



Cookbook for **LUPUS** **AWARENESS**

A healthy and balanced diet is an important way for lupus patients to improve their physical and mental well-being. This cookbook, packed with resources and recipes by the lupus community for the lupus community, was developed by **Cultivating Leadership in Millennials and Beyond (CLIMB) of Bristol Myers Squibb (BMS)** and the **Lupus Research Alliance (LRA) Young Leaders Board (YLB)** to promote greater disease awareness and healthy eating.

Bristol Myers Squibb's CLIMB People Business Resource Group aims to drive global business performance through talent development, connectivity, and innovation by leveraging the energy and contributions of the next-generation workforce. Within our mission, we aim to uplift emerging, diverse voices, including those of our patients, to ensure that all patients have access to our medicines.

The LRA YLB is a diverse group of young professionals united to raise lupus awareness, fundraise, and advocate for lupus research programs. Volunteers to the LRA YLB organize programs that include community outreach, advocacy programs, disease awareness, and social gatherings. The LRA YLB board is a volunteer-led group within the LRA that carries out the LRA mission through peer-supported activities.

For additional information or if any questions, please contact youngleadersboard@lupusresearch.org.

If you'd like to submit a recipe for future releases, please fill out the recipe submission survey here: <https://www.surveymonkey.com/r/PM8RRMF>.

Disclaimer: These recipes are for informational purposes only, are not intended to diagnose, treat, or cure lupus or any other health condition, and a physician must be consulted for professional guidance based on individual needs.

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What is Lupus?



What is systemic lupus erythematosus?

Systemic Lupus Erythematosus (SLE), commonly referred to as lupus, is an autoimmune disease¹ marked by its complexity or heterogeneity—meaning it affects each person differently and can change over time.² In lupus, the immune system mistakenly attacks the body's own tissues and affects vital organs.



What are the complications of lupus?

Complications can be severe, leading to organ damage⁵ and even death.⁶ Among young Black and Hispanic women ages 15-34, lupus is the 5th and 6th leading cause of death just behind cancer, heart disease and HIV.^{7,8} Lupus nephritis (kidney inflammation) is among the most common and serious complications.⁹



What are the signs and symptoms?

Symptoms of SLE include fatigue, joint pain and swelling, fevers and skin rashes. These symptoms can come and go over time.¹



How is lupus diagnosed?

There is no single laboratory test that can definitively identify lupus. Yet, early detection and treatment are important to help manage the progression of the disease.¹⁰



How common is lupus?

According to the U.S. Centers for Disease Control and Prevention, a conservative estimate suggests that lupus affects hundreds of thousands of people worldwide.³ Ninety percent of people diagnosed with lupus are women, typically during childbearing years, ages 15-44.⁴ Lupus is 3x more common and its symptoms tend to be more severe among Blacks/African Americans, Hispanics/Latinos, Native Americans and Asians than Caucasians.⁴



Today's research progress

Continued, accelerated research spanning the full continuum from fundamental lab work to clinical trials testing potential drugs is a critical pathway to discover better ways to diagnose, prevent, control and aim to cure this devastating disease.

The LRA, the world's largest and most influential private funder of innovative research, has committed over \$220 million for more than 500 research grants and lupus research programs. Projects funded by the LRA continue to investigate what causes lupus; and why its prevalence is affected by race and gender; how to manage the damage lupus causes to major organs like the brain, kidneys and heart; why lupus or other autoimmune diseases may run in families. The goal is to develop ways to treat every person with the right medication that targets how lupus affects them.

With hundreds of clinical trials in progress and many potential treatments in late-stages of testing, the outlook for lupus treatment has never been better. To further accelerate the drug development process, the LRA founded Lupus Therapeutics. This clinical affiliate of the LRA established and oversees the Lupus Clinical Investigators Network of 57 academic medical centers throughout North America to conduct lupus clinical trials. The LRA and Lupus Therapeutics will not stop working with and for the lupus community until treatment can be personalized to every person and until a cure is discovered.

To learn more about the research and fundraising efforts of the Lupus Research Alliance, please visit www.lupusresearch.org.

Updated: February 25, 2021

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The LRA Leads Exploration into the Microbiome in Lupus

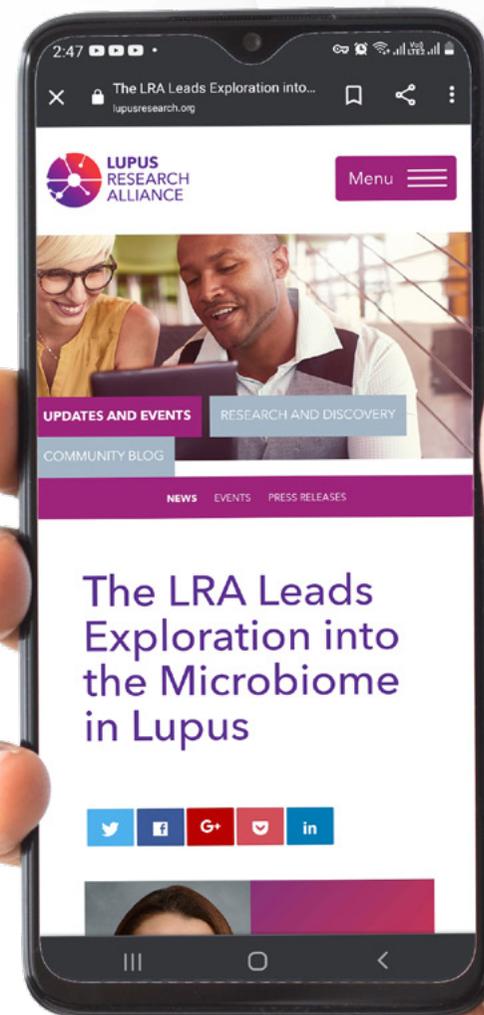
Why does the immune system turn on itself to attack the body it's supposed to protect? That question has many possible answers - and one may be the microbiome - **the trillions of bacteria living inside our bodies that, in people with lupus, may trigger autoimmune attacks.**

Work from **Dr. Gregg Silverman** at the NYU School of Medicine revealed that the balance of microbial species was out of whack in the intestines of patients with lupus. "We are beginning to wonder if the shifts in the microbiome in lupus patients contribute to disease flares," commented Dr. Silverman. "Treating the autoimmune disease may not be enough, and we need to explore how to make our inner communities healthy as well."

With a grant from the LRA, **Dr. Martin Kriegel** at Yale University School of Medicine published a study finding that about half of patients with lupus produce antibodies against the protein Ro60 found in human cells. Dr. Kriegel showed that several kinds of microbes that live in the body make proteins that are very similar to Ro60 and may trigger the immune system to make antibodies that also damage cells carrying Ro60. Recently he showed that a type of dietary fiber may lessen the severity of lupus by stopping some bacteria from leaving the intestines.

Dr. Fabienne Mackay at University of Melbourne, a recipient of the LRA Dr. William E. Paul Distinguished Innovator Award in Lupus and Autoimmunity, is testing whether removing harmful immune cells combined with different diets can alter the gut microbiome and lead to reduced immune system attacks in lupus. "If this approach works, clinical trials could test it in people," noted Dr. Mackay.

The LRA brings together researchers working in lupus and other diseases like cancer to discuss new directions in microbiome research, challenges faced by researchers and potential applications for therapies. The overall takeaway: altering the microbiome is a new frontier in lupus, and the LRA is leading the way.



[Click here for more!](#)

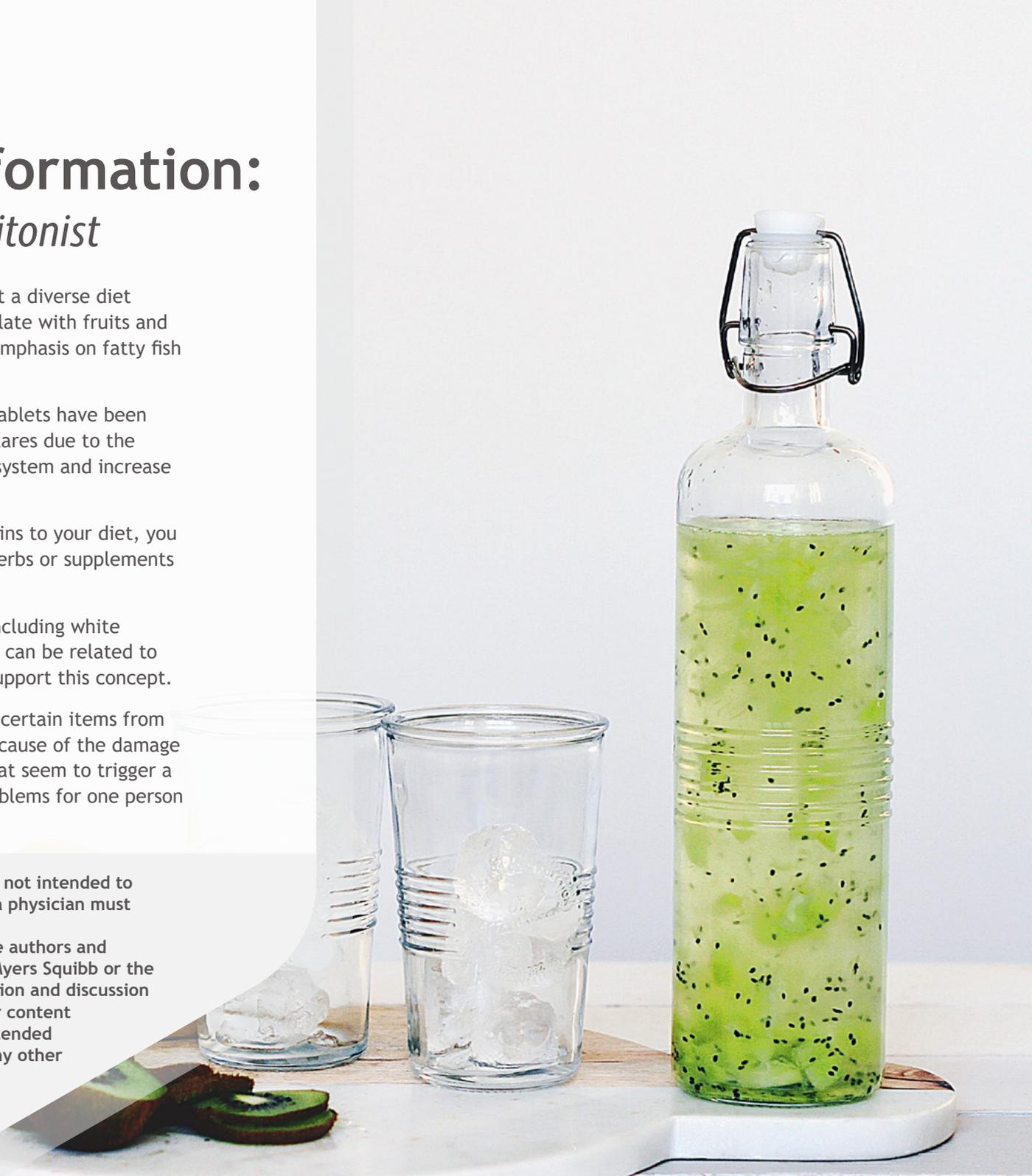
General Nutrition Information:

Recommendations from the Nutritionist

- There is no special diet for lupus. It is recommended to eat a diverse diet with all the major food groups focusing on filling up your plate with fruits and vegetables, choosing whole grains and lean proteins with emphasis on fatty fish for optimal health.
- One food for people with lupus to avoid is alfalfa. Alfalfa tablets have been associated with reports of a lupus-like syndrome or lupus flares due to the amino acid L-canavanine, which can activate the immune system and increase inflammation.
- If you plan to add dietary herbs and supplements, or vitamins to your diet, you should discuss your decision with your lupus doctor first. Herbs or supplements may interact with medicines used to treat lupus.
- There is anecdotal evidence that nightshade vegetables, including white potatoes, tomatoes, peppers (sweet and hot) and eggplant can be related to inflammation, but there is no solid scientific evidence to support this concept.
- Some things to keep in mind: You may have to cut back on certain items from your diet because of the medications you are taking, or because of the damage that lupus has done to certain parts of your body. Foods that seem to trigger a flare vary from person to person, so a food that causes problems for one person may have no effect on another.

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Anti-inflammatory Foods to Note:

Recommendations from the Nutritionist

Berries - packed with fiber, vitamins, and minerals. They also provide antioxidants that may reduce inflammation, boost immunity, and reduce the risk of heart disease.

Fatty fish - great source of high-quality proteins and contain the omega-3 fatty acids EPA and DHA. These can reduce inflammation that can lead to heart disease, diabetes, and kidney disease. Types of fatty fish include salmon, mackerel, anchovies, sardines, and herring.

Broccoli - cruciferous vegetable that can decrease risk of heart disease and certain cancers.

Avocados - high in heart-healthy fats and contain antioxidants that are linked to reducing cancer risk.

Green tea - has antioxidant and anti-inflammatory properties that can reduce the risk of heart disease, obesity, cancer, Alzheimer's disease, and other conditions.

Turmeric - contains the anti-inflammatory compound called curcumin. To increase the absorption, eat black pepper.

Extra virgin olive oil - healthy fat that has shown to have great anti-inflammatory benefits.

Dark chocolate and cocoa - contain antioxidants that reduce inflammation as well as the risk for several diseases.

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Tips for Gaining Weight

Shopping tips:

- Avoid diet foods, low-calorie or non-fat food items.
- When shopping for dairy, look for products that are labeled “whole fat” or between 2% - 4% fat.

Ways to add calories:

Fat provides a lot of calories in a small serving:

- Drizzle extra virgin olive oil, avocado oil, or any nut oil onto your food after cooking. One tbsp. provides 120 calories.
- A two tbsp. serving of peanut butter or other nut/seed butters (almond, cashew, sunflower seed, and pumpkin seed) provides about 200 calories and eight grams of protein. Stir into hot cereals, blend into smoothies, or dip crackers or fruit into them.
- Avocado can be added to sandwiches, mashed on bread, made into guacamole, or mashed into tuna, egg, or chicken salads. Half an avocado has about 130 calories.
- Hummus is a great way to add both calories and protein to sandwiches. It can also be stirred into mashed potatoes or used to top soup/stews. Half a cup of hummus provides about 200 calories and nine grams of protein.
- Tahini, which is made from sesame seeds, has a mild nutty flavor, and can be drizzled on meats, vegetables, and fruit. It can be used in addition to or in place of mayonnaise. Two tbsp. provides about 180 calories and six grams of protein.

Consume smaller more frequent meals (5 to 6 times a day) and incorporate a protein source every time you eat.

Protein sources:

Animal sources:

- Eggs, chicken, turkey, fish. Limit intake of red meat and pork.
- Dairy - cheese, cottage cheese, milk and yogurt.

Plant-based proteins:

- **Legumes** - beans, lentils, peas, edamame, tofu, tempeh, and other meat alternatives.
- **Whole grains** - whole wheat pasta and breads, oats, quinoa, buckwheat and farro.
- **Nuts and seeds** - walnuts, pecans, almonds, cashews and their butters; sesame, sunflower, pumpkin seeds and their butters.



Appetizers

A close-up photograph of a fresh salad. The salad features several slices of ripe figs with dark purple skin and reddish-orange flesh, arranged prominently in the upper right. Other ingredients include sliced cucumbers, bright orange carrot slices, and pieces of white cheese, possibly feta or goat cheese, scattered throughout. The salad is served on a dark, possibly black, plate. The background is slightly blurred, showing more of the salad and a fork.

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Voices of Lupus Patients

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If we fuel our bodies with healthful, colorful food, I feel it truly enables us to soar and ultimately be our healthiest self. For five years now, I have been living with lupus starting at the age of 22. A few months into my first job, post college, as a Creative Arts Educator, I started to experience extreme fatigue. I was exhausted and lacked the energy I was used to staying up all hours of the night creating art. Being a soul who craves creativity and sees the world through that artistic lens I strived to find alternative methods to help me feel my optimal self again. One of the biggest lifestyle changes I have made is using food as my pathway towards healing. I strive to be mindful of which foods provide me with the most energy and fuel. I live mostly vegan lifestyle, which means no animal products such as eggs, dairy, meat, chicken etc. except salmon. In moments of fatigue or a lupus flare I have learned that I need to listen to my body, tune inward and put no pressure on myself to get anything accomplished. I just have to be and enable my body, mind, and soul to breathe and recharge. I want to share a blessing that you each find your own pathway towards healing. It looks different for everyone as each person has their own way of connecting to their health and healing their body. [In my experience] food plays a huge role in the healing process, as what you put in your body affects how you feel and the inner strength you have each day.

- Anonymous



Appetizer

ROASTED RED PEPPER AND FETA QUINOA SALAD

Categories: Low Sugar, Low Fat, Vegetarian, Gluten-Free

Difficulty Level

Easy

Submitted by

Kathy S.

15

mins

Prep Time

30

mins

Cook Time



Ingredients

- 1 Tbsp. olive oil
- 1 Small onion, chopped
- 2 Cloves garlic, minced
- 2 Roasted red peppers, cut into bite sized pieces
- 1 Cup quinoa, rinsed
- 2 Cups vegetable broth
- 1 Tsp. dried oregano
- Salt & pepper to taste
- ½ Cup chickpeas
- ¼ Cup feta, crumbled
- ¼ Cup balsamic vinaigrette

Directions

1. Heat the oil in a pan.
2. Add the onion and sauté until tender, about 5 to 7 minutes.
3. Add the garlic and sauté until fragrant, about a minute.
4. Add the roasted red peppers, quinoa, vegetable broth and oregano. Season with salt and pepper and bring to a boil.
5. Reduce heat, cover, and simmer until the quinoa is tender and the liquid has been absorbed, about 15 minutes.
6. Remove from heat and mix in the chickpeas, feta and balsamic vinaigrette.

Nutritionist says:

- Use canned chickpeas. Rehydrated dried chickpeas would work too. If using canned, drain and rinse first if you want to reduce the sodium content
- Broth and feta cheese are both salty, taste before salting at the end.



Appetizer

DATE BITES

Categories: Vegan, Gluten-Free,
Quick & Easy

Difficulty Level

Easy

Submitted by

Alli. F

20
mins

Prep Time



Ingredients

2 Cups dates

$\frac{3}{4}$ cup raw sunflower seeds

$\frac{3}{4}$ cup raw pumpkin seeds

Cinnamon

2 Tbsp. shredded coconut

1 to 3 Tbsp. hemp seeds

2 to 4 Tbsp. chia seeds

A dash of himalayan pink salt

Directions

1. Gather all the ingredients and place in a blender.
2. Add a small amount of water to help with the blending, if necessary.
3. Roll into balls, place them stacked in a mason jar and freeze.

Nutritionist says:

- Dates are high in fiber and antioxidants.
- Cinnamon also contains antioxidants with anti-inflammatory effects.
- Hemp and chia seeds are high in fatty acids that help reduce inflammation.



Appetizer

CHICKEN TORTILLA SOUP

Categories: Kid Friendly, Quick & Easy, Low Fat, Low Carb

Difficulty Level

Easy

Submitted by

Anonymous

20
mins

Prep Time

30
mins

Cook Time



Ingredients

- 1 Onion, chopped
 - 3 Cloves garlic, minced
 - 1 Tbsp. olive oil
 - 2 Tsp. chili powder
 - 1 Tsp. dried cumin
 - 1 (28 oz.) Can crushed tomatoes
 - 1 (10.5 oz.) Can chicken broth
 - 1¼ Cups water
 - 1 Cup whole corn kernels, frozen
 - 1 (4 oz.) Can chopped green chili peppers
 - 1 (15 oz.) Can black beans, drained and rinsed
 - ⅓ Cup chopped fresh cilantro
 - 2 Boneless chicken breast halves, cooked and cut into bite-sized pieces
 - Salt & pepper as needed
- Optional toppings: Tortilla strips/chips, shredded mexican blend or other cheese, avocado slices, sour cream, chopped green onion

Directions

1. In a Dutch oven or medium stock pot heat oil over medium heat. Sauté onion and garlic in oil until soft. Stir in chili powder and cumin and cook until fragrant, about 30 to 45 seconds. Add tomatoes, broth, and water. Bring to a boil and simmer for 5 to 10 minutes.
2. Stir in corn, chilis, beans, cilantro, and chicken. Simmer for 15 minutes.
3. Ladle soup into individual serving bowls, and top with crushed tortilla strips, avocado slices, cheese, sour cream and chopped green onion.
4. Note: Chicken can be cooked (cut into bite-sized pieces) in the same pot with some oil first, then removed before continuing with instructions above.

Nutritionist says:

- This can be made vegetarian/vegan by using vegetable broth and adding another can of black beans or another type of bean in place of the chicken.
- Plain Greek yogurt can be used in place of the sour cream. Greek yogurt is lower in fat and will provide some additional protein.
- Squeeze a wedge of lime into the soup, the acidic pop will add flavor without the need to add extra salt.



Appetizer

BROCCOLI LEEK SOUP

Categories: Vegetarian,
Gluten-Free, Quick & Easy,
Lactose-Free, Low Sodium,
Low Sugar, Low Fat, Low Carb

Difficulty Level

Easy

Submitted by

Kerrie N.

20
mins

Prep Time

30
mins

Cook Time



Ingredients

- 1 Large bunch broccoli (about 1 ½ pounds)
- 1 Tbsp. olive oil
- 1 Tbsp. unsalted butter (or vegan butter)
- 2 Medium leeks, white and light green parts only, thinly sliced
- 1 Medium baking potato, peeled and cut into 1-inch pieces
- 1 Clove garlic, thinly sliced
- 3 Cups low-sodium chicken or vegetable broth
- ¾ Tsp. salt
- pinch freshly ground pepper
- ¼ Cup half-and-half (optional)
- ¼ Cup snipped chives

Directions

1. Separate broccoli stems from florets. Using a vegetable peeler, peel stems to remove tough outer layer, then slice into ¼-inch-thick circles. Break or cut the florets into small pieces. Reserve stems and florets separately.
2. In a medium saucepan, heat oil and butter over medium heat. Add leeks and cook, stirring often, until softened and fragrant, about 3 minutes. Add broccoli stems, potato, and garlic, and cook 2 to 3 minutes. Add 3 cups water, broth, salt, and pepper; bring to a boil. Reduce heat; cover partially and simmer until broccoli and potato are tender, about 12 minutes.
3. Add florets; bring to a boil and then simmer 5 minutes. Use an immersion blender in the pot or transfer soup in batches to a blender or food processor, and puree until smooth. Return soup to saucepan; add half-and-half if using and chives and reheat briefly.

Nutritionist says

- Make sure to clean the leeks thoroughly, there tends to be a lot of hidden dirt/sand.
- If you want to add creaminess while reducing the fat, instead of half and half use ¼ cup of:
 - 2% or whole milk.
 - Full fat or reduced fat coconut milk.
 - Unsweetened dairy alternative.
 - 2% or full fat Greek yogurt.



Appetizer

TANGY GLUTEN-FREE PASTA SALAD

Categories: Vegan, Gluten-Free, Lactose-Free, Low Sugar

Difficulty Level

Easy

Submitted by

Jimbo

5

mins

Prep Time

15

mins

Cook Time



Ingredients

- ½ Box gluten-free penne pasta
- ½ Cup manzanilla olives
- 1 Cup cherry tomatoes
- 1 Packet Goya salad & vegetable seasoning
- 2 Tbsp. Italian seasoning
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- black pepper & salt to taste

Directions

1. Prepare penne pasta according to instructions on box (boil until al dente with a dash of salt and olive oil) then drain. Place in a large mixing bowl.
2. Cut olives into halves. Cut cherry tomatoes in quarters. Add olives and tomatoes to bowl with pasta.
3. Add Goya salad & vegetable seasoning, Italian seasoning, olive oil, balsamic vinegar, and a dash of black pepper to taste.
4. Mix well with a spoon, then serve warm or chilled.

Nutritionist says:

- Choose a bean-based gluten-free pasta like chickpea or lentil penne pastas over rice or corn-based for added fiber.
- To reduce salt, use half the packet of Goya salad and vegetable seasoning to start and add more at the end if you feel it needs more.



Appetizer

CHICKEN ZUCCHINI POPPERS

Categories: Gluten-Free, Kid Friendly, Quick & Easy, Low Fat, Low Carb

Difficulty Level

Easy

Submitted by

Sohni D.

20-24

Makes

15
mins

Prep Time

20
mins

Cook Time



Ingredients

- 1 Pound ground chicken breast
 - 2 Cups grated zucchini (leave peel on and squeeze out liquid with paper towels or a clean kitchen towel)
 - 2 to 3 Green onions, sliced
 - 3 to 4 Tbsp. cilantro, minced
 - 1 Clove garlic, minced
 - 1 Tsp. salt
 - 1/2 Tsp. pepper
 - 3/4 Tsp. cumin (optional)
- Optional (if pan-frying): Avocado oil, coconut oil or ghee for cooking

Directions

1. In a large bowl, mix together chicken, zucchini, green onion, cilantro, garlic, salt, pepper, and cumin (if using). Mixture will be quite wet.
2. Scoop mixture with a small scoop or heaped tbsp. and gently smooth with your hands to get 20 to 24 poppers.
3. To cook on the stovetop:
 - Heat a drizzle of oil in a medium pan over medium-low heat. Cook 4 to 5 at a time for about 5 to 6 minutes on the first side. Flip and cook an additional 4 to 5 minutes, or until golden brown and the centers are cooked through.
4. To bake:
 - Preheat oven to 400 degrees. Drizzle olive or avocado oil onto a baking sheet lined with foil. Bake for 15 to 20 minutes, or until cooked through. If desired, place under the broiler for an additional 2 to 3 minutes or until browned on top.
5. Serve with guacamole, salsa, or your favorite dip.

Nutritionist says:

- Consider adding an egg to the mixture to hold together better.
- Grating vegetables, like zucchini, are a great way to add vegetables.



Appetizer

SUMMER CHICKPEA SALAD

Categories: Vegetarian,
Gluten-Free, Quick & Easy

Difficulty Level

Easy

Submitted by

Jen T.

20
mins

Prep Time



Ingredients

2 Cans of chickpeas, drained

2 Cucumbers, peeled, seeds removed and diced

½ Red onion, diced

1 Cup Italian parsley, chopped

4 Tbsp. olive oil

4 Tsp. red wine vinegar

Crumbled feta to taste

Salt/pepper to taste

Directions

1. Combine all ingredients. Refrigerate for 2 hours to allow flavors to meld.

Nutritionist says:

- A great side dish that can go with almost any meal.
- Easy to add in other seasonal produce like summer squash, tomatoes, or even watermelon.



Appetizer

PEAS DIP

Categories: Vegetarian, Vegan, Gluten-Free, Quick & Easy, Low Fat, Low Carb

Difficulty Level

Easy

Submitted by

Dip M.

5
mins

Prep Time



Ingredients

- 1 Cup frozen peas
- 1 Small avocado
- ¼ Cup olive oil extra virgin
- 1 Tbsp. lemon juice
- Pinch of salt
- Fresh mint leaves

Directions

1. Add all ingredients to a blender and blend until all ingredients are well integrated.
2. Notes:
 - Blend the fresh mint leaves with all the ingredients or chop them and put it as decoration on the dip.
 - Lighten the dip and convert it to a sauce by adding water to the mixture or substituting the olive oil with plain yogurt.
 - Use it as dressing for your salads, burgers, falafel, etc.

Nutritionist says:

- Peas are a great source of plant-based protein and antioxidants.
- If you do not have or like mint, you can add another herb like basil, cilantro, or tarragon.



Main Course



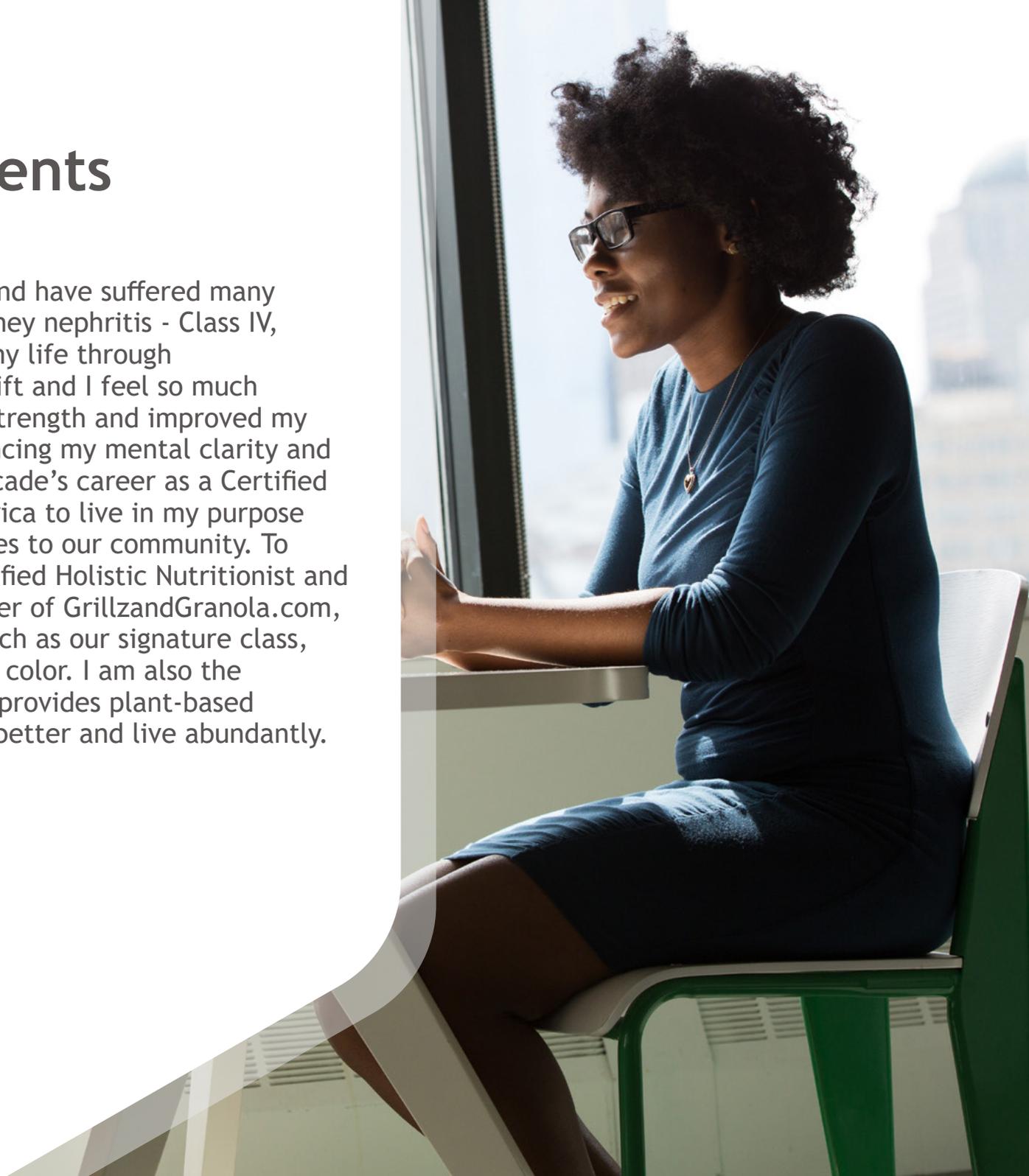
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Voices of Lupus Patients

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I was diagnosed with lupus in 2017 and have suffered many near-death experiences, such as kidney nephritis - Class IV, pneumonia and pleurisy. I changed my life through plant-based eating and a mindset shift and I feel so much better. I have regained my weight, strength and improved my overall health, which includes enhancing my mental clarity and energy! This included changing a decade's career as a Certified Public Accountant in corporate America to live in my purpose to serve and provide wellness services to our community. To share my learnings, I became a Certified Holistic Nutritionist and Fitness Instructor. I am the co-founder of GrillzandGranola.com, that provides fitness experiences, such as our signature class, TrapAerobics, powered by women of color. I am also the founder of Gennymackmeals, which provides plant-based lifestyle coaching to women to feel better and live abundantly.

- Genail



Main Course

VEGAN CURRY

Categories: Vegan

Difficulty Level

Easy

Submitted by

Flavio B.

30
mins

Prep Time

15
mins

Cook Time



Ingredients

- 2 Tsp. salt, for water
- 1 Pound sweet potato, cut into 1-inch cubes
- 1 Pound butternut squash, cut into 1-inch cubes
- 1 Tbsp. vegetable oil
- 1 Medium onion, diced
- 4 Cloves garlic, minced
- 2 Tsp. cumin
- 4 Tsp. curry powder
- 1 Tsp. salt
- 1 Tsp. black pepper
- 2 Centimeter pieces ginger, minced
- 1 Can diced tomatoes
- 1 Can chickpeas, drained
- 1 Can coconut milk

Directions

1. Place sweet potatoes and squash into a large pot or dutch oven and cover with well-salted water. Bring to a boil, then reduce heat to a simmer, cover and let the potatoes cook until softer, about 10 minutes. Once cooked, drain the potatoes and set them aside.
2. Return the pot to the stove and add 1 tbsp. of oil. Add onion and garlic and sauté over medium heat until onion is tender and starts to turn translucent, about 3 to 5 minutes.
3. Add cumin, curry powder, salt, pepper and ginger. Stir to combine before adding tomatoes and chickpeas.
4. Increase heat to medium-high and stir in the coconut milk. Bring to a simmer before adding the potatoes back to the pot. Reduce heat to low and cook everything together for 3 to 5 minutes before serving.
5. Serve with basmati or jasmine rice.

Nutritionist says:

- Curry powder has turmeric, which has anti-inflammatory properties. The addition of black pepper helps to increase the absorption of the turmeric. Ginger also has anti-inflammatory properties.
- To reduce salt, do not salt the water or use less than the recommended 2 tsp. of salt. Recommend waiting until the end to add a little salt. Can also squeeze some lemon at the end of the dish to add a pop of acid, which will add flavor without needing to add a lot of salt.



Main Course

MAQLUBA

Categories: Gluten-Free,
Low Sodium

Difficulty Level

Moderate

Submitted by

James G.

15
mins

Prep Time

1 hr
15 mins

Cook Time

Maqluba or Maqlooba is a traditional middle eastern dish served throughout the Levant. It consists of meat, rice, and fried vegetables placed in a pot which is flipped upside down when served, hence the name maqluba, which translates literally as "upside-down."



Ingredients

- 2 ½ Cups basmati rice
- 2 Tbsp. olive oil
- 1 Large onion, chopped
- 1 Pound minced beef or lamb
- 1 Tsp. allspice
- 1 Tsp. salt
- Coarsely crushed black pepper
- 3 ⅓ Cups chicken stock hot

- 1 Small cauliflower, chopped into to bite sized pieces and roasted or grilled
- 1 Large eggplant, cubed
- 1 Zucchini, cubed
- 1 Red bell pepper, cubed
- tomatoes, sliced in rings
- 4 Pine nuts and parsley

Directions

1. Rinse and drain the rice and set aside.
2. Heat the olive oil in the saucepan over medium heat. Sauté the onions for about 3 to 4 minutes.
3. Add meat, allspice, salt and ¼ tsp. pepper. Stir and brown the meat all over and cook for about 10 minutes on medium high heat. Try to eliminate as much of the liquid from the beef as possible.
4. Grease your saucepan of choice and layer in all of the tomatoes. Season with salt and pepper.
5. Add the meat, pack it in, flatten, and season with salt and pepper. Repeat with vegetables and rice.
6. Take a small saucer or back of a large spoon and place it face down on the rice and pour all the stock to prevent a gap or hole appearing in the rice.
7. Place the pot on the stovetop, turn the heat on high for about 3 minutes to bring everything up to simmering point and the edges are bubbling.
8. Put the lid on, turn the heat down and cook for about 45 minutes. If you think the rice isn't done, cook another 5 to 10 minutes.
9. Take a large plate or serving platter, place it over the pot, and turn it upside down, inverting the rice onto the platter, similar to a Spanish Tortilla. Once inverted, scatter with pine nuts and parsley and serve.

Nutritionist says:

- To reduce the fat: After sautéing the onions, add the meat and cook until browned. Do not add spices yet. Once the meat has cooked, drain the meat in a colander and run warm water over the meat to help drain the excess fat. Put the rinsed meat back in the pan and then add the spices.
- To reduce the salt, wait until the end to season the dish with salt.



Main Course

ROSEMARY KALE CHICKEN SOUP

Categories: Gluten-Free, Kid Friendly, Quick & Easy, Low Sodium

Difficulty Level

Easy

Submitted by

Ruth W.

20

mins

Prep Time

20

mins

Cook Time



Ingredients

2 Qts. chicken broth (organic, low sodium or homemade)

1 Garlic clove, minced

½ Medium yellow onion, diced

2 Celery stalks, chopped

2 Cups chopped kale

1 Small sprig rosemary, stem removed, finely chopped

1 Cup cooked chicken

Sea salt to taste

Freshly ground pepper to taste

Directions

1. Place all ingredients in a large pot over medium-high heat. Bring to a boil.
2. Turn heat to low and simmer, covered, until veggies are tender, about 30 minutes.
3. Add sea salt and pepper to taste.

Nutritionist says:

- If you don't have or like kale, any rough leafy green like Swiss chard or collard greens will work.
- You could also add ¼ Tsp. of turmeric.



Main Course

AVOCADO TOAST WITH CHEESE AND BERRIES

Categories: Vegetarian,
Quick & Easy

Difficulty Level

Easy

Submitted by

Geraldine

10

mins

Prep Time

5

mins

Cook Time



Ingredients

1 Piece of any kind whole grain bread

½ Large avocado, ripe
handful of berries

1 Oz. hard cheese, thinly sliced
Optional: Honey

Directions

1. Toast the bread then remove the avocado from the skin and place on top of bread. Use your fork to mash the avocado on top of the bread.
2. Add a handful of berries and a few pieces of thinly sliced hard cheese.
3. Finish off with a drizzle of honey.

Nutritionist says:

- Avocados are high in healthy fats and fiber.
- Berries are also high in fiber as well as antioxidants.
- Cheddar is recommended but can also do 1 oz. of feta or goat cheese.



Main Course

SLOW COOKER MUSHROOM RICE

Categories: Vegetarian, Quick & Easy, Low Sugar, Low Fat, Gluten-Free

Difficulty Level

Easy

Submitted by

Lauren W.

10
mins

Prep Time

2 hrs
10 mins

Cook Time



Ingredients

- 3 Tbsp. butter, divided
- 1 Pound cremini mushrooms, sliced
- 1 Yellow onion diced
- 2 Cloves garlic minced
- 1/2 Tsp. kosher salt
- 1/4 Tsp. coarse ground pepper
- 1/2 Tsp. dry thyme
- 2 Cups rice
- 4 Cups vegetable or beef broth

Directions

1. In heavy bottomed pot add 2 tbsp. butter and mushrooms.
2. Cook on medium high for 3 to 5 minutes or until they start to caramelize.
3. Stir and cook an additional 3 minutes.
4. Remove the mushrooms and put them into slow cooker.
5. Add in onions, salt, pepper and thyme along with the last tbsp. of butter and cook on medium for 3 to 5 minutes or until they start to turn golden brown.
6. Add in garlic, stir and cook for 1 minute.
7. Scrape the onion garlic mixture into the slow cooker.
8. Add in rice and broth.
9. Cook on high for 2 hours.

Nutritionist says:

- Mushrooms are high in antioxidants and B-vitamins.
- Substitute olive oil in place of the butter.
- Recommend using brown rice or a combination of white and brown rice. You can also use basmati or jasmine rice depending on your preference.



Main Course

DAIRY-SENSITIVE BOLOGNESE

Categories: Lactose-Free

Difficulty Level

Easy

Submitted by

Brandon J.

30
mins

Prep Time

3 hrs

Cook Time



Ingredients

- 1 Tbsp. olive oil
- 3 Tbsp. butter or vegetable spread + 1 tbsp. for tossing pasta
- ½ diced onion
- 2 to 3 Cup diced celery, 3-4 ribs
- 2 to 3 Cup diced carrot
- ½ Cup pancetta
- ¾ Pound ground beef
- Salt and pepper
- 1 Cup unsweetened oat or almond milk
- 1 to 8 Tsp. ground nutmeg
- 1 Cup white wine, or red if necessary, or substitute chicken broth
- 2 Cups of canned San Marzano tomatoes, or any canned plum tomato
- 1 Pound pappardelle pasta
- A few sprigs of fresh oregano
- Freshly grated parmigiano-reggiano or parmesan cheese for garnish

Directions

1. Add oil and 3 tbsp. of butter or vegetable spread to a large pot on medium.
2. Once the butter is melted, add the onion and stir occasionally until translucent. Add diced celery, carrot, and pancetta and cook for about 2 to 3 minutes or until the pancetta is light brown and slightly crispy.
3. Add the ground beef and generously salt and pepper and cook until the meat is no longer pink while breaking up with a spoon.
4. Add oat or almond milk, stir frequently and cook until there is almost no liquid left in the bottom of the pot.

5. Add nutmeg and stir the beef mixture for 1 minute. Add the wine, stir and cook until there is almost no liquid left in the bottom of the pot.
6. Open the can of tomatoes and with a knife or your hands break up or cut the tomatoes until there are no large pieces of tomato visible. Add 2 cups of tomatoes with the juice they came in. Bring the pot to a bubble and immediately turn the heat as low as the stove allows.
7. The sauce should take about 15 minutes to bring down to a slow simmer with a bubble or 2 every few seconds. Cook for at least 3 hours stirring in 20-minute intervals. When the sauce gets dry from time-to-time add ½ cup of water to continue the cooking process and ensure the sauce does not burn.
8. In the last half-hour of cooking, boil a pot of water and salt the water generously. Cook pappardelle al dente according to package instruction. Your pasta should have some bite to it but not be raw in the center. Save a tablespoon or 2 of the pasta water and set aside.
9. When sauce is finished cooking, there should be no water left in the pot. The sauce should be shimmering and creamy from the fat and added at the beginning.
10. Dump your pasta back into the pot add your pasta water, 1 tablespoon of butter, and pour over the cooked Bolognese sauce, toss to combine.

Nutritionist says:

- If sensitive to butter, use all olive oil.
- To reduce the fat, omit the pancetta and use 90/10 or 85/15 ground beef.
- Unsweetened cashew milk or flax milk are other great options.
- Hard cheeses like parmesan are generally well tolerated in people who are lactose intolerant.
 - Use vegan parmesan if very lactose intolerant or have a dairy allergy
 - Nutritional yeast is often used in place of cheese. It has a nutty and cheesy flavor and is high in B-vitamins. It is also a complete protein. A complete protein means that it contains all 9 essential amino acids that humans must get from food.



Main Course

GRILLED LIME SALMON WITH AVOCADO-MANGO SALSA AND COCONUT RICE

Categories: Gluten-Free, Kid
Friendly, Lactose-Free, Low Sodium

Difficulty Level

Moderate

Submitted by

V. L.

30

mins

Prep Time

30

mins

Cook Time



Ingredients

Lime Salmon

- 4 6 Oz. skinless salmon fillets
 - 3 Tbsp. olive oil, plus more for grill
 - 2 Tsp. lime zest
 - 3 Tbsp. fresh lime juice
 - 3 Cloves garlic, crushed
- Salt and freshly ground black pepper,
to taste

Coconut Rice

- 1½ Cups coconut water
- 1¼ Cups canned coconut milk
- 1½ Cups jasmine rice, rinsed well
and drained well
- ½ Tsp. salt

Avocado-Mango Salsa

- 1 Large mango, peeled and diced
 - ¾ Cup chopped red bell pepper
(½ large)
 - ¼ Cup chopped fresh cilantro
 - ⅓ Cup chopped red onion, rinsed
under water and drained
 - 1 Large avocado, peeled and diced
 - 1 Tbsp. fresh lime juice
 - 1 Tbsp. olive oil
 - 1 Tbsp. coconut water
- Salt and pepper, to taste

Directions

1. For the Salmon:

- In an 11x7-inch baking dish whisk together olive oil, lime zest, lime juice, garlic and season with salt and pepper to taste.
- Place salmon in baking dish, cover and allow to marinate in refrigerator 15 to 30 minutes, then flip salmon to opposite side and allow to marinate 15 to 30 minutes longer. Preheat a grill over medium-high heat during last 10 minutes of marinating.
- Brush grill grates with oil. Place salmon on grill and grill about 3 minutes per side or until just cooked through.

2. For the Coconut Rice:

- While salmon is marinating, prepare coconut rice. In a medium saucepan bring coconut water, coconut milk, rice and salt to a full boil.
- Cover and simmer until liquid has mostly been absorbed about 20 minutes. Fluff with a fork, then let rest 5 minutes.

3. For the Mango Avocado Salsa:

- While the rice is cooking, prepare salsa. In a medium bowl toss together mango, bell pepper, cilantro, red onion, avocado, lime juice, olive oil and coconut water. Season with salt and pepper to taste.
- Serve salmon warm over coconut rice, and top with avocado mango salsa.

Nutritionist says:

- For the coconut rice, use water in place of the coconut water if trying to watch sugar and can add one tsp. of white sugar or coconut sugar to add some sweetness.
- To prevent sticking to the grill (even with oiling the grill grates, fish can stick easily) grill the salmon on top of lemon or lime slices or on tin foil that has been sprayed with cooking spray or olive oil.
- Salmon is high in omega-3 fatty acids, that can help reduce inflammation.
- The mango avocado salsa is a nutritional powerhouse between the mango, avocado, and peppers all high in antioxidants.



Main Course

VEGETARIAN KALE AND BEYOND MEAT STIR-FRY

Categories: Vegetarian, Vegan, Gluten-Free, Quick & Easy, Low Fat

Difficulty Level

Moderate

Submitted by

Alison L.

30

mins

Prep Time

10

mins

Cook Time



Ingredients

- 3 Cloves of garlic
- 2 Pounds of lacinato kale
- 1 16 Oz. package of Beyond Meat
- 3 Tbsp. mirin (or any type of cooking wine)
- 1 ½ Tbsp. Korean bbq sauce
- 1 ½ Tsp. of chili oil
- 1 Tbsp. olive oil
- Cooked white or brown rice
- Sesame seeds (optional)

Directions

1. Prep:
 - Mince garlic.
 - Wash and de-stem kale. Chop into 1 inch pieces.
2. Cook:
 - Heat up olive oil in a large skillet over medium heat. Add minced garlic and cook until fragrant, about 1 to 2 minutes.
 - Add package of Beyond Meat, breaking up into crumbles while sautéing/browning, about 5 to 6 minutes.
 - Deglaze the pan with mirin or any cooking wine.
 - Add chopped kale, BBQ sauce, and chili oil, and mix together. Let that cook for about 3 to 4 minutes until kale is wilted.
 - Serve over white or brown rice.
 - Garnish with sesame seeds (optional).

Nutritionist says:

- If you cannot find Beyond Meat, you can use a pound of any preferred meat, shrimp, or tofu.
- If you don't have mirin wine, can use other wine. Or if you have white wine vinegar or rice vinegar, use those and add ½ tsp. of sugar.
- Additional ways to enhance the flavor would be to add 1 tsp. of freshly grated ginger and 1 tsp. of sesame oil.



Main Course

PERFECT OATMEAL

Categories: Vegan, Gluten-Free, Kid Friendly, Quick & Easy

Difficulty Level

Easy

Submitted by

Genail M.

1

min

Prep Time

10

mins

Cook Time



Ingredients

1 Cup whole oats
(naturally gluten-free)

2 Cups water

1 Cup preferred plant-based milk
(e.g., almond, oat, coconut, etc.)

1 Tsp. seeds of choice (e.g., chia,
flax, pumpkin, hemp, etc.)

2 Servings preferred fruits
(e.g., banana, strawberries,
blueberries, mango, peach, etc.)

2 Tsp. maple syrup

Optional: 1 Tbsp. of raw nuts
(e.g., shaved almond, pecans,
walnuts)

Directions

1. Add the oats and water to a pot on low to medium heat and slowly cook until water absorbs and oats become translucent (3 to 5 minutes).
2. Optional: Dice and add banana to make it creamier and give it a banana bread flavor.
3. Add the plant-based milk and stir until creamy (2 minutes).
4. Add fruit, seeds, nuts and maple syrup.

Nutritionist says:

- For added protein, use oat milk, soy milk, or flax milk over the nut milks.
- Recommend about 1 cup total for the fruits.
- Fruits lend some sweetness, so feel free to omit the maple syrup as per taste preferences.
- Addition of raw nuts or can stir in 1 tbsp. of nut butters.



Main Course

SWEET PLANTAIN PANCAKES

Categories: Quick & Easy,
Low Sodium

Difficulty Level

Easy

Submitted by

Hanna

7

mins

Prep Time

10

mins

Cook Time



Ingredients

- 1 Ripe plantain
- 1 Egg
- 1 or ½ Tbsp. unsweetened coconut flakes
- 1 or ½ Tbsp. chia seeds
- 1 Tsp. melted coconut oil
- ¼ Tsp. cinnamon

Directions

1. Smash or blend sweet plantain.
2. Add an egg and mix or blend together.
3. Add coconut flakes, chia seeds, cinnamon, coconut oil and mix together.
4. Cook on medium heat until bubbles form on the surface, then carefully flip and cook another 2 to 4 minutes.
5. Serve with blueberries, strawberry, sliced almonds and maple syrup.

Nutritionist says:

- Use a ripe yellow plantain (yellow plantains are sweet, green plantains are starchier).
- Plantains are a good source of fiber and antioxidants.



Breakfast

ROASTED ORANGE FENNEL

Categories: Quick & Easy, Low Sodium, Vegan, Low Carb, Gluten-Free

Difficulty Level

Easy

Danna Raphael

recipe

5

mins

Prep Time

30

mins

Cook Time



Ingredients

2 Medium to large fennel bulbs, tops removed

½ Tsp. orange zest

Juice from half an orange

1 Tbsp. lemon juice

2 to 3 Tbsp. olive oil

Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees. Slice fennel bulbs in half and then into ¼ inch pieces. Toss in the orange juice and olive oil. Place in a casserole dish and bake for 20 to 25 minutes or until browned. Remove and stir in orange zest and lemon juice. Salt and pepper to taste.

Nutritionist says:

- Fennel is high in fiber and antioxidants and can be eaten raw or cooked.
- Raw fennel has a licorice flavor, but significantly mellows when cooked and serves as a great side for any meat or plant-based protein.



Main Course

WHOLE ROASTED CAULIFLOWER WITH TAHINI SAUCE

Categories: Vegetarian, Vegan, Gluten-Free, Low Fat

Difficulty Level

Moderate

10

mins

Prep Time

55

mins

Cook Time



Ingredients

- 1 Medium cauliflower head
- 2 Tbsp. olive oil
- 2 Cloves garlic, minced
- 1/2 Cup of tahini paste
- 1/4 Cup warm water
- 1/4 Cup fresh lemon juice
- 1/2 Tsp. salt
- Optional: 1 tsp. harissa paste
- 1/2 Cup pepitas, raw (pumpkin seeds)
- Fresh herbs; about 2 tbsp. each of dill, basil, parsley

Directions

1. Preheat your oven to 375 degrees. Line a baking sheet or shallow casserole dish with parchment paper or aluminum foil.
2. Remove the leaves of the cauliflower, trim off the bottom stem, and wash thoroughly. Pat dry.
3. Rub the cauliflower all over generously with the olive oil.
4. Place cauliflower stem side down on the baking sheet or casserole dish and place in a hot oven.
5. Roast for 45 to 50 minutes until the cauliflower is fork-tender and lightly browned.
6. While the cauliflower is roasting make your tahini sauce.
7. Place a saute pan over medium-high heat with a light coating of olive oil.
8. Add your crushed garlic and cook until soft and fragrant.
9. Remove the pan from heat and add the tahini, warm water, garlic, lemon juice, salt, and harissa, if using. Whisk until well combined.
10. Brush half of the tahini sauce all over the cauliflower.
11. Cut cauliflower into six wedges and place on individual plates.
12. Drizzle the remaining tahini sauce over the individual cauliflower servings.
13. Sprinkle the chopped herbs and pepitas over the top and serve immediately.

Main Course

GARLICKY GREEN BEANS

Categories: Quick & Easy, Vegan, Low Carb, Low Sugar, Low sodium

Difficulty Level

Easy

Danna Raphael

recipe

10

mins

Prep Time

15

mins

Cook Time



Ingredients

- 1 Pound of green beans, washed and trimmed
- 3 Cloves garlic, thinly sliced
- 2 Tbsp. olive oil
- 2 Tsp. coconut aminos
- A pinch of salt

Directions

1. In a large pot, bring 6 cups of water to a boil. Add green beans and boil for about 3 to 5 minutes. Drain green beans and place in a large bowl with filled with ice and water to stop the cooking. Heat oil in a pan over medium heat, add garlic and sauté for about 1 minute. Add the green beans and sauté for about 5 minutes. Stir in coconut aminos and cook for another 2 minutes. Turn off heat and add a pinch of salt and serve!

Nutritionist says:

- Coconut aminos is a savory seasoning sauce made from the fermented sap of coconut palm and sea salt. It is a great substitute for soy sauce if you are trying to watch your salt intake. Coconut aminos have about 90mg of sodium per 1 tsp. vs soy sauce that has about 280mg of sodium per 1 tsp.



Main Course

ROASTED TURNIPS

Categories: Quick & Easy, Vegan, Gluten-Free, Low Sugar, Low Carb

Difficulty Level

Easy

Danna Raphael

recipe

10
mins

Prep Time

20
mins

Cook Time



Ingredients

2 Pounds of turnips

2 to 3 Tbsp. oil

Salt and pepper to taste

Optional: 2 tsp. Old Bay seasoning

Directions

1. Preheat oven to 425 degrees.
2. Cut the turnips in 1 to 2-inch pieces.
3. Toss with olive oil and if using add the Old Bay and spread out onto a baking sheet lined with tin foil or parchment paper.
4. Bake for about 20 minutes or until golden and crispy.
5. Sprinkle with a pinch of salt and pepper to taste.

Nutritionist says:

- Turnips are low in calories, high in fiber and high in antioxidants. Turnips also help the absorption of iron, which is an important component of hemoglobin, the substance in red blood cells that carries oxygen from your lungs and transport it throughout your body.



Dessert



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Voices of Lupus Patients



I was diagnosed with discoid lupus in 1999, at only 16 years old. At the time, my symptoms were limited to skin lesions which meant I was able to essentially ignore my disease for 9 years. As a young adult living in NYC in the early 2000s, diet and self-care were not at the forefront of my priorities. I was focused on school, excelling in my career, and socializing with friends. Back then, I didn't realize the impact diet would have on my health.

At 25, my lupus started to act up and one by one, different parts of my body flared. I became the walking definition of the havoc lupus can cause. After years of suffering, in 2015, my kidneys succumbed to the lupus and I started dialysis. A year later, I was lucky enough to receive a kidney from my amazingly selfless mom, and today I feel better than ever and grateful to have my life back.

Only now, post dialysis, kidney transplant, cancer, and years of suffering, do I realize what I could have done differently. I could have NOT had mac and cheese for dinner like I did in college on occasion. Or eaten half a cake during my birthdays. Or gotten drunk every weekend. I could have lived the life that I do now, with home-made, delicious, healthy meals full of vegetables, whole grains, and plant-based proteins, and daily yoga sessions. I could have stopped and listened to my body. Because if I listened, I would have heard my body telling me that in order for it to thrive, it needed to be nourished.

- Alison



Dessert

ANISETTE COOKIES

Categories: Holiday Favorites

Difficulty Level

Easy

Submitted by

Astrid

72
cookies

Makes

30
mins

Prep Time

15
mins

Cook Time



Cookie Ingredients

- 1 Pound butter (softened)
- 2 Cups sugar
- 6 Heaping tbsp. sour cream
- 6 Cups sifted flour
- 2 Tsp. baking powder
- 2 Tsp. baking soda
- 2 Tsp. anise extract

Directions

1. Making cookie dough:

- Mix all wet ingredients first in one bowl (butter, sour cream, eggs, and extract).
- In a second bowl, add and mix together all of the dry ingredients (sugar, flour, baking soda and powder).
- While mixer or food processor is on, add flour mixture slowly to the wet ingredients.
- Using two pieces of wax paper, create a kneading area for the dough. Sprinkle flour on wax paper and hands. Continue to flour hands if they feel sticky. Divide dough into 4 parts. Knead each part and roll into 4 balls. Place in dry bowl and cover with wax paper or throw each ball into a ziploc bag.
- Refrigerate for several hours or overnight. Some can be frozen.

2. Baking cookies:

- Grease and flour cookie sheet. Take out 1 ball of dough at a time, and pinch off a little dough. Roll into 1" balls and place on cookie sheet.
- Bake for about 8-10 mins or until light golden brown along bottom edges.
- Let cook for at least 30 mins.

3. Icing and glazing cookies:

- Mix powdered sugar, extract and milk together until loose consistency of a pudding before it sets. Add more powdered sugar to thicken if necessary.
- Dip each cookie in mixture and place on wax paper.
- Sprinkle with sprinkles.
- Store in airtight container.

Nutritionist says:

- Cut down the sugar to 1 ¼ - 1 ½ cups to reduce sugar without compromising the cookie.
- To further reduce sugar intake, omit the glaze.



Dessert

APPLE SPICE HEMP MUFFINS

Categories: Vegan

Difficulty Level

Moderate

Submitted by

Teodora S.

12
cookies

Makes

5
mins

Prep Time

25
mins

Cook Time



Ingredients

- 1 ½ Cups whole-grain spelt flour
- 1 Cup oat flour
- ¾ Cup hemp seeds
- 1 ½ to 2 Tsp. cinnamon
- ¼ Tsp. salt
- ¼ Tsp. cardamom ground or nutmeg
- 2 Tsp. baking powder
- ½ Tsp. baking soda
- 1 Cup unsweetened organic applesauce
- ¾ Cup plain or vanilla nondairy milk
- ½ Cup pure maple syrup
- 1 ½ Tsp. vanilla extract
- ⅓ Cup raisins - or substitute dark vegan chocolate chips
- Optional (makes them taste like morning glory muffins):
 - ⅓ Cup grated apple
 - ⅓ Cup grated carrot

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl combine the flours, hemp seeds, cinnamon, salt, cardamom, baking powder and baking soda, i.e. all the dry ingredients, and mix well to combine fully.
3. In a smaller bowl mix all the wet ingredients applesauce, milk, maple syrup, vanilla extract then add the raisins and, if using, the apple and carrots and mix well.
4. Fold the wet mixture into the dry one until just combined.
5. Spoon into cupcake liners.
6. Bake for 25 minutes until a toothpick inserted in the center comes out clean.

Nutritionist says

- Use regular whole wheat flour if you cannot find spelt flour.
- Hemp seeds are high in fatty acids that help reduce inflammation. Adding fruits and vegetables helps to increase the fiber as well as vitamins and minerals.
- Cardamom, a close relative to ginger and turmeric, also has anti-inflammatory properties. The flavor can be described as piney, fruity, and almost menthol-like and is a prominent flavor in Chai teas.



Additional cookbooks to reference

**The Lupus
Cookbook**

**The Lupus
Diet Plan**

**The
Anti-Inflammation
Cookbook**

*The Delicious Way to Reduce
Inflammation and Stay
Healthy*

Special thanks to



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Danna Raphael is a Registered Dietitian with over 10 years of medical nutrition therapy experience. She has worked with a diverse patient population in a variety of settings, including oncology, critical care, liver transplant, as well as in general nutrition care. Danna is currently on staff at Hospital for Special Surgery and is also the dietitian for their ALS clinic.

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- A statement that you will consent to the jurisdiction of the Federal District Court for the judicial district in which your address is located (or if you reside outside the United States for any judicial district in which the Work may be found) and that you will accept service from the person (or an agent of that person) who provided the contribution to the Work with the complaint at issue.

The DMCA allows us to restore the removed content if the party filing the original DMCA Notice does not file a court action against you within ten business days of receiving the copy of your Counter Notice.

Please be aware that if you knowingly materially misrepresent that material or activity in the Work was removed or disabled by mistake or misidentification, you may be held liable for damages (including costs and attorneys’ fees) under Section 512(f) of the DMCA.



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