

Recipes to
harmonize your
health

Brain-Belly-Body

Anti Inflammatory & Nourishing Liquid Foods

Liquid Love

Liquid foods have a multitude of uses and benefits. Whether you are a busy person or parent that doesn't have time to sit, eat, and digest a meal, or you struggle with maintaining consistent energy levels and managing inflammation, liquid foods are a wonderful solution. Sipping on balanced nutrient dense liquids throughout the day can aid in reducing inflammation, maintaining proper hydration, maintaining energy levels, and alleviates stress on the digestive and endocrine system.

When food is blended, pureéd, probiotic, and broken down before you consume it, your digestive system doesn't have to produce as much acid to process food. Decreasing the amount of acid the body produces means that there is a reduction in inflammation. Excess inflammation wreaks havoc on all parts of the body and can be a major road block on the journey to optimal health. Sipping on a liquid food between meals can reduce acid production and hunger so that when you sit down to enjoy your meal you can actually enjoy it. If you aren't extremely hungry at a meal, there is a better chance that you will eat slower, chew better, and make more nourishing choices when it comes to what you eat. When hunger is present we tend to look for the quickest way to get energy which is usually some form of sugar. Sugar, especially on an empty hungry belly, results in a sharp increase in energy and then a very low drop. This can put pressure on our entire digestive, endocrine and nervous system and cause imbalances in our physical bodies as well as our mood, energy levels, and emotions.

An animal in nature would never wait until it was hungry to eat. If it did, it would become prey. If that same animal overeats it

would be sluggish and vulnerable and become prey as well. The key to balanced energy levels is to avoid the peaks and valleys that come with going long bouts of time between meals and then eating a lot in one go. Avoid hunger and over eating. It is a simple concept, however it can prove to be more challenging to practice than we think. Liquid foods between meals and at night between dinner and bedtime can help us avoid under and over eating. Under eating and overeating are not just the primary cause of digestive inflammation but also put immense stress on the nervous system. For our longevity and optimal health, liquid foods can be our best friend.

Many people will have a shake or a juice and drink it within a few minutes. That can overwhelm the body like eating a big meal. When using liquid foods, its most optimal to keep them in a temperature controlled thermos and take a few sips at a time over the course of an hour or a few hours. This can help to manage hunger and nourish the body at the same time. It's also helpful to swish and make a chewing motion with the liquid in our mouths before swallowing to engage enzyme production.

There are "cooling drinks" and "warming drinks." Cooling drinks are helpful for reducing heat, acid, and inflammation. Warming drinks are more like meal replacements and can be used to stoke the digestive fire in a healthy and balanced way.

“Food, Glorious Food!” - *Oliver, Lionel Bart*

In this eBook we will explore a variety of recipes that are anti inflammatory and nourishing. Most of these recipes strive to include all of the macro nutrients (fat, protein, carbs) which contribute to optimal absorption and digestion of micro nutrients (vitamins, minerals etc). Any and all recipes can be tailored and changed to accommodate dietary needs, requirements and preferences. Please reference the disclaimer at the completion of this eBook. If you have any questions or would like to learn more please visit www.brainbellybody.com and feel free to contact me at brainbellybody@gmail.com or call/text 1-914-874-3037.

May your brain be at peace, your belly be fulfilled, and your body be safe.

In health and harmony,

Katie Grossman

Chia Lemonade

This is considered a “cooling drink.” It is refreshing and hydrating. It is great to have when it’s warm out or to have during and after a workout. I prefer lime so often substitute the lemon. Instead of raw honey you can use whatever sweetener you prefer. Monk fruit, coconut palm sugar, maple syrup, and stevia are a few other options for sweeteners.

Serves 1

Ingredients:

- 3/4 cup filtered water or coconut water
- 1/4 cup organic lemon juice (or lime if you prefer)
- 1 tsp-1tbsp raw honey or sweeten to your liking with your sweetener of choice
- 1 tbsp soaked chia seeds
- Optional: add a splash of rose water and/or fresh mint

Directions:

Combine all ingredients to a pitcher. Allow the chia seeds about 20-30 minutes to soak. Enjoy!



Berry Mylk

This is considered a “cooling drink.” Berry-licious and delicious! This is a great way to get your probiotics and vitamins all at once.

Serves 1

Ingredients:

- 1/4 cup washed berries or palmful (blueberries, raspberries, strawberries, seasonally up to you!)
- 1 cup Buttermilk (raw if available), raw milk, oat milk, or raw nut/seed milk of your choice
- 1 tsp raw honey or sweeten to your like with sweetener of choice
- 1 tablespoon raw fat of your choice (soaked chia seeds, or 1 tbsp of cold pressed flax, chia or hemp oil)

Directions:

Combine everything in a powerful blender until creamy and smooth. Enjoy!

Broccoli Soup

Broccoli soup works in all seasons. If you are looking for a lighter soup, skip the potatoes and add double the broccoli or another veggie of choice. Celeriac root and turnips are wonderful substitutes for potatoes.

Serves 4

Ingredients:

- 1 lb of organic or pesticide free potatoes from the farmers market peeled and roughly chopped
- 1 cup of ramps or leeks washed and diced
- 2 tablespoons ghee or cooking oil of choice
- 1 bunch of organic broccoli washed and chopped
- Pink Himalayan Salt and black pepper to taste
- optional: 1 pinch of asafoetida/hing or powdered fenugreek
- 4 cups organic stock of our choice (vegetable broth and chicken or bone broth all work great)
- Optional toppings: shredded raw cheese, ghee, poached egg, 1-2 tbsp cold pressed olive oil or oil of choice, nutritional yeast or micro or chopped fresh greens.

Directions:

Heat 2 tablespoons of ghee or cooking oil of choice, in a heavy bottomed pot. When melted, reduce heat to medium; add ramps or leeks and sauté for a few minutes. Add chopped potatoes until soft and brown, around 8-10 minutes. Next, add broccoli with salt, pepper and a pinch of Asafetida to season and sauté for one minute. Add stock of choice to the pot stir and simmer for 10 minutes. With a hand held mixer blend to a smooth texture or use a blender and carefully smooth in batches. Once cooled to touch add one or all optional toppings!

Gas Be Gone

This drink is a remedy for indigestion, gas, bloating, distention, and can provide a boost of energy as an alternative to caffeine.

Black Pepper Tea which is comprised of hot water and steeped ground black pepper has a variety of benefits. It aids in digestion so can be used after a big meal or when digestion feels sluggish and needs a jump start. Black pepper is a unique spice because although it is initially heating, the heat it produces aids in eliminating excess heat, ultimately bring the metabolism into balance. This is a favorite recipe for stimulating the digestive acids and aiding in matters of constipation.

You can take things a step further by adding 1 tsp of raw honey and 1 tbsp of raw cold pressed coconut oil or an oil of your choosing to give you a boost of easily digestible, probiotic, drinkable energy. Not to mention, when you have black pepper or any herb mixed with a raw fat and easily digestible probiotic sugar (maple syrup, raw honey), you can better absorb the benefits and nutrients in the herb or the black pepper/spice.

Before you grab a piece of chocolate or a snack at your 4pm slump, give this a go and see if it helps you get through to dinner time.

Note: If you are adding raw honey and raw oils to your tea or black pepper tea, make sure that the water is cool enough for you to put a finger in for at least 5 seconds. If your finger can withstand the water temperature the probiotics should be able to survive as well. Somewhere between warm and hot is ideal. Often I will boil water and then add a bit of room temp water to get the perfect temperature. Blending the tonic or whisking it thoroughly helps to distribute the oils into the drink.

Cuke & Cado

Cucumbers and Avocados are a wonderful anti inflammatory duo. This is a great way to cool down and feel sustained.

Serves 1

Ingredients:

- Zest of ½ a lime
- Juice of 1 lime
- ½ teaspoon Himalayan salt, sprinkle of cumin powder
- 1 cucumber, peeled, seeded and roughly chopped
- ½ ripe avocado, peeled and roughly chopped
- palmful of fresh herb of your choice
- Toppings: Raw flax seed or cold pressed oil of choice, garish of sliced cucumber, avocado and lime zest

Directions:

Blend all ingredients in powerful blender until creamy smooth. Pour into bowl, top with flax oil, sliced cucumber and lime zest. For more of a crunch, crisp up some corn tortillas as a topping!

Chia “Bubble Tea”

This drink is great for all seasons and is a perfect “cooling drink” to keep your belly happy during the day. You can use any milk of choice as your base like oat milk, pistachio milk, or any other seed or nut milk instead of almonds.

Serves 1

Ingredients:

- $\frac{3}{4}$ - 1 cup raw almond milk or your favorite nut, seed, oat milk or milk alternative
- 1 tablespoon raw honey or sweetener of choice
- $\frac{1}{4}$ cup soaked chia seeds

Directions:

Combine nut milk, raw honey and soaked chia seeds (“bubbles”) in either a blender or whisk until smooth in a glass. If you do not enjoy the consistency of soaked chia seeds, put all three ingredients in the blender until smooth and enjoy.

Roses & Cream

This is considered a “cooling drink.” It is refreshing and nurturing. Rose is known for its cooling and anti-inflammatory properties. Rose is also a heart healer.

Serves 1

Ingredients:

- ¼ cup soaked chia seeds
- 1/2 cup of coconut yogurt, raw yogurt, or favorite yogurt/dairy-free yogurt of choice
- 1/2 cup of filtered water
- 1 tbsp raw honey or sweeten to you liking with your sweetener of choice
- 1-2 capfuls of rose water

Optional: add a dash of vanilla, Himalayan sea salt, black pepper & ground clove

Directions:

Place all ingredients in a blender and blend until smooth. Alternatively you can put in a bowl and whisk until smooth. Enjoy!



Coco Banana

This is like desert in a shake. Sometimes 1 tbsp of raw cacao powder or raw carob powder finds its way into this shake. This is considered a warming liquid.

Serves 2

Ingredients:

- 1/2 banana, peeled
- 2 cups raw almond milk or milk of choice
- 1/2 cup raw coconut meat, roughly chopped
- 1 tablespoon raw honey or 2 organic pitted dates or sweeten to your liking with your sweetener of choice
- 1/4 teaspoon of cardamom powder and/or vanilla

Directions:

Place all ingredients in a blender and blend until creamy and smooth. Enjoy!

Raspberry Rose

This is considered a “cooling drink.” This fruity creamy rosy delight lifts the spirits, warms the heart, and cools the belly.

Serves 1

Ingredients:

- 1/2 cup filtered water
- 1 capful of rose water
- Optional: add a sprinkle or splash of vanilla
- a small palmful of organic raspberries (fresh or frozen)
- 1/2 cup of organic, culture whole fat yogurt or you favorite yogurt substitute of choice (ex. coconut yogurt)
- 1 tsp -1 tbspc raw honey or sweeten to your liking with your sweetener of choice

Directions:

Add ingredients into a blender and blend until smooth. Enjoy!



Whey Soup

Whey is a wonderful protein source and makes a great vegetarian broth base. Not to mention, whey is incredibly hydrating! If you don't consume dairy, you can substitute with your broth of choice.

Serves 8

Ingredients:

- 2 gallons organic whole milk
- Juice of two lemons
- 2 bunches spinach, washed and roughly torn
- 4 medium carrots, peeled and shredded
- Pink Himalayan salt and black pepper to taste
- ¼ teaspoon of cumin
- ¼ teaspoon of turmeric powder
- Optional toppings: handful sprouts or fresh herbs, raw flax oil, ghee

Directions:

In a large stockpot, gently heat organic milk. Once you see the milk begin to boil, stir in lemon juice and watch the milk split into curds and whey. If you would like to remove the curds, strain through a cheese cloth and colander. You can use the fresh cheese in other meals or on its own or leave the fish curd in the soup. Add spinach and grated carrots or any veggies of choice to the pot, salt and pepper to taste along with spices and simmer for a few minutes to blanch the veggies. Ladle out a portion for yourself. Let the soup cool and top with a handful of sprouts or fresh herbs and a few tablespoons of raw cold pressed oils of choice (olive, flax or hemp).



Cool as a Cuke

This is considered a “cooling drink.” It is awesome if you prefer salty to sweet. One of my favorite sips in summer! The cucumber and liquid form of yogurt reduces digestive heat and inflammation.

Serves 1-2

Ingredients:

- 1/2 cup of organic whole fat yogurt, coconut yogurt, raw yogurt, or favorite yogurt/dairy-free yogurt of choice
- 1/2 cup of filtered water
- 1/4 -1/2 cucumber
- Himalayan salt to taste (around 2 tsp +)
- 1 tsp ground cumin
- 1 tsp ground pepper

Directions:

Place all ingredients in a blender and blend until smooth. Alternatively you can put in a bowl and whisk until smooth. Enjoy! Sometimes for more texture you can blend all the ingredients except for the cucumber. Then you can grate the cucumber into the drink and stir it in at the end.

Nut Mylks

Making your own seed or nut milk guarantees that you are gaining all nutrients without additives. Also, they are incredibly delicious and so versatile! If you desire unsweetened nut milk, you can leave the sweetener and vanilla extract out. Raw nuts and seeds contain enzyme inhibitors (phytic acid) as a natural defense system. This enzyme makes the nuts difficult to digest and can prevent the absorption of nutrients in the body. Soaking the nuts and seeds for 6 - 12 hours (soaking time varies for each nut) removes this enzyme making it easier to digest. A pinch of sea salt further helps the breakdown of the enzyme. Note: some nuts and seeds need less time to sprout as they do not have skins. Soak cashews, sesame seeds, hemp seeds, and macadamia nuts for 2-6 hours. On the other hand, almonds can take 12 - 24 hours. Make sure to research how long your nuts need to soak!

Serves 4

Ingredients:

- 3 cups filtered water for soaking
- 1 very small pinch of sea salt
- 1 cup raw organic nuts or seeds (note, we recommend soaking separately)
- 4 cups filtered water for blending
- 1 tablespoon raw honey
- 1/2 teaspoon vanilla extract (optional)
- 1 organic, pitted date (optional) or sweeten to your liking with your sweeter of choice

Directions:

Place filtered water and sea salt into a bowl and mix until the salt dissolves. Add seeds or nuts to bowl and set aside for 6 - 12 hours. When ready they will be afloat. Drain water and rinse well. Add freshly washed nuts into a powerful blender with 4 cups of filtered water and blend for a few minutes or until creamy. Once blended, strain milk through a cheese cloth, nut milk bag or kitchen towel. Put strained mixture back into the blender and add raw honey, vanilla or dates. Store in the refrigerator for up to one week. Note: The nut pulp can be refrigerated and added into meals and salads!

Turmeric Tonic

This is considered a “warming drink.” The turmeric, ginger and lemon are anti inflammatory and they simultaneously stoke the digestive fire. I love to use this as an immune booster for prevention or at the onset of a cold, ache, or pain.

Serves 1

Ingredients:

- 1 cup filtered water
- 1 tbsp organic turmeric powder or grated fresh turmeric root
- 1 tbsp organic grated fresh ginger root
- 1/4 lemon juiced
- 1 tsp raw honey or sweeten to your liking with your sweetener of choice
- a pinch of ground black pepper

Directions:

Place the water and spices into a pot on the stove and slowly bring it to a simmer. Option to strain out the fresh root pieces, blend them or leave them in small chunks to chew on in your drink. Add the lemon juice. When the temperature is between hot and warm add in the raw honey. Enjoy!

Blueberry Basil

This cooling drink is satisfying and refreshing. It is very important to mix yogurt with water because if you make a yogurt smoothie without water, it can become acid producing and cause inflammation. Liquid yogurt is anti-inflammatory. This is a great way to get a good dose of probiotic goodness into your belly.

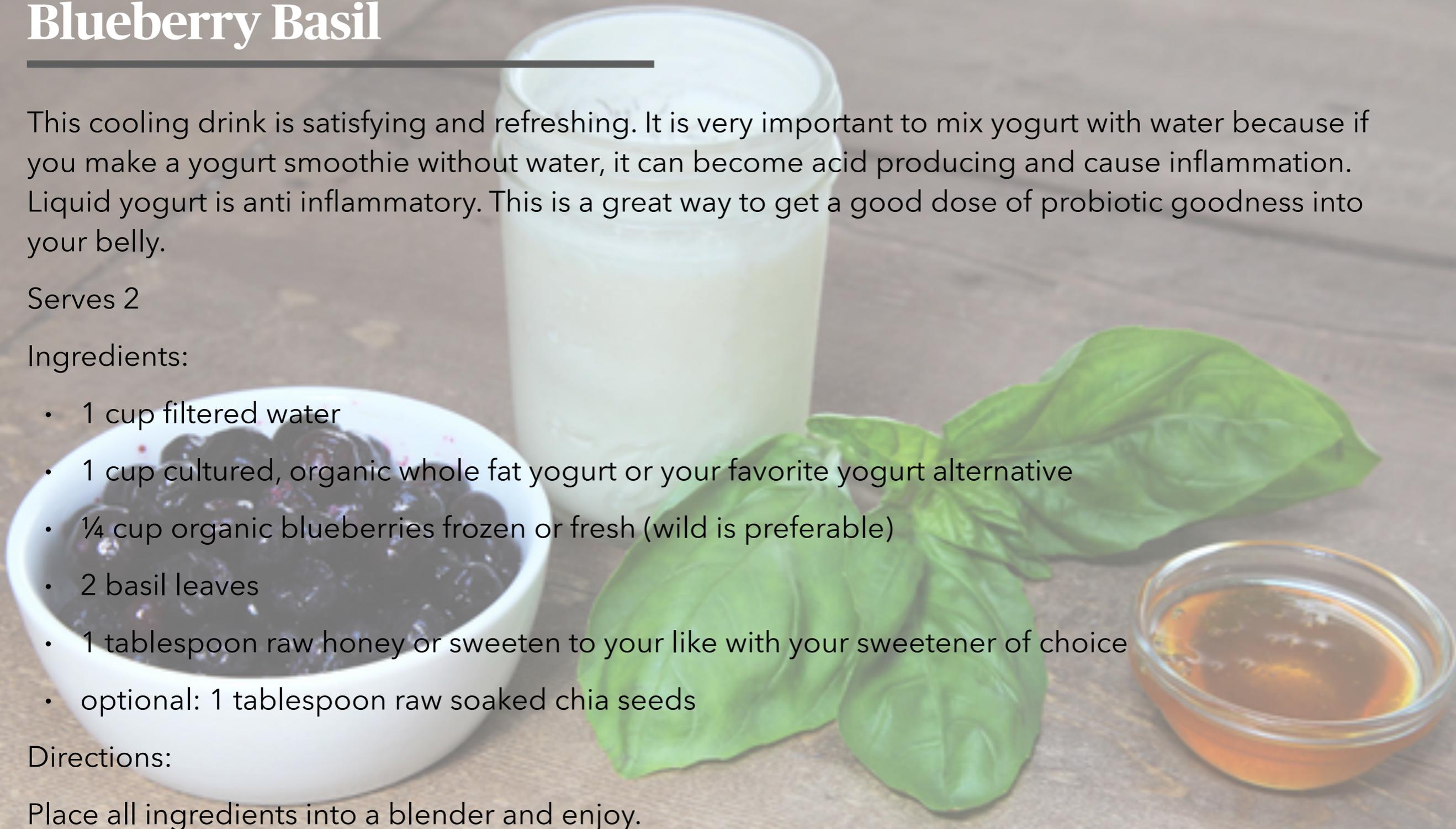
Serves 2

Ingredients:

- 1 cup filtered water
- 1 cup cultured, organic whole fat yogurt or your favorite yogurt alternative
- ¼ cup organic blueberries frozen or fresh (wild is preferable)
- 2 basil leaves
- 1 tablespoon raw honey or sweeten to your like with your sweetener of choice
- optional: 1 tablespoon raw soaked chia seeds

Directions:

Place all ingredients into a blender and enjoy.



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