

Happy
Holidays
2016



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Yasmina
Ykelenstam

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ABOUT THE AUTHOR



Yasmina Ykelenstam is the author of ten low histamine ebooks: *The Anti-Detox*, *The Anti-Cookbook*, *The Anti-Cookbook Paleo*, *The Low Oxalate Cookbook*, *Low Histamine On the Go*, *The Low Histamine Dessert*

Book, The Low Histamine Beauty Survival Guide, The Low Histamine Lifestyle 101 Guide, The Little Book of Muffins and The DAO Support Cook Book. Previously, she was an international television news producer, writer, researcher and contributing reporter for CNN and the BBC, where she spent over a decade covering conflicts, including the Iraq War.

She has covered stories ranging from Libya's renouncement of WMD, to reporting from the Saddam Hussein trial in 2005, Hezbollah's anti-government protests and a prolonged assassination campaign targeting Lebanese political figures and journalists.

In 2006 she was a member of the CNN team awarded an Edward R. Murrow for coverage of the 2006 Lebanon War.

Her first step to recovery was giving it all up.

Yasmina can now be found lugging a yoga mat, juicer and positive attitude across various continents, in search of the perfect anti-lifestyle.

Don't forget to connect with her on [Facebook](#).

What folks are saying...

“You are providing an invaluable service to all those afflicted with mast cell disorders and histamine intolerance issues. There are very few remedies available to people struggling to cope with these conditions, and negligible resources based on natural foods, which as you and I are well aware, can and should be the basis for ensuring optimum health while remedying many of the chronic conditions associated with food sensitivities. Unfortunately the medical paradigm for management of such illnesses inevitably relies on medicinal drugs, which can and do result in unacceptable side-effects. It is work such as yours, which applies the data from scientists involved in the field (in which I humbly number myself) in a practical way so that natural remedies are available to everyone in need. I welcome the opportunity to continue to contribute to your valuable work.” - *Dr. Janice Joneja, author and immunologist* www.allergynutrition.com

(For those with histamine related conditions) "I recommend avoiding foods with high histamine. A good site with useful information is [The Low Histamine Chef]." - *NIH funded researcher Dr. Theoharides, Tuft's University.* www.mastcellmaster.com

“Histamine intolerance is a very pressing issue which is largely unknown and, therefore, needlessly plaguing countless men, women and children. It is not easy to identify histamine intolerance let alone treat it. I am constantly referring physicians and the public in general to Yasmina's amazing resource, The Low Histamine Chef. Her information allows people to quickly understand, identify and take action against

histamine intolerance. Thank you for your work – and I look forward to doing a webinar together on this important topic.” - *Dr. Ben Lynch, MTHFR.net*

“I refer patients to Yasmina’s website because I know they will benefit from her balanced sensibilities on using lifestyle change to cope with their mast cell activation disorders. If you are histamine-challenged and looking for perfectly-seasoned insight, you’ll get it...” - *Keith Berndston, MD*
www.parkridgemultimed.com

“You can’t put this problem in a vacuum. Such as avoiding histamine containing foods, on a standard deficient and toxic diet. The body works in conjunction with thousands of complicated chemical reactions, and only with superior nutrition can the histamine sensitivity be better controlled. So exposure to thousands of phytochemicals and even to a low dose of histamine in their diet is good, not bad and can offer hope of getting better over the years to come.” - *Dr Joel Fuhrman, MD*
www.drfuhrman.com

[The Anti-Cookbook](#)

“I can’t believe how this book has revolutionised the way I eat.” - *Angela.*

“Oh my god thank you. I can eat again now.” - *Lucie.*

“I had no idea there were so many beneficial foods I was completely ignoring!” - *Jane.*

“Wow. Just wow. You’ve changed my life. Again.” - *Marianne.*

The Anti-Cookbook (Paleo)

“Such a relief to find a low histamine Paleo book - with antihistamine foods. Bonus!” - *Mike*.

“Yes! Finally. You’ve taken the stress out of eating.” - *Anne Marie*.

Low Histamine On the Go

“As someone who struggles in the kitchen at the best of times, this book is a godsend.” - *BB*.

“The menus from the Low Histamine Chef have given me the support and guidelines to cook, grocery shop, eat at restaurants and basically get my life back with food reactions reduced to a minimum. Best of all - the recipes are delicious.” - *PD*.

“Yasmina has made understanding the low-histamine way of eating accessible and easy to understand. Her recipes are luscious and personally researched!” - *JMS*.

“The recipes in this book are delicious and really simple.” - *MAMFW*.

“...family and friends never know what to cook for me, now we can all eat together again.” - *SU*.

DAO Support

“This book is a life saver for me. I can’t cook and being on low-histamine diet meant that I ate tasteless meals. The book completely changed my life. Now people at work can’t believe how much I eat and stay skinny.” -

MM.

“The shopping list and recipes are a godsend. I wasn’t seeing any improvement since being diagnosed but in the three weeks since using your recipes, I’m finally starting to feel better.” - *DB.*

[Click this link for more reader testimonials.](#)

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Disclaimer

Please remember we are all different in our tolerance level and sensitivities. Antihistamine and anti-inflammatory foods may still bother us, so please use your best judgement when approaching this book, and make sure to check with your doctor, nutritionist or shamanic healer before trying these recipes.

Most of all, as always, enjoy.

How to use this book

Please don't just look at the title of a recipe and think "Oh, no point in reading it because I can't have X." because if you read on you'll find that I offer substitutions for pretty much everything in each recipe, even the main ingredients!

This isn't a Cordon Bleu cookbook, it's a little inspiration to get your creative juices flowing to show you that eating healthy isn't that hard. Please feel free to sub anything you like and to adjust quantities. My recipes are always highly adaptable.

Where I use a hyphen (/) I mean either/or, not both.

I don't fuss over getting stuff exactly to the T, it's all about having fun and experimenting with flavours and getting the recipes to work for you.

Some of the foods in this book are not considered low histamine: dates and pecans for example. The way I look at it is, you're gonna do it anyway right?

Eat something you're not supposed to I mean.

So be smart.

Don't head to the frozen food aisle for a Sara Lee - make something at home that nourishes the body. That said, now is not the time to introduce new foods, so please keep your eye on the goal you set yourself for this holiday season. More on that...

It all starts with a plan...

Life can be a little overwhelming when dealing with a chronic inflammatory condition. Events that were once pleasurable are now fraught with fear of a loss of control of our environment, or ruined by a never-ending histamine hangover.

But this holiday season, I'd like to share with you some strategies, tips and positivity on how to take stress out of the holiday equation.

Thanksgiving is one of my favorite times of year, where friends, family and food unite to create lasting memories.

Sadly though in the last few years this and other celebratory feasts have left me feeling less than stellar afterwards, thanks to my lovely histamine intolerance/mast cell activation.

It would usually take about two days to hit me, unless I was already quite unwell to start with. I'd wake up on the Friday feeling slightly hung over, but by Saturday, feeling like a sixteen wheeler had its way with me.

I'd mope around the house, beating myself up for going off-diet (off the low histamine diet that is). Sacred to put anything into my body - because no matter what I put in (so it seemed at the time) it was sure to come back up again, or threaten to anyways.

I'd feel pretty miserable, asking myself why it had seemed worth it to eat pie, ice cream, or/and drink those glasses of wine, knowing that I'd spend the next week/s paying for it.

Your psyche (and stress levels) really take a beating when you're convinced that you've flushed days/weeks/months of progress down the toilet, for a bit of pleasure that lasts oh so fleetingly.

As I discovered though, cheating on the low histamine diet was a huge part of my recovery. Not only did the stress of avoiding so many foods end up making me sicker than just going ahead and indulging responsibly once in a while, cutting nutrients out of my diet ended up making me look, and feel like, I was knocking on death's door.

So, how to get through Christmas without any of this baloney? Without having to just grit our teeth and bear it. Here's an idea - how about we enjoy it - knowing that no matter what we do, we're giving it our best, and that's all we need to have a great time.

Decide what's most important to you

Is it eating a heavy meal till you're fit to burst and too exhausted to make conversation?

Is it being vital enough to jump out of bed with a bounce the moment the minute you hear the kids going to town on the wrapping paper?

How about feeling happy and healthy and ready to show your entire family how your dietary choices have changed your life?

I'm not trying to guilt you here. It's just about identifying what will make you happy, so that you can make sure to get it! Even more importantly, it helps quell the negativity bias inherent in human beings. I'll all too guilty of having been a member of that group...many a times have I uttered phrases like: "but I was sick the whole time" "I haven't accomplished anything today" "I'm not getting anywhere" "I didn't have any fun because..." Identify what'll make you happy, and then acknowledge it when it happens. That's the key to re-wiring your brain for positivity.

If you decide indulging is the priority...

Ask yourself: is it worth it? How much downtime can I afford? And then make your peace with it.

Resolve to enjoy yourself and make a conscious effort not to then spend the next week obsessing about the way you feel and beating yourself up about it. Life is far too short to engage in this mental flagellation and stressing over what you're going to eat or have eaten could conceivably cause more illness than just having the damn pie!

Strategise...

Find out:

Where you're eating.

What's being served.

If you can bring a dish.

What your cover story is (because you don't really want to spend the holidays talking about histamine do you? I don't!

Eating out

Eat at home, if you can. It's just easier when you're starting out. But don't panic if you're not...it's really quite simple to eat out. In this (little) book, I'll be sharing some of my strategies on being an excellent dinner guest, while still getting what you want. You'll find more on eating out, in restaurants and while traveling, in the Low Histamine Lifestyle 101 Guide.

- Find out what's being served

You don't need to harangue people for every single ingredient in their food, just having an idea will make it pretty obvious if you need to bring something over. Which leads to the tricky question of...

- Find out if you can bring your own dish

There's a few ways to do this. You can: Call up the host and explain your situation. I find that a vague "medical condition" or "I'm on a cleanse" works best. Simply saying you're a healthy eater isn't going to cut it because - "whadda you mean my food is unhealthy??" is the most likely answer. Even if it's not the immediate response, expect a little hostility when you arrive. To be honest though, I have yet to

find anyone who took offense to my just turning up with something in hand. It's actually the best time to lay it on them. Just whisper something into the host's ear as you air kiss. By this point they'll be so caught up with other guests and managing what else is happening that they'll be glad that you didn't burden them with it in the run up to Christmas. I just take my dish straight to the kitchen and transfer to one of their dishes (or they'll do it). This isn't the strategy to go for if you don't have quite sizable cojones.

I find that in either case, not making a big deal out of it works best. People tend to bristle when they hear a sob story. We think telling people we'll go into shock or be on the toilet for the rest of the week will inspire enough sympathy to get them on side, but really it's just a way of trying to control people, to bend them to our will, and it can get tiring for those around us. I know because I was certainly guilty of it in the past. My friends appreciated it when I loosened up and took charge rather than asking them to bend to my will. When I haven't been able to do any of these, I've just turned up, having stuffed myself like a goose on a fois gras farm, with anything in my kitchen that wasn't nailed down.

I've also been known to swing by a store en route to score some fruit and nuts (almonds/pistachios/pecans in my case - you'll be different) having made my peace with the fact that I can have a hearty meal when I get home. Either way, keep in mind what your priority for the evening is. In my case I came to realise that spending time with my friends, and being well enough to converse and have a laugh, was far more important than stressing about food and being

miserable, either because of what I had just cheated with, or because there was nothing for me to eat!

Mains

Vegan Christmas Loaf

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 4-6



Did I ever mention that I was vegan for a couple of years? Around three I think it was. It was mostly for the animals but for health reasons too. Now it's for the animals and our environment. But now's not the time to get preachy. There's plenty of meaty recipes to follow - but here's what we're going with this Christmas.

You can use absolutely any beans or vegetables in this recipe. You can use chicken or duck eggs rather than chickpeas (or other beans) and you can omit the grains entirely. Have fun with this - make it well in advance of the big day just to check it out and customise to your taste.

Please remember, pretty much all the ingredients are optional, so don't stress if you can't tolerate or don't have

them. The photo above shows the Christmas roll with the herbed quinoa which you'll find in the sides section.

INGREDIENTS

2 cups cooked chickpeas (or beans or starchy veggie like butternut or sweet potato)
1 cup cooked quinoa flakes
1 cup par boiled veggies (I used butternut, yellow beets, carrots and parsnips)
1 red onion, chopped
1 cup mixed fresh basil, thyme, coriander, chives and parsley (or your choice), finely chopped
2-4 cloves garlic, pressed
2 tbsp grated ginger
1 tbsp grated turmeric
2 tbsp olive oil
2 tbsp nigella sativa seeds
1/2 cup chestnut flour (or any other gluten free)
6 tbsp chickpea water (optional, for better binding)

PREPARATION

Pre-heat oven to 200C/380F.

Sauté your onion in a little oil. Add in the veggies for a minute or two. Place all ingredients into a food processor or a bowl to mush together by hand. Season to your taste and then place in a bread tin or any other oven ready dish in any shape that you find pleasing.

Bake for 20-30 minutes. Allow to cool and then carefully cover with a plate and flip over. Slice and enjoy.

BENEFITS

Antihistamine: onion, basil, thyme, coriander, parsley, garlic, ginger, turmeric, nigella sativa, chives.

Anti-inflammatory: onion, basil, thyme, coriander, parsley, garlic, ginger, turmeric, chestnut, chickpeas, olive oil.

Roasted Lamb Roulade

Prep Time: 10mins | Cook Time: 30-40mins | Servings: 2-4

You can substitute any protein you like in this recipe.

INGREDIENTS

2 butterflied legs of lamb (ask the butcher to butterfly if for you to save time) (You can also substitute any poultry breast butterflied instead of the lamb.)

2 cloves garlic

1 tbsp rosemary

1 inch fresh ginger root, minced

2 tbsp olive oil

1 tbsp cooked quinoa

1 cup chopped cranberries

1-2 shallots, chopped

1-2 tbsp lemon juice

PREPARATION

In a skillet add the lemon juice and the chopped cranberries and cook over medium heat about 5 minutes until the cranberries just start to break down. Add the shallots, ginger, rosemary and garlic and continue cooking over medium high heat until your shallots are soft but not mushy. Stir in your cooked quinoa.

Line a baking sheet with wax paper or parchment. Lay your Butterflied meat on the sheet and rub both sides lightly with olive oil. Spread your cranberry/quinoa mixture over the meat, leaving a ½ inch empty space at the bottom. Starting at the top of the meat, tightly roll the meat up. Tie it with

kitchen string to keep it in place or if you don't have any kitchen string, wooden toothpicks will work well also.

Bake at 325 for about 20-30 minutes until a thermometer reaches an internal temp of 145 for medium rare for lamb (160 if using poultry).

I like to double the cranberry/quinoa mixture so that I can hold half of it back to serve as a side or on top of the cooked meat.

BENEFITS

Antihistamine: onion, rosemary, garlic, ginger.

Anti-inflammatory: onion, rosemary, garlic, ginger, olive oil.

Sweet & Sour Turkey

Prep Time: 10mins | Cook Time: 45-60mins | Servings: 2



The whole day of defrosting thing and spending an entire day roasting a turkey on Thanksgiving doesn't appeal to me, so I chose to go with an organic turkey thigh. In any case, given that I'm spending the holidays this year in a tiny French village, I didn't have too many options!

You can use any liquid sweetener (honey for example) and granulated (sugar cane for example) that you like. Coconut nectar has a lovely soft taste and that's the main reason I chose it. Granulated is also an option but that has more of a tendency to burn up unattractively.

INGREDIENTS

500 g/1 lb turkey thigh
1/4 cup coconut nectar
1 tbsp coconut sugar
1 lemon, juiced

PREPARATION

Pre-heat oven to 200C/380F.

Place the turkey in a roasting tin. Drizzle with coconut nectar, sugar and lemon. I also added a little sprinkle of salt.

Roast for 45-60 minutes, or until juices run clear when pierced with a fork.

You can periodically spoon some of the roasting fats onto the turkey as you go.

BENEFITS

Anti-inflammatory: lemon, coconut.

Sweet Blueberry Cornish Game Hens

Serves 2 / Prep time: 10mins / Cooking time: 30mins

INGREDIENTS

2 Cornish game hens
¼ cup blueberries
4oz coconut syrup/nectar or your choice of liquid sweetener
3oz Olive Oil
3 tbsp fresh sage

DIRECTIONS

Preheat the oven to 450F. Pat the hens dry with a paper towel (this will help give you a crisp skin). Place them on a parchment lined baking sheet or in a roasting pan. Chop your sage finely. Chop your blueberries coarsely. Mix both of these together with the olive oil. Gently loosen the skin of the hens with your fingers and work the herbed fruit oil underneath the skin of the hens. Rub some on the inside of the hens as well. Rub syrup all over the outside of both hens. Truss your hens if you like (tie their feet together) and place breast side up on the pan. Roast the hens for 25 minutes. Drop the oven temperature to 350F, and continue cooking for another 35 minutes or until a thermometer registers 160F. Make sure to baste every 8-10 minutes during the lower heat cooking with the juices from the bottom of the pan. This will insure juicy meat.

Turmeric Glazed Cornish Game Hens w/ Thyme

Prep Time: 10mins | Cook Time: 30-45mins | Servings: 4



I'll be honest, the idea of dealing with an entire turkey totally freaks me out. I've had a hard enough time getting my hands on some of the Thanksgiving foods out here without the stress of figuring out the turkey situation, so I was happy to stumble onto these little treats. Basically a tiny chicken, these hens cook a lot faster and seem a lot juicier, not to mention the fact that they present really well. Serving up a chicken on turkey day is likely to get you lynched at the dinner table, but these cute little suckers are likely to get folks to cut you some slack. More importantly, if you're still cooking a turkey for the family, you could go ahead and just pop one of these tiny birds into the oven at the same time!

I've added a couple of options for those who are either letting it all hang loose this holiday season, or just in case you're thinking the familia might enjoy a smidge more flavour. I'm no longer on a histamine-restricted diet so I served mine with all the options (which are of course antihistamine and anti-inflammatory).

INGREDIENTS

4 Cornish game hens (or little hens/fowl)
8 tbsp grated turmeric
1/4 cup olive oil (or tolerated oil)
1 lemon, juiced (or half a cup chopped lemon basil/thyme)
2-4 cloves garlic
1/2 cup thyme stems

optional

1 tsp mixed peppercorns
2 tbsp mustard seeds
2 tbsp fresh curry leaves

PREPARATION

Pre-heat oven to 200C/380F.

With a pestle and mortar crush the turmeric, garlic, thyme and optional extras till, in a little olive oil, till nicely ground up.

Place the hens on an oil smeared baking tray. Rub with your herb mix, drizzle with lemon and olive oil and season to taste.

Bake for 30-45 minutes, or until juices run clear when pierced with a fork.

BENEFITS

Antihistamine: thyme, garlic, turmeric, curry.

Anti-inflammatory: thyme, garlic, turmeric, curry, mustard, pepper, lemon, olive oil.

Garlic & Rosemary Roasted Duck

Prep Time: 20mins | Cook Time: 45mins | Servings: 2-4



This is the recipe I used for Thanksgiving 2013. Inspiration for this recipe from the Gressingham duck folks in the UK. No need to cook an entire duck though. Bringing out the food already plated means you can save yourself a ton of stress in the kitchen - just roast a few of your favourite cuts and serve 'em up with the sides.

INGREDIENTS

- 1 duck
- 1 head garlic, chopped in half
- handful rosemary sprigs
- olive oil
- salt and pepper
- 1-2 tbsp coconut nectar (optional)

PREPARATION

Pre-heat the oven to 200C/390F.

Pat the duck dry. Remove the giblets if still inside. Pierce the back legs a few times with a fork, on each side. Place the duck on a baking tray. Spoon on the coconut nectar (if using) followed by a drizzle of olive oil.

Add the garlic to the tray, then sprinkle everything with rosemary, pepper and salt.

Bake for 45 minutes, basting along the way.

I then turn mine around and bake for another 45 minutes. You'll have to check your cooking time according to the weight of your duck. There's more info and a great tutorial [here](#).

You'll know the duck is ready if, when pierced, the juices run clear. Remove from the oven and allow to sit for 10 – 20 minutes.

BENEFITS

Antihistamine: garlic, rosemary.

Anti-inflammatory: garlic, rosemary, olive oil, coconut.

Sides

Pomegranate (or apple) Glazed Root Veggies

Prep Time: 5mins | Cook Time: 20 mins | Servings: 2-4



Mmmmm, I love pomegranate glazed anything. It's really better to make the pomegranate syrup, but that takes hours... so I just par boil the veggies in pomegranate juice and then bake. Though I normally make absolutely everything from scratch, I tend to let things slide at holiday time, so I use bottled organic sugar free juice. You can use any fruit juice you like, or something like coconut nectar/agave/coconut sugar.

INGREDIENTS

2 large beets (I used golden and red striped), quartered and sliced
2 large parsnips, chopped
4 large carrots, chopped
1 large swede (or any other root veggie), chopped
4 large jerusalem artichokes (or any other), chopped
pomegranate juice, enough to cover the veggies (about a quart)
oil for roasting

PREPARATION

Pre-heat your oven to 200C/380F.

Boil the veggies in the pomegranate juice till half/par boiled. Drain and transfer to a pre-oiled baking tin. Season to your taste and bake for 15-20 minutes depending on your oven. You could also add a little liquid sweetener or pomegranate syrup if you have it.

BENEFITS

Antihistamine: pomegranate.

Anti-inflammatory: pomegranate, beets, parsnips, carrots, swede, Jerusalem artichokes.

Traditional(ish) Southern Sweet Potatoes

Serves 2-4 / Prep time: 10mins / Cooking time: 20mins

INGREDIENTS

- 2 – 2 ½ sweet potatoes, peeled and diced in 1 inch cubes
- 2 tbsp coconut oil
- 1 cup coconut sugar
- 1 vanilla bean, scraped or a pinch of raw vanilla powder (available online)
- 1 tsp ginger
- 1 batch of marshmallow cream (see below)

DIRECTIONS

Combine and toss of all the ingredients (except for the Marshmallow cream). Place in a greased baking dish, cover with foil and bake 375F degrees for 50 minutes. Remove the foil after 50 minutes, continue baking 10 to 20 more minutes until your potatoes are tender all the way through when pierced with a fork. Pull from the oven and top the sweet potatoes with your marshmallow cream. Place under the broiler for 1 – 3 minutes until you have just a few light brown spots. If you happen to have a kitchen blowtorch, run that lightly over the cream instead.

MARSHMALLOW CREAM

- Water from 1 can of chickpeas (save the chickpeas for another recipe)
- 1/3 cup coconut nectar (honey or your choice of liquid sweetener)
- 1 vanilla bean, scraped or a pinch of vanilla powder
- ½ tsp arrowroot powder

DIRECTIONS

Combine the chickpea water, coconut nectar, seeds scraped from the vanilla bean and the arrowroot powder into a mixing bowl. Using a whip attachment, blender, or stand mixer, start whipping at a slow speed until the mixture becomes frothy. Gradually increase the speed to the highest setting. (increasing the speed gradually will help insure that you don't end up with a face and wall full of splatters). Whip at the highest speed for 10 to 15 minutes until you get a nice medium stiff peak. I'm a huge fan of doing things by hand, but for this recipe, definitely use an electric mixer!

Herbed Warm Quinoa (or rice/cauli) Salad

Prep Time: 10mins | Cook Time: 5-10 mins | Servings: 4-6

Go for any variation you're into here: rice, barley, or go grain free with cauliflower rice, which is basically just a cauliflower chucked into a food processor and lightly pulsed. It's all good believe me. I no longer eat many grains myself, but hey, it's Christmas, so I let it all hang out. I added yellow cherry tomatoes which are supposedly lower histamine according to Dr. Janice Joneja but you can absolutely leave them out.

INGREDIENTS

2 cups cooked quinoa (I used half red half white)
2-4 cups arugula or lamb's lettuce
1 red onion, chopped
1/2 cup mushrooms (optional, appear on some lists as high histamine)
1/2 cup yellow cherry tomatoes, quartered
4 medium carrots, chopped
1 cup mixed herbs: basil, coriander, oregano and thyme
olive oil

optional tahini sauce

*2 tbsp tahini (on some lists as high histamine)
2 tbsp apple cider vinegar (on some lists as high histamine)
1 tbsp olive oil
1 tsp high quality organic mustard (on some lists as high histamine)
1/4 cup water*

PREPARATION

Sauté the onion, carrots and mushrooms if using in a little oil. Add in the quinoa, herbs and yellow tomatoes for a moment and then turn off heat. Place in a bowl and mix in the greens.

Tahini sauce

Combine all ingredients and stir well. Serve on the salad.

BENEFITS

Antihistamine: onion, lamb's lettuce, basil, coriander, thyme, oregano.

Anti-inflammatory: onion, arugula, lamb's lettuce, basil, coriander, thyme, oregano, olive oil, apple cider vinegar, mustard, tahini.

Jerusalem Artichoke Fritters with Cranberries and Basil

Prep Time: 10mins | Cook Time: 10-15 mins | Servings: 10 fritters



Did I ever mention that I never willingly ate a vegetable till the age of 35? Ok that's a slight exaggeration but pretty accurate. Another thing I hated was fruit in the few vegetables I ate. Thankfully, I got sick and totally changed my life. Shocked to hear me say that? This illness was a wake up call - it could have been something far worse. It spurred me into becoming the healthiest I have ever been. Thank you MCAS, I owe you one. But I've learned my lesson and now you can go! Yes, seems silly, but I've often spoken to my body this way over the years.

I'm in a small village in France as I write this so had limited props to work with for this shoot. This fritters are incredibly tasty!

You can substitute absolutely any vegetable that's easily shreddable for the Jerusalem artichokes. I used dried cranberries because I couldn't find fresh and they turned out really well. You can use anything you like, or omit them entirely. If you would still like a bit of sour in there, you could add some cherries (frozen ones at this time of year), blueberries or mango would work quite nicely. But these fritters will be tasty without any of that. Don't fancy the rice flour? Then don't use it: chestnut, gluten flours like kamut or spelt, almond or coconut flour for example could be used, but in that case I think you'd have to use an egg or two. Which is fine - I just prefer my fritters without that eggy taste. Of the gluten free flours, the more sticky ones like rice, lentil or chickpea are your best bet if using the aquafaba/chickpea water like I did to bind these. [You can read all about using bean water to replace eggs here.](#)

INGREDIENTS

2 cups shredded Jerusalem artichokes
50 dried (or fresh) cranberries
1 cup rice (or other) flour
1 cup chickpea/bean water or two eggs
1 loosely packed cup chives
1/2 cup loosely packed very finely chopped basil
1 medium onion, very finely chopped
olive oil

PREPARATION

Toss all the ingredients into a medium bowl and mix well. Scoop a bit of mix and press into your palm. The fritter mix should just fit within your palm. Squish your palms together and place onto a mat or plate.

Heat a little olive oil in a pan. Once warm, gently place the fritters one by one into the pan. Gently turn over once after a few minutes.

You can also bake these at 200C/380F for about seven minutes on each side.

Cover a plate with some paper napkins to absorb excess oil from the fritters and transfer them to it.

BENEFITS

Antihistamine: basil, chives, onion.

Anti-inflammatory: basil, chives, onion, olive oil, cranberries, chickpeas.



Ginger Smashed Yams

Prep Time: 10mins | Cook Time: 10mins | Servings: 4

You can go for any kind of squishy veggie here. I'm still totally in love with sweet potatoes (yams) despite their high oxalate content. I've found studies showing sweet potato possesses antihistamine properties, but this might not be the case in humans. Another factor is that oxalic acid may intensify the inflammatory activity of histamine.

A couple of alternatives would be arrowroot or cassava. Why not regular potatoes? They're nightshades, so potentially inflammatory and they don't have much going for them nutritionally. Other than that I have nothing against them.

INGREDIENTS

4 cups cubed sweet potato/yam
4 tbsp grated ginger
4 tbsp olive oil
pinch salt
pinch pepper

optional garnish
chopped chives
cracked black pepper

PREPARATION

Boil the sweet potato for about 10 minutes or till cooked through. Place in a food processor and combine with the ginger, olive oil, salt and pepper. You could also easily use anything you have on hand, like a pestle and mortar or potato masher, to smooch it all together.

Sprinkle with chives if desired.

BENEFITS

Antihistamine: sweet potato, ginger.

Anti-inflammatory: sweet potato, ginger, olive oil, pepper.

Plantains with Rub

Prep Time: 5mins | Cook Time: 15-20mins | Servings: 4



This recipe is from my [Man Food book](#) which is why it contains the same nutritional information I include in it and the [Anti-Cookbook](#). High in Diamine Oxidase (DAO) enzyme boosting Vitamin B6, plantains are also a prebiotic food, which hopefully our guts will turn into good bacteria. I serve mine with a spicy rub made from coconut sugar, paprika, cayenne pepper, salt, a dash of powdered turmeric, and very finely chopped chives. These are the ONE thing I will actually fry once in a while, but usually I just toss them in a little oil, dip in the rub, smother in chives, and then bake. You could always start with the coconut sugar and salt and see how you go. Then again, we need treats once in a while and this is as good as anything you're going to pull off the supermarket naughty shelf.

INGREDIENTS

4 plantains, chopped into any shape you like (not thicker than quarter of an inch)

1/4 - 1/2 cup chives, finely chopped

1/4 cup coriander, finely chopped

Olive oil

optional

2-4 tablespoons coconut sugar

1 - 2 tablespoons paprika

1/4 - 1/2 teaspoon cayenne pepper

1/4 - 1/2 teaspoon turmeric powder

1 teaspoon salt

PREPARATION

Pre-heat your oven to 200C/390F.

Toss the plantains in a little oil, then the chives (or the optional ingredients).

Place on an oiled tray and bake for 15-20 minutes. Alternately, fry the plantains in a little oil of your choice and then add the chives and optional ingredients.

BENEFITS

Vitamin A: 526%, Vitamin B6: 188%, Vitamin C: 160%,
Magnesium: 105%

Antihistamine: chives, coriander, turmeric.

Anti-inflammatory: chives, coriander, turmeric, paprika,
cayenne, olive oil.

Basil Stuffing Balls

Prep Time: 10mins | Cook Time: 10-15mins | Servings: 10 balls

These were so cute that I almost couldn't bring myself to eat them! I've made far more attractive foods but stuffing is one of those things that I'm still quite emotionally hung up on - maybe because I consider it to be a real treat. I know, "a real treat" you say?? I don't eat grains often anymore so this is a bit naughty...

Everything I said regarding flour and eggs in the Jerusalem artichoke recipe also applies here.

I like to sauté my stuffing balls in a little of the turkey grease.

INGREDIENTS

- 1/2 cup cooked red and black rice
- 1/2 cup cooked quinoa (I prefer red but couldn't find it here)
- 1/2 cup rice flour or any GF but sticky flour
- 1 medium onion
- 1 cup loosely packed chopped basil
- 1 clove garlic
- 1/4 cup or more water or chickpea water

PREPARATION

Place all ingredients in a food processor but the water and combine. Transfer to a bowl and mix in just enough water to enable you to make a doughy ball in your palm. Dusting your hands with rice flour helps prevent them sticking.

If you don't have a food processor just chop up everything as finely as you can and then combine with the water and rice flour.

Heat a little oil and turkey fat in a pan and sauté till cooked through. You can also roll them in a little fat and bake for about 15 - 20 minutes at 200C/380F till nice and golden.

BENEFITS

Antihistamine: basil, onion, garlic.

Anti-inflammatory: basil, onion, garlic, olive oil, red/black rice (because of the anthocyanin).

Super Quick Anti-inflammatory Pan Gravy

Prep Time: 10mins | Cook Time: 2mins | Servings: 10 balls

You can use absolutely any gluten free flour here. I chose these for their anti-inflammatory benefits. There's proper way to do this that takes time and there's the super quick tasty Yasmina way to get it done. This is the latter!

INGREDIENTS

1/4 cup water chestnut flour/chestnut flour
1 cup pan drippings
1 cup water (or even better, bean/chickpea/aquafaba water)
salt and pepper

PREPARATION

When the turkey (or whatever you roasted) is done cooking, carefully scrape the bottom of the pan and scoop out all the fat. Pour into a small pan on a low heat and whisk in the flour and bean water. Season and serve.

BENEFITS

Anti-inflammatory: chestnut/water chestnut flour, chickpea water, pepper.

Creamy Butternut Squash Mash

Prep Time: 5mins | Cook Time: 15-20mins | Servings: 4

Don't get hung up on the specifics of my recipes - you can use absolutely anything with a creamy texture in this one. Baked cauliflower that's then mashed, or almond butter for example, are great substitutes for the coconut cream in this recipe. I get my coconut cream by blending a mature coconut with water, refrigerating it, and then scooping the cream off the top. Refrigerate again and repeat. Or you could blend up a young Thai coconut alone. It makes a great cream. If you don't tolerate lemon, lemon basil and thyme are a wonderful alternative. Have fun!

INGREDIENTS

1/2 cup coconut cream
1 butternut squash, baked
1/4 cup olive oil (canola would also work)
2 tbsp turmeric
1/2 lemon, squeezed (or chopped lemon basil/thyme)
optional
pinch of cayenne pepper

PREPARATION

Mash the butternut squash with the coconut cream, olive oil, turmeric and lemon.

BENEFITS

Antihistamine: butternut squash, turmeric.

Anti-inflammatory: butternut squash, turmeric, coconut, lemon, olive oil, cayenne.

Cranberry Mustard

Prep Time: 5mins | Cook Time: 15-20mins | Servings: 4

If you're not up for the mustard part, go ahead and look for the blueberry recipe, or the cranberry sauce right after this one. Apple cider vinegar is tolerated by many. Some claim it has antihistamine properties, I'm not so sure on that one, but it is definitely the lowest histamine of all vinegars. I do just great with it, but it's not in the blueberry recipe.

INGREDIENTS

1/4 cup date syrup or coconut nectar

1/4 cup coconut sugar

1/2 cup water

1 large bay leaf

1 1/2 cups cranberries

2 tbsp apple cider vinegar

1 tbsp mustard powder

1/2 tbsp agar agar power

PREPARATION

In a large saucepan, combine the coconut sugar and syrup, water, bay leaf, cranberries, apple cider vinegar and mustard powder. Bring to the boil, then add the agar agar and stir till dissolved. In about 10 minutes, remove and place in a bowl in the fridge. Remove in about 30 minutes once it has begun to gel.

BENEFITS

Anti-inflammatory: coconut, cranberries, apple cider vinegar, mustard, agar agar, bay leaf.

Roasted Water Chestnut & Apple Stuffing

Serves 2-4 / Prep time: 10mins / Baking time: 60mins

INGREDIENTS

1 can of chickpeas drained (use the chickpeas that were left-over from the Marshmallow cream recipe)
1 onion, diced
1 large apple, diced
2 cloves garlic
1 tbsp thyme
1 ½ cup of preferred stock/broth (make your own by boiling a handful of veggies, onion, garlic and herbs for 30 minutes then draining)
8oz water chestnuts (soaked - you can buy these online)
2 tbsp olive oil

DIRECTIONS

Spread the water chestnuts out onto a baking sheet and bake at 425F degrees for about 15 minutes. Remove from the oven and remove the shells when cool enough to handle. In the olive oil, sauté your onion, apple and garlic just until the apples are soft. In a food processor, pulse your chestnuts and chickpeas until they reach the desired consistency. I like a bit of chunk in my stuffing. Mix your chickpea/water chestnut mixture with the sautéed mix. Add your stock/broth and mix well. Pour into a greased baking dish and bake at 350 for about 45 minutes. Stir halfway through cooking.

Butternut Squash Salad with French “fried” Shallots

Serves 2-4 / Prep time: 10mins / Baking time: 25mins

INGREDIENTS

3 to 4 shallots, cut into $\frac{1}{4}$ inch slices
3 tbsp olive oil
3 to 4 cloves garlic
chopped or minced
2 tsp turmeric
1 tsp paprika
1 medium sized butternut squash, cubed into 1 inch squares
4 cups arugula
 $\frac{1}{4}$ c sliced almonds (you can omit these if allergic/sensitive)
 $\frac{1}{4}$ cup preferred gf flour (I like white rice, sorghum)

DIRECTIONS

Heat the oven to 450F. Take your sliced shallots and dip them in 1 tbsp olive oil then dredge in your gf flour. Lay these out on a baking sheet and bake until crisp, about 20 minutes tops. Turn the oven down to 425F. Toss the squash in a little olive oil, garlic, turmeric and paprika. Spread out on a baking sheet and bake for 20 minutes. Toss the almonds in and add a little olive oil then stir into the squash. Bake for an additional 5 minutes. Remove from the oven and toss with the arugula and French “fried” shallots and serve.

Cranberry Sauce

Prep Time: 5mins | Cook Time: 10-15mins | Servings: 2

INGREDIENTS

- 1 cup fresh or frozen cranberries
- 1/4 cup ginger coconut sugar (I used [Coconom](#) – you can use coconut sugar and a little fresh grated ginger)
- 1/4 cup water
- squeeze of fresh lemon
- 1-2 tbsp duck fat (optional – really incredibly tasty though!)

PREPARATION

Place the cranberries in a small pot with the water. Bring to the boil. Lower to a simmer and add in the coconut sugar (and grated ginger if using), stir till dissolved. (I recommend using the ginger – gives it extra zing!) Squeeze in the lemon. The mixture should start firming up now.

Optional – stir in a little duck fat/jus from your roasting duck (I highly recommend this!)

BENEFITS

Anti-inflammatory: coconut, cranberries, lemon.

Sweet Potato Fritters

Prep Time: 10mins | Cook Time: 15mins | Servings: 2

I thought it would be fun to have the potatoes complement the stuffing texture. They are, as always, full of antihistamine and anti-inflammatory herbs.

INGREDIENTS

2 medium sweet potatoes, cubed (I used white fleshed)
2 large shallots, finely chopped
rosemary
thyme
olive oil

PREPARATION

Boil the sweet potatoes till soft. Withdraw from the heat and mash or process.

In the meantime, sauté the shallots, rosemary and thyme till fragrant and soft. Add in with the mashed potatoes and mix in by hand.

Heat a touch of oil in a pan, form the potato into attractive patties and lightly pan fry till slightly browned.

BENEFITS

Antihistamine: shallots, rosemary, thyme.

Anti-inflammatory: shallots, rosemary, thyme, olive oil.

NB: Thyme is high in benzoates which may bother some.

Blueberry Compote

Prep Time: 5mins | Cook Time: 10-15mins | Servings: 2

I have the antihistamine diet to thank for finally embracing fruit with savoury foods. Before that the idea was quite unsavoury (I'm in England - we like puns, ok?).

The texture is up to you - it can easily become a sauce - just don't let it cook for as long. You do need to be mindful though that you still allow it to cook long enough for the herbs and shallots to properly infuse the blueberries.

INGREDIENTS

2 cups blueberries

1/2 a lemon

1 large shallot

1 cup apple juice or two tbsp coconut sugar

1/2 cup water

bunch of thyme (or coriander if benzoate sensitive)

duck fat

1 tbsp grated ginger

PREPARATION

Sauté the shallots in a little oil. Add the thyme and cook on low heat till fragrant.

Add in the blueberries, followed by the apple juice, ginger, water and a bit of lemon (you may omit this if you prefer),

but be sure to add extra water if using coconut sugar rather than apple juice.

Bring to the boil and then lower to a simmer for about 10-15 minutes or until reduced and quite firm looking. Add in a few tbsp of duck fat towards the end.

BENEFITS

Antihistamine: blueberries, shallots, thyme, apple, ginger.

Anti-inflammatory: shallots, thyme, olive oil, coconut, ginger, apple.

NB: Thyme is high in benzoates which may bother some.

Rosemary and Sage Stuffing

Prep Time: 10mins | Cook Time: 20-40mins | Servings: 2

What fun! I ate nothing but stuffing at holiday celebrations when I was vegan. I tell ya - this is a lot of food, so I hope you're real hungry. There's are a couple of options - you can stuff the duck/fowl with it, you can stuff the zucchinis with it, or just enjoy it solo as a side dish. If you'd like something a little more healing - check out my [stuffing recipe](#) from the upcoming Get Juicy book...

INGREDIENTS

1 1/2 cups rice flour breadcrumbs (I used Organ)
1 1/2 cups water
1 large shallot, or onion
olive oil
fresh chopped sage
1 egg, beaten

PREPARATION

Preheat your oven to 180C/350F. Sauté the shallot in a little oil, till fragrant. Add in the sage.

Remove from the heat and tip into a baking dish. Pour in the rice crumbs, beaten egg and water, then season.

Bake for about 20 minutes till cooked through.

If having stuffed zucchini...

Core four medium zucchinis. Pull out the stuffing once it has baked for about 10 minutes. Allow it to lightly cool, then stuff into zucchinis. I then splashed a little duck fat in a tray, rolled the zucchini in it and baked for another 20 minutes, turning over once. Remove from the oven and slice into chunks.

BENEFITS

Antihistamine: shallot, sage.

Anti-inflammatory: shallots, sage, olive oil.

Desserts



Tarte Tatin with Cranberries & Ginger

Prep Time: 30mins | Cook Time: 30-45mins

When people ask me if I feel deprived on my "diet" I just look at them like they're nuts. Why would eliminating dairy, gluten, most nuts, all major allergens, processed foods, low nutrient histamine foods and oxalates bother me when nature has so much left to offer? Like my first tarte tatin! 40 years on this earth and this is my first. When people tell me life isn't worth living like this - I say, imagination is your only limitation. Use it and you'll never feel deprived again.

I originally made this tarte with apples and pears, mainly because I didn't have enough of either and Sunday in a small village means you've nowhere to go to buy them. The apple side of the tarte was by far my favourite so that's what I'm using for Thanksgiving. You can use any fruit, sugar or fat that you like.

I don't bake many pies/tartes so am still getting the hang of crusts. For this recipe I lightly adapted one from the website [Serious Eats](#). If you don't like the ingredients, you'll find many online that work wonderfully.

INGREDIENTS

8 or 9 apples (I used Gala)

1/2 cup dried cranberries

2 tbsp coconut oil

1/2 lemon, juiced

1 tsp raw vanilla

4 tbsp coconut sugar

4 tbsp grated ginger

Crust

1/2 cup sorghum or white/brown rice flour
1/2 cup sweet rice flour
1/2 cup tapioca flour
1 egg or 1 tbsp xanthan gum
4 tbsp coconut sugar
200g/8 ounces coconut butter, gently melted
4 - 8 tbsp water

PREPARATION

Peel, quarter and core the apples. The next step, the French way, the approach I used, is to warm up a little coconut oil in a pie tin on the stove.

Please be very careful and use a heavy tin pan and use oven mitts to hold the pan over the lowest flame, taking care not to set your hand on fire!

Add in the ginger, cranberries and then place the apples in concentric circles or haphazardly as you choose. For the purposes of the photo I went for the former, but in real life I love the messy, gooey look - it's just so much more fun and organic. Sprinkle with the coconut sugar and vanilla, cover and cook for 10 minutes. Allow to cool while you prepare the crust.

Crust

Combine the dry ingredients. Add in the egg, coconut oil and half the water. Get in there and start kneading it till you have a nice ball of dough, adding a tbsp of water more at a time as needed. Place the dough in the fridge for at least 30 minutes but preferably an hour.



Place a sheet of baking paper on your worktop, dust it with some flour, place the dough on it and then cover with another sheet of baking paper. Use a pin to roll out the dough. Use a pan cover to press into the dough to make a large circle, then use a knife to trim the edges.

Place the dough, still between two sheets, over the now cooled pan.



Then peel the topside sheet off. Flip the dough only (not the pan) onto the pan and then peel away the top layer of baking paper.



Tuck sides of dough neatly into the baking tin, really pressing the dough into the apples. Poke a little hole in the dough and then place in a pre-heated oven at 200C/380F for 30-45 minutes, depending on your oven. Once done, place somewhere to cool. Once cool to the touch, very carefully, using oven mitts, place a plate large enough to cover the pie tin over it, and then quickly flip over.

BENEFITS

Antihistamine: ginger, blueberries (but they're high in benzoate which may bother some).

Anti-inflammatory: ginger, blueberries, coconut, vanilla, mango, lemon.

Coconut Creme Brûlée

Prep Time: 20mins | Cook Time: 5-10mins | Makes: 2

Ok so the bad news here is that I've found that only cane sugar makes that nice crackly skin, so that's what's in the recipe. Also please note, this should be prepped first thing in the morning as it needs about eight hours to chill in the fridge, or at least four. The longer the better...but this recipe is totally worth it!

INGREDIENTS

1 cup young Thai coconut meat
1/2 cup coconut water
1 tbsp raw organic vanilla (scraped from a pod)
1/4 cup arrowroot/tapioca or any other starch
1/4 cup coconut sugar
4 tbsp cane sugar
pinch salt

PREPARATION

Blend the coconut meat, water, vanilla, pinch of salt and coconut sugar till smooth. Pour into a small pot and bring to the boil. Lower to a simmer and then mix in the starch and stir till nice and thick. Pour into ramekins and then place in the fridge for a few hours. Remove from fridge and sprinkle each ramekin with the sugar. I prefer to then place the ramekins under the broiler for about five minutes till the surface is nice and brown, but you could carefully use a mini blowtorch to melt the sugar.

BENEFITS

Anti-inflammatory: arrowroot, coconut.

Coconut Mango & Blueberry Jam Trifle

Prep Time: 30mins | Cook Time: 0mins | Makes: 2-4

You can make life a lot easier by buying frozen young Thai coconut meat online [here](#).

INGREDIENTS

- 1 cup young Thai coconut meat
- 1/4 cup coconut water
- 1 tbsp raw organic vanilla (scraped from a pod)
- 2 tbsp coconut nectar
- pinch salt
- 1 cup mango meat, about a large mango
- 1 cup blueberries
- 1 tbsp ginger
- 2 tbsp lemon juice

PREPARATION

Blend the young coconut meat with its water, the vanilla, coconut nectar and a pinch of salt till smooth. Spoon into a bowl. Lightly cook the mango with the two tbsp lemon juice until nice and sweet and a little sticky, then place in a bowl to cool. Repeat with the blueberries but add in the ginger while heating. In small bowls or cups layer the mango, then the mango then the blueberries. Place in the fridge to firm up a little and serve.

BENEFITS

Antihistamine: ginger, blueberries (but they're high in benzoate which may bother some). Anti-inflammatory: ginger, blueberries, coconut, vanilla, mango, lemon.

Gingerbread Cookies

Prep Time: 30mins | Cook Time: 15-30mins | Makes: 10



I like my gingerbread cookies to have a bit of crunch to them! If you'd like chewy cookies, please add some liquid sweetener, sub some of the coconut sugar with dates or a little apple puree and keep a close eye on these tasty little suckers to make sure they don't dry out. You can easily decorate them with a little spirulina, beet powder and coconut cream mixed with some kind of shortening (coconut) and some granulated sugar. I don't like using xylitol, or, gasp, white sugar, which is what I would have had to use to make the pictures come out pretty. So, sorry folks, you get the photos as I ate 'em! You know, truth in publishing and all that.

INGREDIENTS

1 cup sorghum flour
1/2 cup almond flour (or tapioca for low oxalate)
1/3 cup coconut oil
1/2 cup coconut sugar
2 eggs
2-3 tbsp grated ginger
pinch of salt
raw vanilla, to taste as tolerated

PREPARATION

Pre-heat your oven to 180C/350F.

In a medium bowl mix the flours, oil, vanilla, ginger, pinch of salt eggs and ginger.

Place in the fridge for 10-20 minutes, or till firm, so it's easy to roll out later. Take out of the fridge. Lightly dust your work surface with some sorghum flour (or tolerated flour).

Take your dough and knead for a bit till workable. But make sure not to touch it too much or it'll become unmanageable.

Roll it out quickly and then use a cookie cutter to work your way through. I made mine about half an inch thick. Lay down some baking paper onto a tray and carefully place the cookies on it.

Bake at 180C/350F for about 20-30 minutes, till golden. Serve with eggnog.

BENEFITS

Antihistamine: ginger.

Anti-inflammatory: vanilla, dates, sorghum, almonds, coconut, ginger.

Mango Crumble/Crisp

Prep Time: 10mins | Cook Time: 20-40mins | Serves: 2



I made this dessert totally raw for many years but have recently re-discovered the joy of a baked crumble/crisp. You can use any fruit you like and choose whether to use nuts or not. It's also particularly lovely with hazelnuts. You'll see I used a layer of coconut cream in between the fruit and crumble/crisp layer.

INGREDIENTS

- 1 mango, sliced
- 1/2 tbsp grated ginger
- 2 tbsp lime/lemon/lemon basil
- 1 cup sorghum flour
- 1/2 cup almond/oat flour (coconut for low oxalate*)
- 1/2 cup coconut oil (or your choice of oil)
- 1/4 cup dates or 1/2 cup coconut sugar

raw vanilla
pinch salt
optional
coconut cream

PREPARATION

Pre-heat your oven to 180C/350F.

Place your sliced mango in a small to medium pot. Splash with some water, then add the ginger, lime/lemon and a pinch of salt.

Cover and cook on low heat till tender (about 10 minutes).

Meanwhile, in a food processor combine the sorghum with the almond/oat flour. If you want to go lower oxalate, coconut flour is a great alternative – but you'll need something to give a bit of texture and binding. A few sunflower seeds, an egg/s or some apple puree.

Then toss in the dates/coconut sugar, oil, raw vanilla and a pinch of salt. To use less oil – sub 1/4 cup pureed apple for the coconut. Into a small baking dish (or oven proof glasses) spoon the mango and then top with the flour.

Bake at 180C/350F for 20-30 minutes, until the crumbly layer is nice and golden. Serve with coconut cream (optional).

BENEFITS

Antihistamine: ginger. Anti-inflammatory: vanilla, sorghum, almonds, coconut, ginger, mango, dates.

Eggnogg

Prep Time: 10mins | Cook Time: 10mins | Servings: 4-6



This was so so so delicious that I immediately made a bunch of my friends try it. Non-histamine peeps. They were SO into it! Dairy free, vegan eggnogg. But you can make it any way you like - I've added a bunch of different takes on this for you (including one with eggs).

INGREDIENTS

Regular...

2 cups coconut cream

2 cups hazelnut milk (you can use any you like)

2 dates (you can use 1/4 cup coconut sugar)

raw vanilla, with a couple of whole pods as decoration

pinch of salt

if tolerated: nutmeg and cinnamon to taste (I don't like either)

Low oxalate...

2 cups coconut cream

2 cups hazelnut, coconut milk or rice milk

1/2 cup coconut sugar (you can use two dates)

if tolerated: nutmeg and cinnamon to taste

Optional....

4 egg yolks, pasteurized (I used three duck eggs yolks)

PREPARATION

Blend it all up. Transfer to pot and gently heat up while stirring.

If you'd like to use eggs... Add four egg yolks. Heat the milks in saucepan, making sure they don't boil. Meanwhile, blend the egg yolks, sugar and vanilla. Real slowly (and I mean slow!) add half the coconut cream to the egg yolks (this is called tempering, so they don't curdle) and then add the mixture back to the pan. Heat it up again slowly till it starts to thicken a little.

BENEFITS

Anti-inflammatory: vanilla, coconut, dates.

Pecan Pie

Prep Time: 30mins | Cook Time: 20-30mins | Makes: 4 minis



Can I just give you guys a big old hug for motivating me to try eating my first pecan pie in years? The experience was nothing short of magical. It was more than just the taste (which was awesome!), it was the act of pleasuring my taste buds in a way that rekindled my excitement to continue the healing process...

I know, weird to think about healing when indulging in a sugar mess. But it's not. As desserts go, though many will question my use of pecans (I was scared of them too for a long time), when I indulge, I do it decadently, safely, and healthily. I mean seriously - nothing in here is yucky. The only processed food is coconut nectar - which is necessary for the texture. You can go ahead and experiment with date syrup (which I make at home).

That's what I'll be doing next time. Why not this time? Every time I use dates in my recipes, people get real upset with me. For more on why I eat dates even though they're on some lists as high histamine and why I don't believe in using other people's food lists anyway, please check out the [Low Histamine Lifestyle 101 Book](#) or the [Anti- Cookbooks](#).

INGREDIENTS

Crust

Use your favourite gluten free crust or...

1 cup sorghum flour

1/2 cup almond/tapioca/coconut flour

1/3 cup coconut oil

2 eggs (you may omit if you're ok with crumbly shell)

2 tbsp coconut sugar/1 date (omit for savoury crust)

raw vanilla

pinch of salt

Pie

1/2 cup coconut oil

1/2 cup coconut nectar/agave or date syrup

1 tbsp coconut cream

1 cup coconut sugar/your choice granulated sugar

1 cup pecans, halved (or any tolerated nut)

2 eggs, beaten raw vanilla

pinch of salt

PREPARATION

Crust

Mix the flours (you must add a third egg if using coconut flour), coconut oil, eggs, sugar, vanilla and a pinch of salt. Place in the fridge for 10-20 minutes to firm up, to make it easier to work with. Remove from the fridge, knead for a few moments and split into four balls.

Roll out each one, making sure they're larger than the top circumference of the pie dishes you're using. If the flour becomes difficult to work with, roll out onto saran/plastic wrap and then place into pie tins. Remove saran/plastic wrap.

Pie

You could try omitting the eggs by using more coconut cream and dates.

Preheat oven to 180C/350F.

Mix the coconut oil, nectar, cream, vanilla, sugar and beaten eggs. Lay half of the pecans in the pastry and pour the mixture over them. You can either add all the pecans now, or you can use half now, bake it uncovered, and then press in the remaining pecans while it cools. Bake for 30-40 minutes.

BENEFITS

Anti-inflammatory: vanilla, dates, sorghum, almonds, coconut, ginger.

Sweet Potato Pie

Prep Time: 15mins | Cook Time: 30mins | Servings: 2



You could easily substitute butternut squash for the sweet potato in this recipe and coconut cream as before. Raw vanilla powder is made by scraping vanilla bean pods. It can be found online, or can just scrape them yourself. Vanilla is fermented, but I've always been fine with it, probably thanks to its anti-inflammatory benefits. You can use the pecan pie recipe if you prefer a nut free crust!

INGREDIENTS

Filling

1 large sweet potato, baked

1/4 cup coconut cream/almond butter
1/4 cup coconut sugar
1/4 cup coconut oil
1/4 tsp raw vanilla powder
2-4 tbsp grated ginger
pinch of salt (I use Himalayan)

Crust

1 cup combined ground pecans/almonds/sunflower seeds
or...
1/2 cup ground pecans
1/2 cup ground oats
with...
4 soaked medjool dates
4 tbsp coconut oil
pinch raw vanilla powder
pinch salt

PREPARATION

Crust

Combine the nuts, oats (if using), dates, coconut oil, vanilla and pinch of salt. Press into mini pie tins.

Blend the sweet potato, coconut cream, salt, coconut sugar, coconut oil and vanilla. Pour onto your crust and bake for 20 minutes. Transfer to the fridge and allow to set for at least a few hours (I left mine for three).

BENEFITS

Antihistamine: sweet potato, ginger.

Anti-inflammatory: sweet potato, ginger, dates, vanilla, coconut, pecans, almonds, sunflower seeds, ginger.

Butternut Squash Streusel Pie with Caramel Sauce

Serves 2-4 / Prep time: 15mins / Baking time: 45mins

INGREDIENTS

1 medium butternut squash, peeled/seeded and oven roasted till soft
1/4 cup (creamy) coconut milk
2 eggs (I used duck eggs but you can use what you like)
1/2 cup sorghum flour (paleo, medium oxalate)
1/2 cup coconut sugar
fresh raw vanilla, to taste (as tolerated)

Streusel

1 cup almond flour (or sorghum flour, oat flour could also work)
1/4 cup coconut oil
1/4 cup coconut sugar

PREPARATION

In a small bowl, combine all of your ingredients. Have some fun and mix it with your hands until crumbly. In a medium bowl mix the roasted butternut squash, creamy coconut, eggs, flour, sugar and vanilla. Pour into your pie shell. Top with the streusel and bake at 360F till firm, but cooked through. Should take between 45mins and an hour, depending on your oven.

Coconut Caramel Sauce

2 Tbsp water

¼ cup coconut sugar

1 can of full fat coconut milk or same amount of blended young Thai coconut cream (you can buy both online)

1 vanilla bean split in half

DIRECTIONS

In a saucepan, over medium high heat, bring the coconut milk, coconut sugar and the split vanilla bean to a boil. Stir frequently. When the mixture comes to a boil, reduce the heat to low and Once boiling, turn the heat to low and continue boiling until thick, about 30-35 minutes. Remove from the heat. Remove the vanilla bean pod, making sure to scrape out any seeds of flavor that may be hanging on.

Cocktails

Party people, Part of not letting chronic illness beat you is allowing yourself to live. Whether that means indulging in the odd cheeky nipper of gin, a paper umbrella festooned virgin cocktail, or decadent, but high nutrient, canapés. Surprised I still drink? My diet is freakishly healthy, but more importantly I've learned that being happy is my absolute best medicine, and that a drink here or there really isn't a big deal. But fear not teetotalers, all the cocktails taste great without alcohol too! What isn't in this book is how I prepare for festivities -ie a two - three green soup and juice fest before, as well as making sure my indulgent drinks feature a TON of antihistamine and anti-inflammatory ingredients (as you'll see in the following recipes). I'm also super loving to my body for at least a few days after. It's all about balance and treating the mind and body right, while still having the time of your life - but please be sure to check with your doctor before trying any of these recipes.

White Russian

“I’m the Dude. So that’s what you call me. That, or His Dudeness..Duder..or El Duderino if you’re not into the whole brevity thing.” Yes, indeed, inspiration for this tippie came from one of my favourite films of all time - the Big Lebowski. It’s really sweet, which is a pre-requisite if I’m indulging in anything naughty, alcoholic or not!

INGREDIENTS

1/2 glass coconut milk (or better yet, cream)
2 dates, pitted and blended with a little water
1-2 shots vodka

PREPARATION

Mature coconuts...Crack them open, peel off the meat. In a high powered blender, process with two cups of water. Pass the coconut through a nut milk bag and then place the milk in a bowl and transfer to the fridge. Wait 20 mins then scoop off the creamy thick layer that has risen to the top. Young Thai coconuts...Scoop out the flesh and blend. Lay down the vodka and dates first, follow by the coconut.

BENEFITS

Anti-inflammatory: coconut and dates.

Quejito

Even when I (after almost two years dry) decided I was ok to go for drinks and actually have one, I didn't know what on earth to order. At the time I thought I couldn't even do lemon, so cracking open a decidedly lemony tasting Twinlab Quercetin with Vitamin C into a drink didn't seem so crazy. And so the quejito was born. If you can't do citrus just find yourself some lemon basil for an extra antihistamine twist. Please note I am not recommending you add a quercetin, just sharing something I used to do.

INGREDIENTS

Per glass

1 shot of rum

1 lime, quartered

handful mint

crushed ice

a little water, or apple juice if going alcohol free

PREPARATION

Place the mint and then the quartered limes in the bottom

of a tumbler. Use a muddle, or a wooden spoon, to smooch the mint and limes together.

Spoon in the crushed ice, followed by a little water, lemon juice or soda water. Garnish and serve..

BENEFITS

Antihistamine: mint.

Anti-inflammatory: mint, lime.

Watermelon and Ginger Martini

This is an incredibly refreshing, beautiful drink. Make sure to reserve some of the basil as a garnish. You can strain the watermelon through a nut milk bag for a nicer looking cocktail.

INGREDIENTS

4 cups chilled watermelon chunks
8 basil leaves
vodka or gin
ice

PREPARATION

In a blender process the watermelon and four basil leaves. Strain in a nut milk bag for a nicer looking cocktail.

If you have a cocktail shaker, go ahead and place some ice in it, followed by the watermelon mix and your choice of spirit. Shake it all up and then serve in a martini glass and garnish with the extra basil.

BENEFITS

Antihistamine: basil.

Anti-inflammatory: basil, watermelon.

Ginger Martini

My friends LOVE this martini! If you're looking for a healthy way to indulge, believe me, this is it. So many antihistamine and anti-inflammatory ingredients to hopefully balance out the tiny bit of alcohol (should you choose to indulge).

INGREDIENTS

2 cups apple juice (I juice my own)
2 limes (optional)
1-2 inch cube ginger
few springs of mint or basil
vodka
ice

PREPARATION

Pour the apple juice, lime and ginger into a blender. Buzz till the ginger is gone. Place some ice in a cocktail shaker, followed by the apple juice, ginger and lime. Shake it and serve with a slice of lime as garnish.

BENEFITS

Antihistamine: apple, ginger, mint/basil.

Anti-inflammatory: apple, ginger, mint/basil.

Sex on the Peach

Ok, I'll admit it. Sex on the beach was the drink of my 20s, till I discovered mini cocktail shakers of Patron tequila and lime. As with all these cocktails, it tastes great without alcohol. I make all the juices at home from fresh. If it's too tart for you, add in a little coconut nectar or sugar. For a prettier cocktail either strain blended fruits, or put them through the juicer. You can make these into a long drink or shots/shooters.

INGREDIENTS

1/2 cup peach juice
1/2 cup cranberry or passionfruit juice
1 cup pomegranate juice
vodka
ice

PREPARATION

Pour the peach, cranberry or passionfruit juice and vodka over some ice in a cocktail shaker. Shake and enjoy.

BENEFITS

Antihistamine: pomegranate, peach (according to which list you follow).

Anti-inflammatory: pomegranate, cranberry, peach.

Canapés

Zucchini Pesto Summer Rolls w/Fried

Basil Leaves

Prep Time: 30mins | Cook Time: 0mins | Makes:
between 8-
20 depending on how you roll them

There are so many variations on these rolls, please just use this recipe as a little inspiration. In the past they've been stuffed with lamb and even lentil daal. But today I whipped out my spiraliser and favourite pesto. Feel free to omit the nuts by using seeds, or not at all. You'll find the lamb roll recipe [here](#).

INGREDIENTS

spring roll rice paper
2 large zucchinis, spiralised
1.5 cup basil leaves, loosely packed
1/4 cup olive oil
2 cloves garlic (or to taste)
1/3 cup almonds/pecans/seeds
salt and pepper

PREPARATION

Lightly sauté the zucchini till soft. Meanwhile, process 1 cup of the basil leaves, olive oil, garlic, nuts/seeds and salt and pepper. Don't let it get too smooth. In a kettle heat up some water till almost boiled. Pour into a shallow plate and then once cool enough (but not cold!) place a rice paper in it till soaked through but not mushy.

Carefully withdraw from the water and flip over. This might take a little practice... Remove and place on a dry surface. In the middle of the roll lay down some noodles and a top with a little pesto sauce. Fold the upper and lower parts of the roll over, then roll horizontally to seal up. In a little oil, about half an inch thick, lightly fry the basil leaves till crisp. Lightly season. Serve on top of the rolls.

BENEFITS

Antihistamine: zucchini, basil, garlic.

Anti-inflammatory: olive oil, zucchini, basil, garlic, almonds/pecans/seeds.

Mini Lentil Falafel with Tahini Sauce

*Prep Time: 10mins | Cook Time: 15-20mins | Makes:
10-20*

Who doesn't love falafel? These little bite sized snacks pop right in, even while mid conversation. Enjoy them with the tahini sauce, hummus, or your choice of dip. They're also great on their own.

INGREDIENTS

Falafel

1 cup cooked chickpeas
1 cup cooked lentils
1/2 cup lentil flour
1/2 onion
2 garlic cloves
2 tbsp grated turmeric
cumin (if tolerated)
1/4 cup coriander and parsley
2 tbsp olive oil
salt and pepper (if you wish)

Tahini

2 cloves garlic
1/2 cup tahini paste
1/3 cup lemon juice
1/4 cup water
1/4 cup olive oil

PREPARATION

Falafel

Pre-heat your oven to 180C/360F.

Stick all the falafel ingredients in the food processor. Combine till nice and dough-like, but leave a little chunk in there. Form into bite sized balls. Drizzle a little olive oil on the baking tray, place falafels. Add a tiny bit more oil and bake for 10-15 minutes, depending on your oven.

I use light olive oil, which can withstand high temperatures, but you can go ahead and use anything you like.

Tahini Sauce

Blend all ingredients.

BENEFITS

Antihistamine: onion, garlic, turmeric, coriander, parsley.

Anti-inflammatory: onion, garlic, turmeric, coriander, parsley, olive oil, lemon, cumin, lentils, chickpeas, sesame seeds.

Forest Pudding

Prep Time: 10mins | Cook Time: 20-30mins | Makes: 6 servings

This recipe was the result of my first foray into egg free baking. Though at first it seemed to have failed, we soon realised that it was delicious as a pudding! It's moist, chewy, and bursting with tart flavour. If you have the time and access, I highly recommend blending the meat of one young Thai coconut, 1/4 cup coconut oil and 1/4 - 1/2 cup coconut water, for about 2 minutes till nice and fluffy. Makes an excellent cream...I usually add a little raw organic vanilla and just a pinch of salt. Serve the pudding with a big dollop of "cream". If you've never tried chestnut flour, please don't do so this holiday season. Rice flour, tapioca, oat flour or any number of other gluten free flours will do just fine. Same goes for the raspberries. Though they appear on some high histamine lists, they are high in quercetin, which is an antihistamine. I have never had a problem with them, but this is not the time to introduce new foods to the diet.

INGREDIENTS

2 medium mangos, pureed
1/2 cup raspberries (optional, you can use more blueberries)
1/2 cup blueberries
1 cup coconut sugar
1 cup sorghum flour

1/2 cup chestnut flour
1/4 cup coconut oil
2 tbsp tapioca starch
1/4 cup flax seeds
2 tbsp grated turmeric
2 tbsp grated ginger
pinch salt

PREPARATION

In a bowl combine all ingredients but the flax seeds. Pour into an oiled baking tin, sprinkle with flax seeds and a little additional coconut sugar. Bake for 30 minutes, depending on your oven. The outer shell should be nice and toasty, while the inside should be nice and moist. Cut into slices and serve with a little coconut cream.

BENEFITS

Antihistamine: blueberries, flax seeds, turmeric, ginger.
Anti-inflammatory: blueberries, flax seeds, turmeric, ginger, raspberries, mango, coconut, sorghum, chestnut.

Plantain Chips with “Cajun” Rub

*Prep Time: 5mins | Cook Time: 10-20mins | Makes:
many*

Plantains have always been one of my safe foods, but might not be for others. You could also try using thinly sliced butternut, yukka (cassava), or sweet potato. You have two kinds of plantains: the green, unripe ones, and the blackened, spoiled looking ones. Though they appear to be spoiled, the blackened ones are usually quite fine on the inside. They're a lot chewier and therefore my favourite. You can leave out any of the ingredients, the important ones are the salt, coconut sugar and the herbs. These make an excellent snack, people love them at my get togethers.

INGREDIENTS

Plantains

Cajun rub, equal parts...

Cayenne pepper

Salt

Coconut sugar

Powdered turmeric

Sumac or paprika

With...

1/2 cup chopped coriander

1/2 cup chopped chives

PREPARATION

Chop the plantains into any shape you like. I usually just chop them like bananas, into rounds. You then have a choice: either fry them in your favourite oil, or toss them in your best oil, then into the mix, and then bake at about 180C/350F for 10-20 minutes, depending on oven. You'll need to flip them over once, halfway through.

BENEFITS

Antihistamine: turmeric, chives, coriander.

Anti-inflammatory: turmeric, chives, coriander, coconut, sumac, paprika.

Butternut Pakoras

*Prep Time: 10mins | Cook Time: 15-20mins | Makes:
about 15 pieces*

I'm in love with butternut squash. It was definitely an acquired taste, one born of sheer frustration at having so few safe foods to eat. Now that my diet is incredibly varied, I'm glad to say I'm still hooked on this incredibly nutritious, tasty, antihistamine and anti-inflammatory squash. For parties I'll often make two batches of each dish, one tailored to my needs and the rest with a bit more oomph (ie spices) for my guests. Another great strategy is just to strategically place

INGREDIENTS

1 roasted butternut squash (about 1 cup pureed)
1/2 cup chickpea flour
1/2 cup sorghum (or your choice GF flour)
1 egg (optional)
ginger, grated
turmeric, grated
garlic, pressed
chili (optional)

PREPARATION

In a bowl mix together the butternut, flours, egg, ginger, turmeric, garlic and chili. Meanwhile heat up about an inch of your favourite light oil over a low to medium heat.

Use a teaspoon to scoop up the mixture and carefully drop into the pan. Turn over after about 5 minutes, or when golden. I served mine with a little extra pesto sauce.

BENEFITS

Antihistamine: butternut squash, ginger, turmeric, garlic.

Anti-inflammatory: butternut squash, ginger, turmeric, garlic, chickpeas, sorghum.

Lentil Crackers

Prep Time: 10mins | Cook Time: 20mins

These crackers are excellent on their own or with any kind of dip. They're super nutritious to boot. My non-histamine friends really dig these - I bring them over for movie nights with the gals.

INGREDIENTS

2 cups lentil flour
water (about 1/4 – 1/2 cup, depending on desired thickness)
1/2 onion
1 clove garlic
4 tbsp olive oil
6 tbsp thyme leaves (or to taste)
handful finely chopped basil
handful finely chopped coriander

PREPARATION

Pre-heat oven to 180C/250F. Add the flour, onion, garlic, olive oil, thyme, basil and coriander into a food processor, drizzle in some water and then work lightly till a ball of dough forms. If you have oxalate issues, pre-soak the lentil flour in the water for at least a few hours. This has been shown to lower oxalate levels.

Spoon onto a pre-oiled baking tray and use a knife to

score into triangles. If your mixture is too liquidy, don't panic, just bake for at least 10 minutes, then score with a knife and return to the oven. Bake for about 15-20 minutes (depending on thickness) and then flip over for another 15-20. Remove from oven, break apart and serve with your choice of dip.

BENEFITS

Antihistamine: onion, garlic, thyme, basil, coriander.

Anti-inflammatory: onion, garlic, thyme, basil, coriander, olive oil.

Vietnamese Lamb Rolls

Prep Time: 20mins | Cook Time: 10-20mins | Makes: depends on how you stuff them!

These are seriously labour intensive but totally worth it, believe me. You can roll them as little as you like, to save time, or just to increase the cuteness quotient. As always, omit any ingredient you like - other than the rice paper! That would be weird...

INGREDIENTS

Chutney

- 4 shallots, peeled and quartered
- 1 clove garlic, finely chopped
- Fresh red chili, to taste
- Fenugreek seeds, to taste
- 1/2 tsp nigella sativa seeds (or to taste)
- 1 tbsp tamarind paste
- 4 curry leaves (optional)
- Oil (I use olive)

Spring rolls

- 2 cups cubed lamb
- 1 large shallot/medium onion
- 1/2 medium fennel
- 1 clove garlic
- Arugula
- Basil
- Coriander

1/2 cup mung bean, green bean, rice or your choice of noodles, boiled and drained

Spring roll rice paper

PREPARATION

Chutney

Pre-heat your oven to 160C/320F. Dilute the tamarind paste in a spoon of water. Combine with the rest of the ingredients in a small to medium baking dish and drizzle with some oil. Bake for 20-30 minutes till soft. Remove the curry leaves and serve with spring rolls.

Spring rolls

Pre-heat oven to 180C/360F. Toss all the spring roll ingredients but the rice paper into a food processor. Power till everything mixes up into a ball. Heat a little oil in a pan and sauté the spring roll mix till almost cooked through.

In a kettle heat up some water till almost boiled. Pour into a shallow plate and then once cool enough (but not cold!) place a rice paper in it till soaked through but not mushy.

Carefully withdraw from the water and flip over. This might take a little practice...Remove and place on a dry surface. In the middle of the roll lay down some arugula/rocket, a couple of pieces of basil and coriander, and some noodles. Top with some lamb and then finish off with a not too generous spoon of chutney. Fold the upper and lower parts of the roll over, then roll horizontally to seal up. Brush with a little shallot oil, and bake for 20 minutes. Serve with the rest of the chutney.

BENEFITS

Antihistamine: shallots, garlic, fenugreek, nigella, fennel, basil, coriander, arugula.

Anti-inflammatory: shallots, garlic, fenugreek, nigella, curry, fennel, basil, coriander, arugula, olive oil.

Mint Sauce Braised Mini Lamb Kebabs

Prep Time: 10mins | Cook Time: 15-20mins | Makes: 8-12 skewers

Not into lamb? This works well with any meat, or any vegetables for that matter. Try chunks of butternut, sweet potato, zucchini - you're limited only by your imagination. I used freak out all the time because there was never anything to eat. Once I opened my eyes to really see, a world of culinary treats lay at my feet!

INGREDIENTS

2 cups cubed lamb steak
16 shallots, cut into chunks
2 bunches mint
8 tbsp apple cider vinegar/tamarind (or omit)
2 tbsp coconut sugar/nectar
mini bbq skewers

PREPARATION

You can either marinate the lamb in the sauce for a little while, then splash some into the pan while cooking the lamb chunks, or serve it on the side as a dip. Skewer alternating bites of lamb and shallot. Meanwhile, heat a little oil in a pan, or use a grill pan. Cook the lamb for about 10 minutes on each side, or till juices run dry when flesh is pierced.

BENEFITS

Antihistamine: mint, shallots.

Anti-inflammatory: mint, shallots, tamarind, coconut.

Salmon Balls w/Sweet Chili Sauce

*Prep Time: 10mins | Cook Time: 15-20mins | Makes:
8-12 balls depending on size*

Having tried for years to convince myself that carob was better for me than cacao, I finally gave in just 16 short months ago (if memory serves, and often it doesn't!) Much to my surprise, I did far better with it than with carob. Go figure. Well, I did figure...

What I find most appealing in a cocktail party is the kitsch factor. It doesn't get any better than anything balled. This sauce contains vinegar, which I know many don't tolerate or are scared to try. I now eat many kinds of vinegar with no problem. Alternatives tamarind paste, Indian sour mango powder (amchur), and of course lemon.

INGREDIENTS

Balls...

1/2 kg 1lb salmon
1/4 cup rice breadcrumbs/flakes
1/2 cup finely chopped shallots
1 egg
lemon, squeezed
1 clove garlic
dill

Sauce...

4 garlic cloves

1 red chili pepper (or to taste)
1/4 cup apple cider vinegar/tamarind
1/2 cup coconut sugar
1/2 cup water
1-2 tbsp kuzu starch (or your choice of)
salt

PREPARATION

Add the salmon, eggs, shallots, dill, one clove of garlic and rice crumbs/flakes into a food processor. Don't over process. Form into balls and bake on a lightly oiled tray for approximately 20 minutes at 350F/180C, depending on your oven. Meanwhile, blend the chili, 3 garlic cloves, vinegar (or your choice of acid), coconut sugar and water. Pour into a small sauce pan, bring to the boil and then lower to a simmer. Add in the kuzu or your choice of starch to thicken the sauce. Serve with salmon balls.

BENEFITS

Antihistamine: shallots, garlic, dill, kuzu.

Anti-inflammatory: shallots, garlic, dill, salmon, kuzu.

Sweet Potato Samosas

*Prep Time: 10mins | Cook Time: 15-20mins | Makes:
10-15*

These are a great, easy, no fuss take on an Indian favourite of mine. In the past I rarely managed to finish cooking in time to actually enjoy my soirees, but I now realise that stress need not be a part of my life. Nowadays I look for easy to make street food type canapés that taste great hot or cold. As with all the recipes in this ebook, you can easily pimp out these samosas by adding some indian spices or a yoghurt dipping sauce for your guests.

INGREDIENTS

1 cup chickpea flour
1 cup roasted and pureed sweet potato
sorghum or your choice GF flour, for dusting
2 large shallots, finely chopped
turmeric (I use fresh)
coriander
garlic
oil
optional: garam masala spices or curry

PREPARATION

Heat up a little oil in a pan. Sauté the shallots and garlic till fragrant. Add turmeric and spices, if using. Blend the sweet potato and chickpea flour together. Add in about

2 tbsp oil, the cooked shallots, garlic and turmeric, as well as the coriander. Form the dough into a ball, adding a bit more flour if needed to firm it up, or you can place the dough in the fridge for a while to make it easier to work with. Using your hands, work the dough into a snake a few inches wide. Dust your counter with a little flour of choice and then lightly roll out your dough snake till it's about three inches wide.

Use a knife to cut the dough into triangles and then fry in a little oil on both sides till golden, or bake in the oven at 180C/350F for about 10 minutes on each side, depending on your oven.

BENEFITS

Antihistamine: coriander, shallots, garlic, turmeric.

Anti-inflammatory: coriander, shallots, garlic, turmeric, chickpeas, sweet potato.

Don't forget to connect with me on [Facebook](#) and [sign up](#) to my mailing list for more low histamine recipes. You'll find high nutrient antihistamine and anti-inflammatory recipes in my [cook books here](#).