter, if you like. This works several times and the yogurt will get sourer with each batch. If you leave a batch in the refrigerator too long, it will start to get an "off" taste. If this happens, throw it out and start with a new batch of starter.



Walnut Butter

When people first try nuts on a SIBO diet, I recommend they do so judiciously as they can be hard to digest. Walnut or pecan butter is great in nut butter pancakes and pecan butter blondies.

INGREDIENTS

- 1 Pound Raw Walnuts or Pecans
- 1/2 tsp Salt (or to taste)

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Add walnuts or pecans to a jelly roll pan (a pan that has sides), making sure they are spread out evenly.
3. Roast nuts for approximately 10-12 minutes or until brown and emitting a yummy, roasted smell.
4. Remove nuts from oven and cool for approximately 10 minutes or until they are cool enough to handle.
5. Add nuts to food processor and process until it turns to butter.
6. Stop intermittently to scrape down the sides. Depending on your processor, it will take several minutes.
7. Add salt, blend again and then taste and add more as desired.
8. Add other spices as desired. Blend until incorporated.

Possible flavor combinations:

walnut/honey/cinnamon, pecan/orange essential oil/cardamom, etc. – use your imagination! If you do ok with a little dark chocolate, melt it and stir it into the pecan butter. Amazing!



Recipe by Kristy Regan,
vitalfoodtherapeutics.com



Seereal bars

INGREDIENTS

- 1/2 cup or 3oz Coconut Butter
- 1 tsp Stevia
- 2 cups Oat Fakes
- 4 Eggs (or Egg Substitute), beaten
- 1 cup Shaved Coconut, unsweetened
- 1/2 cup each of Sunflower Seeds, Faxseeds, partially ground Sesame Seeds
- 1/2 chopped Nuts (pecans are great!)
- 1 cup fresh Blueberries
- 1 tsp Cinnamon

INSTRUCTIONS

1. Select a shallow baking pan 7" x 12". If it is not non stick grease /line it with some parchment paper.
2. Melt the coconut butter, over low heat. Take off heat, stir in Stevia and beat in the eggs.
3. Mix thoroughly.
4. Mix the other ingredients together. Pour in the egg mixture and mix very well.
5. Press into the baking pan.
6. Bake in a preheated oven 295° f for about 15-20 mins until golden brown.
7. Leave to cool in tin. Then cut into squares.
8. Store in an airtight container in the fridge. They keep well for at least 7 days. The grains and seeds can be substituted with others according to your liking.



Recipe by Annie McRae,
[Nutrition 4 Good](#)



* Notes: Instead of using just oats you can try quinoa cakes or combination of rolled oats and cooked brown rice or quinoa (leftover from dinner!)

Sometimes I use a combination of coconut butter and organic butter or a treat you can use organic dark chocolate chips instead of fresh fruit!

These make great snacks or an ending to a meal. They travel well.



Grain-Free Blueberry Muffins

INGREDIENTS

- 2 1/2 cups Almond Flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3 eggs
- 1 TBSp vanilla (organic, unsweetened)
- 1 cup frozen blueberries
- 4 TBSp butter, melted
- 1/4 cup honey or maple syrup
- Pour into muffin pan using muffin papers (baking cups)
- Cook at 325, aprx. 40 minutes, until browned

INSTRUCTIONS

1. Pour into muffin pan using muffin papers (baking cups)
2. Cook at 325, aprx. 40 minutes, until browned
3. Enjoy!



Susanne Breene
[Pearl Natural Health](http://PearlNaturalHealth.com)





SIBO FRIENDLY
DESSERTS

Pecan Butter Blondes

Not one, but two people have remarked to me, "These are life changing!" It's a pretty strong statement so even if they're not life changing for you, I hope they at least add more variety and yumminess to your diet as a snack or dessert. Homemade pecan butter adds depth to the taste but you can also use any other homemade or store bought nut butter.

This bar recipe is adapted from the Peanut Butter Brownies in Breaking the Vicious Cycle

INGREDIENTS

- 2 cups Pecan Butter, or other nut butter
- 1 cup Honey or maple syrup
- 2 Eggs (or Egg Substitute)
- 1/2 tsp Baking Soda
- Coconut Oil, for oiling pan

INSTRUCTIONS

1. Oil a 9x13 or similar size rectangular pan.
2. In a mixing bowl, combine nut butter, honey, eggs and baking soda and mix thoroughly.
3. Bake at 350 degrees for 25-30 minutes or until middle is set.
4. Remove from oven and cool. Slice at room temperature. Store in refrigerator.



Recipe by Kristy Regan,
vitalfoodtherapeutics.com



Anti-Inflammatory Golden Cups

These treats are so filling. I take them with me when I'll be away from the house for a long time for a quick burst of energy when I'm hungry.

These can be great for when a sugar craving hits because they're sweet from the coconut and spices. And the coconut butter is so satisfying.

It also has some huge health benefits. It's anti-inflammatory and contains herbs that have been used for thousands of years to calm the digestive system.

INGREDIENTS

- 1/2 cup of Organic Coconut Butter.
- 1/2 tsp of Turmeric
- 1/2 tsp of Cinnamon
- 1/2 tsp of Cardamom
- 1/4 tsp of Black Pepper
(to help turmeric absorb)
- 1/2 tsp of Vanilla Powder
- Silicon Mini Muffin Trays



Recipe by Angela Privin,
diyhealthblog.com



INSTRUCTIONS

1. Melt the coconut butter by submerging the glass container in boiling water till it melts. Or if your coconut butter does not come in a glass jar, take it out of the container and heat it up in a pan.
2. Once the coconut butter has liquefied, pour it in a bowl and mix in the spices one by one. I just use a regular spoon to mix it in.
3. After mixing in the spices you can transfer the mixture to the silicon mini muffin trays. Or you can use any silicon mold you have and like. Put in refrigerator to cool for 1 hour. Enjoy.



Nutty Lemon Balls

INGREDIENTS

- 1 cup Raw Pecans
- 1 1/2 cups Shredded Coconut + extra for covering balls
- 1 1/2 cups Almond Flour
- 3 TBS Fresh Lemon Juice
- 2 TBS Lemon Zest
- 2/3 cup Honey or Maple Syrup
- 1 cup slighted melted Coconut Cream (Let's Do Organic is recommended)

INSTRUCTIONS

1. Roast raw pecans in the oven at 350 for 10-12 minutes until fragrant.
2. Cool on baking rack.
3. Add pecans to a food processor and process until finely ground but not a paste or butter.
4. Add pecans and other ingredients to a bowl and mix well.
5. Add mixture to refrigerator or freezer for 10-15 minutes until the mixture is firm but pliable.
6. Take mixture out and roll into tsp size balls with your hands.
7. Roll in coconut and refrigerate until ready to eat.



Recipe by Kristy Regan,
vitalfoodtherapeutics.com



Anti-Inflammatory Coconut Turmeric Bites

INGREDIENTS

- 1 cup Coconut Butter
- 3/4 Shredded Unsweetened Coconut, + 1/4 cup
- 1 TBS Coconut Milk (unsweetened, no thickeners)
- 1 tsp Coconut Oil
- 1/8 tsp Fresh Ground Black Pepper
- 1/5 TBS Fresh Ginger, minced
- 2 tsp Ground Turmeric
- 1 tsp Clover Honey or Maple Syrup

INSTRUCTIONS

1. Place 1/4 cup of shredded coconut in a shallow saucer.
2. Place remaining ingredients in a medium sized mixing bowl. Mix the ingredients using your hands and roll into bite sized balls.
3. Then, roll each ball in shredded coconut as a topping. Keep in the refrigerator up to a week. Serves 10.



Recipe by Angela Pifer,
SIBO Guru at
www.GutRxGurus.com



Coconut Almond Fudge

INGREDIENTS

- 1 cup Coconut Oil
- 1/3 cup Almond Butter
- 1/4 cup Honey or Maple Syrup
- 1-2 tsp Vanilla
- Dash of salt
- 3/4 -1 cup Cocoa Powder
- Nuts (optional)
- Shredded Coconut

INSTRUCTIONS

1. On low heat, melt: coconut oil, almond butter and honey (or maple syrup).
2. Remove from heat, and whisk in vanilla, salt, cocoa powder and nuts (optional) and shredded coconut.
3. Pour into a baking dish/pie plate lined with parchment paper. Set in fridge to harden. Cut into squares.
4. Store in fridge.



Susanne Breene
[Pearl Natural Health](http://PearlNaturalHealth.com)

