



Instead of dairy, pizza is a wonderful healthy replacement for traditional pizza. You can mix up the vegetable combinations or add chopped greens like arugula, basil, or prepackaged pop rocks. Also add your favorite dairy-free cheese before baking.

NEW SOLUTIONS FOR THE GUT REPAIR PUZZLE

THE NO GLUTEN, GRAIN, OR DAIRY RECIPE GUIDE

Recipes to support gut and
immune health



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A top-down view of a rustic, brown ceramic bowl filled with a variety of breakfast cereals, including flakes, nuts, and dried berries. The bowl is set on a dark, textured wooden surface. The word "BREAKFAST" is overlaid in large, white, bold, sans-serif capital letters across the center of the bowl. A solid red horizontal bar is located at the bottom of the image.

BREAKFAST



🍷 Lemon Blueberry Grain-Free Pancakes

These pancakes are best made in a non-stick pan. If you do not have one, lower the heat to avoid sticking. If you prefer, you can sub out the blueberries and add chopped apples and some cinnamon or any type of chopped up berry.

INGREDIENTS:

- ¼ cup plus 2 tablespoons dairy free milk (coconut, almond etc.)
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 tablespoon lemon juice
- 2 teaspoons lemon zest
- 2 tablespoons maple syrup
- 1 cup almond flour
- ½ teaspoon baking soda
- Pinch of sea salt
- ½ cup frozen blueberries
- 1 tablespoon avocado oil or coconut oil

INSTRUCTIONS:

- 1.** In a large bowl, whisk together milk, eggs, vanilla extract, lemon juice, lemon zest, and maple syrup.
- 2.** Add the almond flour, baking soda, and sea salt to the bowl with wet ingredients and stir to combine being sure to mix until there are no clumps left.
- 3.** Fold in blueberries until combined.
- 4.** Heat oil in a large (preferably non stick) skillet on medium heat. Add ¼ cup batter for each pancake and cook until bubbles appear and edges start to crisp. Flip and repeat until batter is gone. Serves 3-4.



H Coconut Cinnamon Maple Noatmeal

This grain-free breakfast porridge is a great alternative to a warm morning cereal like oatmeal. You can make the mixture the night before and just add hot water in the morning. It's easy to double/triple the recipe and store a jar in the refrigerator for up to a week. Enjoy topped with fresh blueberries or strawberries, a dash of cinnamon, chopped nuts or a sprinkle of coconut flakes or hemp seeds.

INGREDIENTS:

- ¼ cup almond flour or other ground nut or seed flour
- ¼ cup chia seeds
- ½ cup finely-shredded coconut
- 1 teaspoon cinnamon
- Pinch of sea salt
- Hot water
- Maple syrup

INSTRUCTIONS:

1. Add all ingredients to a medium-sized mixing bowl and stir to combine well.
2. Add ½ cup of Noatmeal mixture to a serving bowl and top with ¾ cup hot water. Let mixture sit for a few minutes.
3. Top with dairy-free milk, a drizzle of maple syrup, and any other toppings you might like. Serves 2.



✦ Grain-Free Cinnamon Chia Granola

This grain-free granola is super simple to make and stores well on the counter in an airtight container for up to one week. It makes an easy breakfast or snack topped with fresh fruit and dairy-free milk or yogurt

INGREDIENTS:

- 3 cups large coconut flakes
- 1 ½-2 cups pecans, chopped
- ¾ teaspoon salt
- 2 teaspoons cinnamon
- 2 tablespoons coconut sugar
- 3 tablespoons chia seeds
- ¼ cup coconut oil, gently melted
- ¼ cup maple syrup
- 1 teaspoon vanilla extract
- ½ cup dried blueberries or currants

INSTRUCTIONS:

- 1.** Preheat oven to 300°F.
- 2.** Combine coconut flakes, pecans, salt, cinnamon, coconut sugar, and chia seeds in a bowl and mix well.
- 3.** Add melted coconut oil, maple syrup, and vanilla extract to the bowl and mix well making sure to coat dry ingredients evenly.
- 4.** Line a baking sheet with parchment paper and spread mixture onto pan.
- 5.** Bake 25 minutes, stirring at halfway point.
- 6.** Remove from oven and cool completely then add dried currents or blueberries.
- 7.** Store in an airtight container for up to one week.
Yield: 5-6 cups.



LUNCH



🍴 Asian Ground Turkey Lettuce Wraps

This is a delicious and versatile recipe. You can use ground chicken, beef, or turkey with any chopped veggies as toppings. If you like it spicy, try adding more hot sauce to the sauce or on top of your wrap along with the veggies.

INGREDIENTS:

- 1 ½ lbs. ground turkey meat
- 1 tablespoon coconut oil
- 4-6 red cabbage or Romaine lettuce leaves (to use as wraps)

Sauce:

- 2 cloves garlic, minced
- 1/3 cup tamari
- 2 teaspoons coconut palm sugar
- 3 tablespoons rice wine vinegar
- 2 teaspoons sesame oil
- 1-2 teaspoons garlic chili paste or sriracha sauce (optional)
- 2 teaspoons fresh grated ginger

Toppings:

- 1 cup shredded carrots
- 1 cup chopped cilantro
- ½ cup chopped fresh mint
- 1 cup chopped cucumber
- Chopped cashews or almonds

INSTRUCTIONS:

1. Whisk together sauce ingredients and set aside.
2. Heat a medium cast iron or nonstick (preferred) skillet over medium heat. Add coconut and heat for 2 minutes.
3. Add ground turkey and cook until slightly browned (3-5 minutes) then drain juices off.
4. Pour in sauce and cook on medium low for 10-15 minutes.
5. Serve warm in lettuce or cabbage leaves garnished with shredded carrots, chopped cucumber, cilantro, green onions, chopped cashews and extra hot sauce if you'd like. Serves 3-4.



🍴 Dairy-Free Smokey Cream of Mushroom & Vegetable Soup

This soup is a tasty, healthy alternative to regular cream of mushroom soup. You can use any type of mushroom and add in more greens like kale or chard at the end. Adjust the lemon if you like it more tangy and add a pinch of cayenne for spice if desired.

INGREDIENTS:

- 1 tablespoon olive oil
- ¼ teaspoon salt
- 2-3 medium sized leeks, white part chopped
- 2 cups sliced mushrooms (crimini, buttons, shitake, or others)
- 2 garlic cloves, minced
- 2 teaspoons dried dill
- 2 teaspoons smoked paprika
- ¼ cup tamari
- 2 medium carrots chopped
- 4 cups vegetable or chicken stock
- 1 cup raw cashews soaked in hot water for 30 minutes
- 1 1/3 cups warm water
- 3 cups chopped fresh spinach or other hearty greens
- 2 tablespoons fresh lemon juice
- Salt and pepper to taste
- Chopped fresh Italian parsley (optional)

INSTRUCTIONS:

- 1.** Heat olive oil in a medium sized soup pot. Add chopped leeks and a pinch of salt. Cook, stirring occasionally until leeks are soft.
- 2.** Add mushrooms, garlic, dill, paprika, and tamari. Stir to combine and cook an additional 3-5 minutes until mushrooms begin to soften.
- 3.** Add stock and carrots and bring to a boil then reduce heat and allow to simmer for 10 minutes or until carrots are soft.
- 4.** While soup is simmering, strain and rinse cashews.
- 5.** Add cashews to a high-speed blender along with 1 1/3 cups warm water. Blend until smooth.
- 6.** Add blended cashew mixture to simmering soup pot along with chopped spinach. Return to a boil, reduce heat, and allow soup to simmer 2-3 more minutes then turn off heat.
- 7.** Add lemon, salt, and pepper to taste. Feel free to add extra lemon, salt or pepper to your liking.
- 8.** Top with chopped Italian parsley before serving (optional). Serves 4-6.



🍴 Tempeh Taco Salad with Avocado Dressing

This tempeh taco salad is a meal in itself and all of the ingredients can be prepared ahead of time so that it's quick and easy to assemble. Included are suggestions for a salad, however, you can make any type of salad you might like. Double the tempeh and marinade for more leftovers. The dressing serves up to 6 and can be stored in the refrigerator for up to 5 days.

INGREDIENTS:

Tempeh:

- 8 ounces grain-free tempeh
- 1 tablespoons olive or avocado oil

Marinade:

- 1/3 cup tamari
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon cumin
- 1 teaspoon avocado or olive oil
- 1 tablespoon lime juice

Salad:

- Romaine Lettuce
- Red or yellow peppers
- Sliced Radishes
- Black olives
- Chopped cilantro

Avocado Dressing:

- 1 small or ½ large avocado
- ¼ cup lime juice
- 2-3 tablespoons olive oil
- 2 cloves garlic, minced
- 2 teaspoons honey
- ¾ teaspoon salt
- ½ cup cilantro leaves
- ¾ cup water or more to thin as desired
- Salt and pepper to taste

INSTRUCTIONS:

1. Prepare marinade in a medium-sized bowl by whisking ingredients together.
2. Crumble tempeh into bowl and allow it to sit for 10-15 minutes to absorb liquid as much as possible (you can marinate for up to one hour).
3. While tempeh is marinating, make avocado dressing by adding all dressing ingredients to a blender and blending until smooth (see recipe below).
4. In a medium-sized pan, add olive or avocado oil and heat on medium until hot.
5. Add tempeh and cook until slightly browned 5-10 minutes, turn off heat and set aside while assembling salad.
6. Assemble salad as desired with suggested ingredients. Add tempeh and Avocado Dressing. Top with chopped cilantro and serve. Serves 2-4

A top-down view of a light brown ceramic bowl filled with several round, golden-brown balls coated in shredded white coconut. The bowl sits on a grey, textured surface. Scattered around the bowl are a few almonds and a single date. The word "SNACKS" is overlaid in large, white, bold, sans-serif capital letters across the center of the bowl.

SNACKS



‡ Almond Butter Snickerdoodles

These cookies are a great high-protein snack to have during the day or as a dessert. You can make them sweeter by adding an extra tablespoon of coconut palm sugar or less sweet by using less than two tablespoons

INGREDIENTS:

Wet:

- 1 egg (or flax egg)
- 1/3 cup creamy almond butter
- 1/4 cup maple syrup
- 1/4 cup melted coconut oil
- 1 teaspoon vanilla extract

Dry:

- 2 cups almond flour
- 1/2 teaspoon baking powder
- 1 tablespoon cinnamon
- 2-3 tablespoons coconut palm sugar
- Pinch of nutmeg
- 1/4 teaspoon salt

INSTRUCTIONS:

- 1.** Preheat oven to 350° F.
- 2.** Line baking sheet with parchment paper.
- 3.** Combine wet ingredients in one bowl and the dry ingredients in another bowl.
- 4.** Add dry ingredients to wet and stir to combine.
- 5.** Let sit for 5 minutes.
- 6.** Using a 1 tablespoon measuring spoon, roll the dough into balls and place them on the parchment lined cookie sheet. Flatten a bit with your hands into cookie shapes.
- 7.** Bake for 13-15 minutes or until bottoms start to brown. Cool on wire rack before serving. Yield: 12-15 cookies.



🍌 Date Almond Energy Balls

These energy balls take about 5 minutes to make and are an easy recipe to adapt. You can use any nut or nut butter, substitute in flax for chia seeds, and roll them in hemp seeds or shredded coconut for the final step. Store them in an airtight container in the refrigerator for up to 10 days.

INGREDIENTS:

- ½ cup raw almonds
- 12 medjool dates, pitted
- ¼ cup finely-shredded coconut
- 1 tablespoon almond butter
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- 2 teaspoons lemon zest
- Large pinch of teaspoon sea salt

INSTRUCTIONS:

1. In a food processor fitted with an S blade pulse almonds until they are finely chopped.
2. Add pitted dates and process until well combined then add shredded coconut, almond butter, chia seeds, vanilla extract, lemon zest, and sea salt.
3. Process until all ingredients are combined and form a “dough” like ball. Do not over process.
4. Roll dough into individual balls and roll in extra shredded coconut if desired. Yield: 10-12 balls.



🍷 Grain-Free Apple Cinnamon Muffins

These are super easy to make and a great way to grab some quick protein during the day. Enjoy them served with your favorite dairy-free butter and a drizzle of honey.

INGREDIENTS:

Wet:

- 1 ½ cups peeled and diced apple (any variety will do)
- 1 tablespoon lemon juice
- 3 eggs
- 2/3 cup maple syrup
- 2 tablespoons avocado oil or melted coconut oil
- 1 teaspoon lemon zest

Dry:

- 3 cups almond flour
- 1 teaspoon baking powder
- 1/8 teaspoon sea salt
- 1 tablespoon cinnamon

Crumb Topping:

- ¼ cup almond flour
- 1 tablespoon melted coconut oil
- ¼ cup coconut palm sugar
- 1 teaspoon cinnamon
- Large pinch of sea salt

INSTRUCTIONS:

1. Preheat oven to 350°F and line large muffin tin with paper liners.
2. Combine dry ingredients in one bowl and wet ingredients in another larger bowl.
3. Stir wet ingredients into dry ingredients and combine well. Let batter sit for 5 minutes.
4. While batter sits, prepare crumb topping in a bowl and set aside.
5. Fill muffin cups 2/3 full and sprinkle crumb topping on top of each muffin.
6. Bake at 350°F for 25-30 minutes or until golden brown and a toothpick inserted in the center of a muffin comes out clean. Yield: Approximately 10 muffins.

A top-down view of a dark ceramic bowl filled with a vibrant orange salmon soup. The soup is garnished with several pieces of cooked salmon, a soft-boiled egg, and fresh green herbs. The bowl sits on a dark, textured wooden surface. To the left of the bowl, a silver spoon is placed on the table. The word "DINNER" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

DINNER



✦ Grain and Dairy-Free Cauliflower Crust Pizza

This grain and dairy-free pizza is a wonderful, healthy replacement for traditional pizza. You can mix up the vegetable combinations or add chopped greens like arugula, basil, or oregano on top. You can also add your favorite dairy-free cheese before baking.

INGREDIENTS:

- 1 small head of cauliflower (4-5 cups riced)
- 1 ¼ cups almond flour
- 3 large eggs
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 3 cups chopped broccoli florets
- ½ red pepper sliced into 1-inch slices
- 2-3 cups sliced mushrooms (crimini, white button, shitake, or any wild mushroom)
- 1-2 tablespoons olive oil
- ½ teaspoon sea salt
- Dash of pepper
- 1 8 ounce can of organic tomato sauce
- 3 tablespoons nutritional yeast
- 2 cups basil leaves (whole or chopped)

INSTRUCTIONS:

1. Preheat oven to 450 °F and line a baking stone or baking sheet with lightly greased parchment paper.
2. Cut cauliflower into large florets and process in food processor using an S blade. Do not over process, you want larger than rice pieces of cauliflower, not mushy! Alternatively you can also use frozen already riced cauliflower, just make sure to defrost it first and wring out any excess liquid.
3. Add cauliflower to a large bowl along with the almond flour, eggs, sea salt, garlic powder and oregano. Mix well.
4. Place "dough" on greased parchment lined sheet or stone and spread out into a large pizza shape. This recipe can make one large pizza or two small ones.
5. Place in oven on bottom rack and bake for 25 minutes or until the crust starts to brown.
6. While crust is baking add broccoli florets, red peppers, sliced mushrooms, olive oil, salt, and pepper to a large bowl and toss well. Set aside.
7. After 25 minutes, remove crust from oven.
8. Add tomato sauce, sprinkle the nutritional yeast on top of that, then evenly spread the vegetable mixture onto the crust.
9. Lower heat to 400 and place pizza back in the oven and bake for an additional 10-15 minutes or until you see the edges of the crust begin to brown.
10. Remove from oven and allow pizza to cool a bit before serving. Add fresh basil leaves on top if desired..Serves 4-6.



✦ Grain-Free Chicken Nuggets

These chicken nuggets taste great served with Dairy-Free Ranch Dressing, ketchup or mustard and a nice side salad or steamed vegetables. They are easily stored in the refrigerator for up to three days and reheated in the oven later.

INGREDIENTS:

- 1 ½ lbs. chicken tenders or boneless chicken breast cut into nugget-sized pieces
- 2 eggs, whisked
- Splash of milk alternative (coconut or almond milk)
- 1 cup almond flour
- ¼ cup coconut flour
- 1 teaspoon salt
- Pinch of black pepper
- ½ teaspoon garlic powder
- Avocado oil spray or other oil spray

INSTRUCTIONS:

1. Preheat oven to 425°F
2. Line a large baking sheet with parchment paper.
3. Whisk eggs and milk in a bowl and set aside.
4. Combine almond flour, coconut flour, salt, pepper, and garlic powder in a shallow dish and mix well.
5. Sprinkle salt generously over chicken pieces.
6. Working one at a time, place chicken tenders into egg mixture then roll in the dry mixture and place on baking sheet.
7. Coat each piece of chicken in the egg mixture then dry mixture until done and align on baking sheet about ½ inch apart.
8. Spray top of chicken generously with oil spray, flip and spray underside also.
9. Bake approximately 20-25 minutes or until cooked through. Serves 4-6.



🍛 Red Curry Salmon and Vegetable Chowder

This salmon curry makes a great weeknight dinner served with a side salad or cauliflower "rice". You can add more chopped greens (chard, kale, spinach) or chopped zucchini to bulk it up a bit.

INGREDIENTS:

- 1 tablespoon coconut oil
- 1 small onion cut into half moons
- 3 cups sliced mushrooms (crimini, button, or shitake)
- 1 tablespoon red curry paste (more is you like it spicy)
- 1 tablespoon fresh grated ginger
- 2 teaspoons minced garlic
- 2 medium carrots sliced into ¼ inch rounds
- 1 tablespoon coconut palm sugar
- 5-6 cups chicken stock
- 1-14 ounce can of full fat coconut milk
- 1 medium-sized head of bok choy, white parts sliced green parts chopped
- 1 ½ pounds wild-caught salmon, skin removed, cut into bite-sized cubes
- ½ cup chopped cilantro
- Juice of 1 lime
- ¼ cup coconut aminos
- ½-1 teaspoon sea salt to taste

INSTRUCTIONS:

1. In a large soup pot heat coconut oil over medium heat.
2. Add onions and mushrooms with a pinch of salt and cook until soft and onions start to brown.
3. Add red curry paste, ginger, garlic, and carrots. Stir to coat and cook another 2-3 minutes stirring frequently.
4. Add coconut palm sugar, chicken broth, and coconut milk and bring to a boil, reduce heat and simmer for 10 minutes.
5. Add salmon and bok choy and simmer for an additional 5-7 minutes.
6. Turn off heat and stir in chopped cilantro, lime and coconut aminos.
7. Season with salt to taste.
8. Serve topped with extra chopped cilantro and extra lime if desired. Serves 4-6.