



# Gut Hero Recipes

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Dr. Song and Friends'  
Favorite Kid-Approved Recipes for  
Gut Health and Resilience



# Meet Dr. Elisa Song



I am a Stanford-, NYU-, UCSF-trained integrative pediatrician, pediatric functional medicine expert, and most importantly, a mom to 2 thriving children. I created Healthy Kids Happy Kids as an online holistic pediatric resource to help practitioners and parents bridge the gap between conventional and integrative pediatrics with an evidence-based, pediatrician-backed, mom-approved approach. In my integrative pediatric practice, I have helped 1000s of kids get to the root causes of their health concerns by integrating conventional pediatrics with functional medicine, homeopathy, acupuncture, herbal medicine, and essential oils. I am chair of A4M's pediatric education and have lectured around the world at leading integrative and functional medicine conferences and premier parenting events.

In 2005, the New England Journal of Medicine wrote that for the first time in history, our children are expected to have shorter lifespans than us—their parents—all due to diet and lifestyle-related diseases. The time to revolutionize children's health is *NOW*.

I wrote *Healthy Kids Happy Kids: An Integrative Pediatrician's Guide to Whole Child Resilience* to show parents and practitioners that children *can* thrive in our modern, ultraprocessed world—no matter what life throws their way.

**The key to building lifelong resilience is learning how to live like a Gut Hero and create Microbiome Magic every day.**

The following ebook is a companion to the delicious, microbiome-nourishing recipes in my book. I hope your family, and your microbiomes, love them as much as ours!,

xo Elisa Song, MD





## **You and Your Microbiome**

Your gut microbiome is home to trillions of microscopic friends called PROBIOTICS. Your probiotics keep your immune system healthy, your brain happy, and your body strong.

## **Nourishing Your Microbiome**

Our microbiome needs us to feed them MICROBIOME CHAMPIONS, so that they can keep US healthy and happy!

## **Your Microbiome Champions**

Our Microbiome Champions include:

- **FIBER:** fruits, vegetables, whole grains, legumes (lentils, beans), nuts and seeds
- **PHYTONUTRIENTS:** The color in plant-based foods. Every color matters!
- **FERMENTED FOODS:** Loaded with prebiotic fiber, probiotics, and superpower nutrients called postbiotics!

## **What to Feed Your Microbiome**

Inside your Gut Hero Recipe Book, you'll find recipes to create Microbiome Magic from my favorite health and wellness experts. Enjoy! Your microbiome will thank you!

## **Learn More**

Find even more Gut Hero Recipes and tips to create Microbiome Magic every day in my book, *Healthy Kids, Happy Kids!*

# **WHY BE A GUT HERO?**



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# GUT HERO RECIPES

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# Grain-Free Waffles



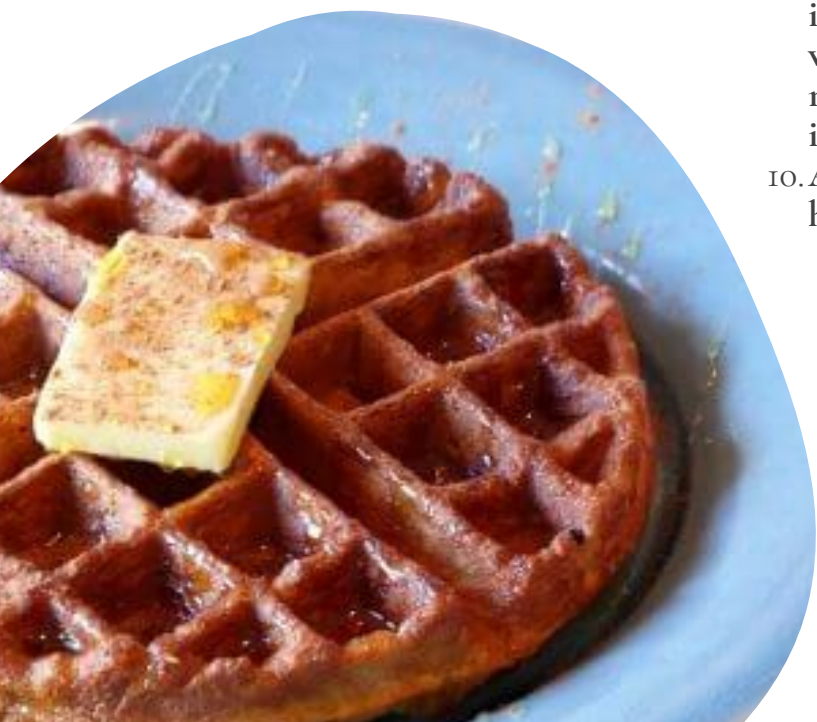
*Created by Genevieve Howland of Mama Natural*

## INGREDIENTS

- 2 bananas OR 2 cups of cooked butternut squash or pumpkin
- ½ cup of nut or seed butter. If it is salted nut/seed butter, then omit adding salt to the recipe.
- 3 extra large eggs
- 8 scoops of Mama Natural Multi Collagen Protein
- 1 tsp. baking soda
- 15 drops of stevia or 1 TB honey (optional)
- Dash of salt

## DIRECTIONS

1. Plug in your waffle griddle so that it's getting hot while you make your batter.
2. Peel banana and place in big bowl (or put your cooked squash or pumpkin in bowl)
3. Add ½ cup of nut or seed butter
4. Add 3 eggs
5. Add 8 scoops of Mama Natural Multi Collagen Protein
6. Add 1 tsp. of baking soda Plus dash of salt if needed
7. Mix all ingredients with an immersion blender until batter is smooth. You'll notice that your batter is pretty thin! That's OK. It makes them really light and fluffy.
8. Oil your waffle iron or silicone molds with a little coconut oil.
9. Pour batter into waffle mold or iron and close. If using molds, watch for doneness after about 10 minutes. Stick a toothpick in until it comes out clean. The waffles should be slightly toasted on top. If you're using an iron, let cook for 5 minutes, then flip your waffle iron and let cook another 2-3 minutes, depending on how crispy you like it.
10. Add butter or coconut oil and drizzle with honey or maple syrup and serve.





# Blueberry Banana Muffins

*Created by Michael Goran of Sugarproof -  
Empower Your Family to Reduce Sugar*



## INGREDIENTS

- Oil of choice for greasing the muffin tin
- $\frac{3}{4}$  cup (75g) rolled oats (not instant)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon baking soda
- 4 large eggs
- 4 medium to large ripe bananas
- Zest from 1 lemon (optional)
- 1 teaspoon vanilla extract, preferably with no added sugar
- 2 cups (190g) almond flour
- 1 cup (100g) fresh blueberries, rinsed and well-drained (you can substitute frozen)

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Grease a 12-muffin pan with an oil of choice, or use paper liners.
3. Put the oats, salt, and baking soda in the bowl of a food processor or blender. Process them into an even-textured flour.
4. Add in the eggs, bananas, lemon zest if using, and vanilla and process until smooth.
5. Add the almond flour and process until well-combined.
6. Pour or spoon some batter into each muffin cup, filling them halfway. Sprinkle a few blueberries in each cup, then distribute the rest of the batter. Top the muffins with the remaining blueberries, gently pressing them into the batter to anchor them.
7. Bake for about 30 minutes, or until golden brown and a toothpick inserted into the middle comes out clean.
8. Allow to cool for about 10 minutes before removing from the pan.

## VARIATIONS:

- **Gluten-free:** Use gluten-free rolled oats.
- **Nut-free:** Substitute the 2 cups of almond flour for  $\frac{1}{2}$  cup coconut flour.
- **Grain-free:** Omit the oats and increase the almond flour to  $2\frac{1}{2}$  cups.
- **Other berries:** Replace the blueberries with other berries of choice.
- **Banana-nut:** Omit blueberries and add  $\frac{1}{2}$  cup chopped nuts of your choice along with  $\frac{1}{4}$  teaspoon of a warm spice like cardamom or nutmeg.
- **Vegan:** Replace the 4 eggs with 4 “flax eggs” (4 TBSP flax meal mixed with 10 TBSP water left to sit for 5 minutes before adding to the batter).



# Yogurt & Honey Pancakes

*Created by Haley Scheich, cofounder of My SuperHero Foods*



## INGREDIENTS

- 1 cup yogurt
- 2 pastured eggs
- 4 tablespoons grass-fed butter, melted
- 1 teaspoon vanilla
- 2 tablespoons raw honey
- 1 cup einkorn flour
- ½ teaspoon sea salt
- 1 tablespoon baking powder
- Ghee or butter for pan
- Other materials
  - Frying pan
  - Mixing bowl
  - Spatula

## DIRECTIONS

1. In mixing bowl, combine wet ingredients: yogurt, eggs, melted butter, vanilla, and honey. Then add dry ingredients: einkorn flour, sea salt, and baking powder.
2. Let this mixture set for 5 minutes, and heat the pan on medium low while you wait.
3. Once you are ready to cook the pancakes, coat the pan with butter or ghee. Scoop the batter onto the pan, using a tablespoon for each pancake plop. The smaller they are, the easier they are to cook (and kids usually love these tiny pancakes).
4. Cook 2–3 minutes on one side, flip, then cook for another 2 minutes. Repeat until you use all the batter.
5. These pancakes are so good on their own, you don't even need syrup. But if you wish, serve with butter, maple syrup, and toppings of your choice.





# Mini Morning Egg Cups



*Created by Jess Sherman, Author of Raising Resilience:  
Take the stress out of feeding your family and love your life*

## INGREDIENTS

- 4 eggs
- 1 cup organic egg whites (optional, swap out  $\frac{1}{4}$  cup of the egg white for  $\frac{1}{3}$  c pureed pumpkin for added nutrients)
- $\frac{1}{2}$  cup organic quick-cooking oat flakes
- 1 handful of arugula, chopped (about  $\frac{1}{2}$  c chopped)
- $\frac{1}{8}$  tsp each Redmond's Real Salt and Pepper
- 1 tbsp ground flax
- $\frac{1}{2}$  c grated cheese (optional)

## DIRECTIONS

1. Preheat oven to 400°F
2. Grease muffin tin with coconut oil
3. Combine all ingredients in a bowl
4. Fill muffin tins with about  $\frac{1}{4}$  cup each
5. Bake at 400 for 20 minutes
6. Cool before enjoying





# Savory Green No-Grain Waffles



Created by Katie Kimball of Kids Cook Real Food

## INGREDIENTS

- 3 eggs
- 1 c. raw\* cashews
- 1/3 c. milk (plus more to thin batter if necessary)
- 1 c. packed raw spinach leaves (2 large handfuls)
- 3 Tbs. melted coconut oil or butter
- 1/2 tsp. salt
- 3/4 tsp. baking soda
- 1/4-1/2 tsp. garlic powder
- 1/4-1/2 tsp. onion powder
- 3 Tbs. packed coconut flour
- 1 Tbs. honey (optional)

Makes about 6-8 5" square waffles.

\*Raw cashews are different than roasted, salted cashews. If you only have access to roasted cashews, they work, too (but omit the salt in the recipe).

## DIRECTIONS

1. In a blender, blend the eggs, cashews, milk, spinach, and melted fat (once cooled), until all the nuts have been pulverized into a creamy batter and the spinach is completely liquidized as well.\*\*
2. Add the salt, baking soda, garlic and onion powders, and coconut flour and blend well until combined. The honey is optional but can cut some of the bitterness of the spinach. If the batter seems incredibly hard to pour, feel free to add a bit more milk or water to thin it out, but generally the spinach does a good job of thinning the batter.
3. Cook in your waffle iron. Note: nut batters do cook faster than grains.

\*\*If you're worried about your blender being too weak to grind the nuts, try soaking the cashews in water for a few hours and draining them, then use just 1/4 c. milk at first until you see how thin the batter is.

## VARIATIONS/NOTES:

- Serve with sour cream on top, or make an open-faced sandwich with a fried egg, bacon, or some breakfast hash.
- If the batter seems too thick for your waffle maker, a splash of water will fix it right up.
- Fluffier: Replace one egg with 1/3 c. natural applesauce and decrease milk to 1/4 c.
- Crispier: Replace one egg with 1/4 c. Greek yogurt and decrease milk to 1/4 c. to start.
- No coconut flour? Three tightly packed tablespoons of shredded coconut works just as well in a high-powered blender. You do have to blend a little longer.
- Store in the refrigerator for up to 5 days or freeze for another time.



# Chickpea Yum Yum Salad

*Created by Joy McCarthy of Joyous Health -  
Simple Healthy Living Full of Joy*



## INGREDIENTS

- 1 can (398 mL) organic chickpeas
- 1 cup cucumber, chopped
- 1 cup grape or cherry tomatoes, halved
- 1 sweet yellow pepper, chopped
- ¼ cup fresh herbs (mint, basil, or dill) chopped
- ¼ cup extra-virgin olive oil
- Juice from 1 lemon
- Pinch of sea or pink salt

## DIRECTIONS

1. Drain and rinse chickpeas. Set aside.
2. In a salad bowl, combine chickpeas, cucumber, tomatoes, yellow pepper and herbs.
3. Pour olive oil and lemon over top.
4. Mix to combine and then sprinkle with a pinch of salt.
5. Enjoy immediately, or refrigerate for up to 1 week.



# Jicama and Fennel Salad

*Created by Julie Matthews of Nourishing Hope,  
Personalized Nutrition for Autism and ADHD*



## SALAD INGREDIENTS

- 1 jicama, peeled and julienned
- ½ fennel, very thinly sliced
- ½ cucumber, sliced
- 2 stalks celery, sliced
- ½ apple, cored and sliced
- 1 orange

## DRESSING INGREDIENTS

- 1 ½ tablespoons raw apple cider vinegar
- 1 ½ tablespoons orange juice
- 3 tbsp olive oil
- ¼ tsp salt

## DIRECTIONS

1. Cut orange in half. Juice half of orange and set aside 1 ½ tablespoons for the dressing.
2. Peel the other half of the orange and pull apart in two-segment sections. Cut these sections into ¼ inch slices.
3. Make dressing by placing apple cider vinegar in a bowl with orange juice and salt. Slowly drizzle in olive oil and whisk.
4. Place the vegetables, orange slices, and apple slices, in a large bowl.
5. Pour as much dressing as desired and toss.
6. Refrigerate the remaining dressing.





# Fermented Blackberry Lemonade

Created by Dr. Elisa Song, MD  
(one of many Gut Hero recipes in myHealthy Kids, Happy Kids book!)



## INGREDIENTS

- ½ cup organic blackberries (or berries of your choice)
- 1 tablespoon sugar
- ½ to 1 cup fresh lemon juice (from 2 to 4 large organic lemons)
- 1 probiotic capsule (containing 5-25 billion CFU's per capsule)

## DIRECTIONS

1. Place blackberries and sugar in a 32-ounce (1-quart) wide-mouth glass mason jar. Use the back of a wooden spoon to gently muddle the blackberries until they release juice.
2. Add lemon juice to the jar. Use ½ to 1 cup lemon juice, depending on how tart you like your lemonade.
3. Place 1 to 2 tablespoons of filtered water in a small bowl or glass. Open up the probiotic capsule. Add the probiotic powder into the water and stir gently to dissolve. Discard the empty probiotic capsule.
4. Stir the probiotic water plus 2 cups of filtered water into the jar.
5. Cover lemonade with a mason jar lid. Leave the jar in a dark place, such as a cabinet or pantry, at room temperature for 2 to 4 days to ferment. After the first 2 days, taste a little every day until the lemonade reaches your desired level of tanginess. Add more sugar to taste, if desired.
6. After fermenting, store the lemonade in the refrigerator. Enjoy chilled.



# Cookies & Cream Fab Four Smoothie



*Created by Kelly LeVeque of Be Well by Kelly LeVeque*

## INGREDIENTS

- 1 serving Be Well by Kelly Grass-fed Chocolate Protein Powder
- 1 serving Be Well by Kelly Plant-Based Protein Powder (optional)
- 1 tablespoon almond butter
- 1 tablespoon flax or chia seeds
- 1 handful fresh spinach
- ¼ cup frozen blueberries
- 1-1.5 cups unsweetened almond milk or water
- Hemp hearts, to top

## DIRECTIONS

1. Place all ingredients into a high-powered blender. Blend to desired consistency.
2. If you use fresh blueberries, add a few ice cubes to cool down the smoothie and make it frothy.
3. Top with hemp hearts and enjoy.



# Mommy and Me Cashew Dip



Created by Malina Malkani of @healthy.mom.healthy.kids

## INGREDIENTS

- 2 cups raw cashews
- 2 cups water
- $\frac{1}{3}$  cup fresh dill
- $\frac{1}{3}$  cup fresh parsley
- $\frac{1}{3}$  cup fresh chives
- 2 tablespoons white wine vinegar
- $\frac{1}{2}$  teaspoons Kosher salt (consider omitting if serving to an infant under age 1)

## NOTES:

- Serve the unsalted portion to babies on a preloaded spoon or using a hard stick of raw veggie as a dipper. This dip also works well for babies when served with strips of lightly toasted whole grain bread, as a dipping sauce for tender cooked vegetables, or mixed into pasta.
- For older kids and adults, serve as a salad dressing or dip with raw vegetables or whole grain crackers.
- Keeps well in an airtight container in the refrigerator for about a week or in the freezer for up to 6 months.

## DIRECTIONS

1. Bring water to a boil in a saucepan or tea kettle. Place cashews in a heat-safe bowl and add just enough boiling water to submerge them. Cover and set aside for ~10 minutes.
2. Strain the cashews in a mesh strainer, reserving the soaking water. Then, pour the cashews into the pitcher of a high-speed blender.
3. Add the herbs, vinegar, and half of the soaking water.
4. Blend on high until creamy and smooth. Add more water, if needed, until the dip reaches a consistency you like.
5. If serving to a baby under the age of 12 months, consider removing about  $\frac{1}{2}$  cup of the dip and setting it aside to serve the baby.
6. Season with salt and blend again until combined. Taste and adjust seasonings as desired.







# Turmeric Rice

*Created by Dr. Sheila Kilbane of Healthy Kids, Happy Moms*

## INGREDIENTS

- 1 cup rice (I often use organic Basmati or Jasmine. Brown or black rice would have a lower glycemic index.)
- 2 ¼ cups water
- 1½ Tbsp. coconut oil or ghee
- 1 Tbsp. turmeric (Can add more if you enjoy the taste. This is a potent anti-inflammatory spice.)
- ¼ tsp black pepper (This helps the body to absorb the turmeric.)
- Sea salt to taste (Himalayan is preferable)
- 4 to 6 Cardamom seeds (whole, dried)
- Handful of raisins (optional)
- 1/2 cup broccoli chopped into small pieces – add to rice with about 5 minutes left of cooking
- ¾-1 cup of spinach, chopped – stir in after the rice has cooked and while it is still hot
- 1 cup of organic cooked chicken chopped and mixed in (Optional)

## DIRECTIONS

- I. This can be made in a rice cooker or on the stove. Follow the instructions on the rice package. You may need to add a little bit more water than what the recipe on the rice package calls for.



# Cumin Scented Creamy Black Bean Soup



*Created by Kanchan Koya, PhD, author of Spice Spice Baby and founder of @ChiefSpiceMama*

## INGREDIENTS

- 1 cup dried black beans, soaked overnight
- 2 tablespoons olive oil
- 1 medium red onion, chopped
- 4 cloves garlic, minced
- 1-inch piece of ginger, grated
- 2 dried red chilis
- 2 teaspoons cumin
- 2 teaspoons smoked paprika
- 1 bay leaf
- 4 cups vegetable or chicken stock
- Salt and pepper to taste
- Plain yogurt or sour cream, for serving
- Fresh cilantro, chopped, for garnish
- Cayenne pepper, for garnish

## DIRECTIONS

1. Drain and rinse the soaked black beans.
2. Turn on the Instant Pot and select the sauté function or you can use a heavy bottom pot with a lid. Heat the olive oil in the pot on medium high until it shimmers.
3. Add the chopped red onion and sauté for 2-3 minutes until softened. Stir in the minced garlic, grated ginger, dried red chilis, cumin, smoked paprika, and bay leaf. Sauté for another minute until fragrant.
4. Add the soaked black beans and stock to the Instant Pot. Stir to combine. Close the lid and set the Instant Pot to manual high pressure for 20 minutes. If using a regular pot, cover and cook on a low flame for 60-80 minutes until the beans are soft.
5. Once the cooking time is complete, allow for a natural pressure release for 10 minutes, then carefully perform a quick pressure release. Open the lid and remove the bay leaf and dried red chilis.
6. Use an immersion blender to blend the soup until smooth. Alternatively, you can transfer the soup in batches to a blender and blend until smooth. Season the soup with salt and pepper to taste. Ladle the soup into bowls and top each serving with a dollop of plain yogurt or sour cream, fresh cilantro, and a sprinkle of cayenne pepper and serve right away.



# Immune Boosting, Gut Healing Pasta



*Created by Dr. Madiha Saeed, known as HolisticMom, MD and HolisticUrdu, MD on social media*

## INGREDIENTS

- 1 pound ground grass-fed beef or organic turkey
- 1 onion, chopped
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon of Italian seasoning
- 1 teaspoon garlic
- 1 jar pasta sauce
- 1 packet broccoli sprouts
- 1 cup of riced cauliflower
- ½ cup of finely diced mushrooms
- 1 tablespoon avocado oil
- 1 box lentil pasta
- 2 cups of bone broth

## DIRECTIONS

1. In a large sauce pan, sauté chopped onions in a little bit of avocado oil, till translucent.
2. Combine ground beef and spices, and vegetables until tender.
3. Add in pasta sauce, bone broth and cook till thickened.
4. Boil and cook lentil pasta according to instructions on the box.
5. When pasta is cooked, drain pasta and add to sauce.





# Crowd-pleasing Crockpot Pulled Pork with Coleslaw

*Created by Dr. Elana Roumell of Med School for Moms*



## FOR PULLED PORK:

### INGREDIENTS

- 4-6 lb pork butt or shoulder
- 1 large onion, sliced thinly
- 1 tablespoon sea salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1 tablespoons honey
- 2 tablespoons apple cider vinegar
- 2 teaspoons coconut aminos
- 2 teaspoons mustard

### DIRECTIONS

1. Place onions in the crockpot.
2. In a small bowl, combine salt, pepper, paprika, red pepper flakes and garlic powder. Rub mixture over roast and place roast in crockpot.
3. In another bowl, combine sweetener of choice, apple cider vinegar, tamari and mustard. Pour over roast.
4. Cover slow cooker and cook on low for 7-10 hours. It's done when meat easily "pulls apart" with 2 forks.

## FOR COLE SLAW:

### INGREDIENTS

- 2 12 oz bags precut organic coleslaw mix
- 1/4 - 1/3 cup avocado mayo
- 2 tablespoons apple cider vinegar
- salt and pepper, to taste
- optional add-ons: chives, scallions, cilantro, basil

### DIRECTIONS

1. Add coleslaw mix to a large bowl. Pour avocado mayo and apple cider vinegar on top of coleslaw mix and toss well to combine.
2. Add salt and pepper to taste.
3. Refrigerate until ready to serve.





# Vegan Chili



*Created by Dr. Ana Maria Temple,  
author of Ending the Eczema Epidemic*

## INGREDIENTS

- Two 15oz cans black beans, drained and rinsed
- One can chili beans, not drained
- 1 packed cup finely diced red onion
- 5 extra-large garlic cloves, minced
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon dried oregano
- 1/2 teaspoon salt and 1/8 teaspoon black pepper (this may vary depending on your beans)
- 2 1/2 cups broth
- 1 cup (240g) medium-heat smooth salsa (IF your salsa is rather chunky, PUREE it first into a smooth consistency similar to applesauce, as you need and want the liquid and flavor to spread out into the soup)
- 3 tablespoons tomato paste
- 1 can diced tomatoes
- 2 T tamari
- 1 cup celery
- 1 cup carrots
- 1 cup frozen corn
- 1/2 cup soaked or cooked lentils

## DIRECTIONS

1. Blend diced tomatoes, tomato paste, bone broth and spices
2. Add to pot
3. Add the rest of the ingredients to the pot
4. INSTAPOT
5. Cover and set the pot to Chili setting (30 min)
6. Allow it to naturally decompress
7. SLOW COOKER
8. Cover and set it on low for 6-8 hrs
- 9.

## OPTIONAL TOPPINGS:

- sliced avocado
- lime wedges
- freshly chopped cilantro
- oil-free tortilla strips





# Homemade Jello

*Created by Katie Wells, Founder of Wellness Mama*

## INGREDIENTS

- ¼ cup cold water
- 1 TBSP gelatin powder (not collagen peptides)
- ¼ cup water (very hot)
- 1½ cups fresh fruit juice
- 1-2 cups fresh fruit (optional)

## EQUIPMENT

- Medium mixing bowl
- 8×8 baking dish (or jello mold)

## NOTES:

- This recipe can be doubled for a bigger batch.
- Don't use fresh pineapple juice as the enzymes prevent the gelatin from "gelling."

## DIRECTIONS

1. Pour the cold water into a medium size mixing bowl. Sprinkle the grass-fed gelatin powder evenly over the top and allow it to bloom for a minute.
2. Stir briskly until mixed. It will start to thicken a lot.
3. Add the ¼ cup of really hot water and stir to mix. It should thin out.
4. Pour in the 1 1/2 cups of juice and mix well.
5. Place fresh fruit in a layer on the bottom of an 8×8 baking dish if using. You can also use different shaped molds or a bundt pan lightly greased with coconut oil so the gelatin would easily come out of the mold.
6. Pour the gelatin mixture over the fruit and stir slightly to make sure it has coated the fruit.
7. Put in the refrigerator, covered, for at least 2-3 hours or overnight.
8. Cut into cubes or scoop out with a melon baller to make cute shapes.



# 4 Ingredient Strawberry Popsicles

*Created by Heather Dessinger of Mommypotamus*



## INGREDIENTS

- 1 cup fresh strawberries (destemmed and quartered - frozen strawberries that have been thawed will work, too)
- 1 cup yogurt
- 2-4 tbsp maple syrup (to taste)
- 1/8 tsp mint extract

## DIRECTIONS

1. Place strawberries in a large bowl and use a potato masher to break them in to small pieces.
2. Add yogurt, 2 tablespoons of maple syrup, and mint extract to the bowl and stir until well combined.
3. Taste and add additional maple syrup if needed.
4. Pour mixture into popsicle molds and freeze overnight before serving.
- 5.





# Gut Healing Cake



*Created by Madiha Saeed, known as HolisticMom, MD and HolisticUrdu, MD on social media*

## INGREDIENTS

- 3 cups almond flour
- ½ cup avocado oil/coconut oil
- ½ cup honey
- 6 eggs
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 tablespoon of cocoa powder

## DIRECTIONS

1. Preheat oven to 350°F.
2. In a large mixing bowl combine all of the ingredients until smooth.
3. Pour the mixture into a glass oven-proof rectangular pan or an unbleached parchment-lined cookie sheet, save about ½ cup of batter.
4. With the remaining batter, mix in the cocoa powder. Drop a tablespoon of batter in 6 different spots on the cake.
5. With a fork, in an “S” pattern go through the chocolate batter into the vanilla batter then back again, to create a design.
6. Bake for 15 minutes.
7. Remove and let cool before cutting to serve.





# Gimme 10 Chocolate Chickpea Cookies



*Created by Dr. Elana Roumell of Med School for Moms*

## INGREDIENTS

- 1 15 oz can chickpeas, drained and rinsed
- ½ cup smooth cashew butter
- ⅓ cup maple syrup
- 2 teaspoons vanilla
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- Chocolate chips for topping

## DIRECTIONS

1. Preheat oven to 350°F.
2. Add chickpeas and nut butter into food processor. Blend on high for 1 minute.
3. Add maple syrup and vanilla. Blend until smooth (no lumps), scraping down sides as needed.
4. Add baking soda, baking powder and salt. Blend once more.
5. Mix in chocolate chips or put chips on top after scooping batter onto baking sheet.
6. Bake for 14-20 minutes until cookies have browned slightly.





# THANK YOU TO OUR GUT HERO FRIENDS!



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*Genevieve Howland* is the mama behind Mama Natural, the web's #1 resource for natural parenting and birthing courses and supplements. A childbirth educator, doula, and breastfeeding advocate, Genevieve is the bestselling author of The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth.



*Dr. Sheila Kilbane, MD*, is a board-certified pediatrician who trained in integrative medicine with Andrew Weil, MD and is a best-selling author. She uses the best of conventional and integrative medicine to identify and treat the root cause of children's illnesses. She is the bestselling author of *Healthy Kids, Happy Moms*. [www.sheilakilbane.com](http://www.sheilakilbane.com) @sheilakilbanemd



*Katie Kimball* is known as the national voice of healthy kids cooking. She's a former teacher, TEDx speaker, writer, podcaster, and mom of 4 kids. She created the award-winning Kids Cook Real Food eCourse, helps families stay healthy without going crazy, and supports independent kids with the #LifeSkillsNow virtual summer camp. [www.kitchenstewardship.com](http://www.kitchenstewardship.com) [kidscookrealfood.com](http://kidscookrealfood.com)



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<http://BioIndividualNutrition.com>



**Joy McCarthy** is the Creator of [Joyous Health](https://www.joyoushealth.com), an award-winning Certified Holistic Nutritionist, Podcast Host and best-selling author of The Joyous Cookbook, Joyous Detox and Joyous Health. She is also the co-founder of [Hello Joyous](https://www.hellojoyous.com), an organic + plant-based beauty brand with a rock-solid mission: to help people find more joy in the everyday.



**Dr. Elana Roumell, ND**, is the Founder, [Nourish Medical Center](https://www.nourishmedicalcenter.com), the leading Naturopathic Medical Clinic in San Diego, CA. She created [Med Schools for Moms](https://www.medschoolsforschools.com) to help moms feel empowered to make safe choices, feel well-equipped with loads of solutions to offer, and feel energized because it feels so dang good to help offer relief to my sick child.



**Dr. Madiha Saeed, MD**, also known as @[HolisticMomMD](https://www.instagram.com/HolisticMomMD) and @[HolisticUrduMD](https://www.instagram.com/HolisticUrduMD), is a practicing family physician in the USA, international speaker and a global best-selling author of many books including The Holistic Rx: Your Guide to Healing Chronic Inflammation and Disease and Adam’s Healing Adventures children’s health book series,



**Jess Sherman FDNp, MEd, RHN**, is a Functional Diagnostic Nutrition Practitioner Board Certified in Practical Holistic Nutrition who has pioneered an innovative nutrition-and-lifestyle-focussed approach to easing anxiety, moodiness, and learning struggles in kids. She is the host of the "Feeding Families" podcast and founder of BodyMindChild. Find Jess at [www.JessSherman.com](http://www.JessSherman.com) and [instagram.com/askjessherman](https://www.instagram.com/askjessherman)



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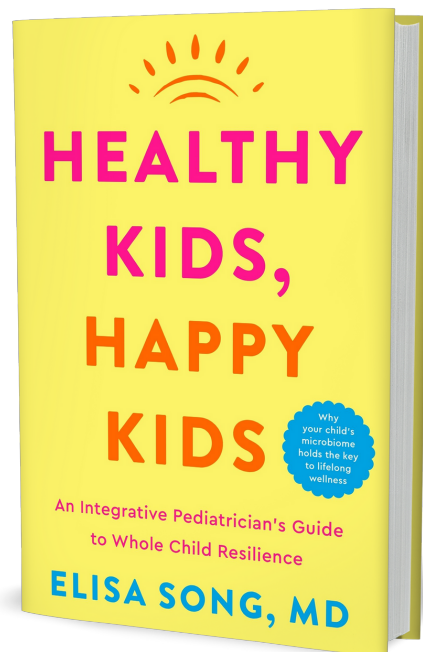


*Dr. Ana-Maria Temple*, is a holistic pediatrician, bestselling author of *Healthy Kids in an Unhealthy World* and *Ending the Eczema Epidemic*. and mother of 3. She has been featured in over 100 TV News and Podcast appearances. Her passion is to inspire, educate and empower mamas to revamp their families health and prevent children from developing chronic disease. [www.dranamaria.com](http://www.dranamaria.com) [@dranamariatemple](https://www.instagram.com/dranamariatemple)



*Katie Wells, CTNC, MCHC, Founder and CEO of WellnessMama.com and Wellnesse.com*. A mom of six with a background in journalism, she took health into her own hands and started researching to find answers to her health struggles and share it with the world. Over 2,000 blog posts and 3 books later, Katie has been named one of the 100 most influential people in health and wellness.

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Dr. Elisa Song

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