



NEW SOLUTIONS FOR THE GUT REPAIR PUZZLE

# THE NO GLUTEN OR DAIRY RECIPE GUIDE

Recipes to support gut and  
immune health



**Kharrazian Resource Center**

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A top-down view of a light-colored ceramic bowl filled with a vibrant salad. The salad consists of chickpeas, broccoli florets, sliced mushrooms, diced red bell peppers, and fresh green herbs like parsley and basil. The bowl is set against a dark, textured background. A semi-transparent white rectangular box is centered over the bowl, containing the word "BREAKFAST" in a bold, white, sans-serif font. A vertical green bar is visible on the left edge of the image.

# BREAKFAST



## **+** Cherry Chia Granola

This delicious granola combines sweet, earthy and spicy flavors and is packed with healthy fats, protein, and fiber. You can serve it with any non-dairy milk, my favorite is almond milk. It's also great sprinkled on top of coconut yogurt with fresh fruit.

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### **INGREDIENTS:**

- 4 cups rolled oats
- 1 tablespoon ground cinnamon
- ¼ teaspoon sea salt
- 1 cup shredded coconut
- 3 tablespoons chia seeds
- 1/3 cup melted coconut oil
- 1/3 cup maple syrup
- 2 teaspoons vanilla extract
- 1 cup chopped dried cherries
- optional: 1/2 cup chopped finely chopped pecans or other nuts
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### **INSTRUCTIONS:**

- 1.** Preheat oven to 325° F and line a large baking sheet with parchment paper
- 2.** Place the oats, cinnamon, sea salt, coconut, chia seeds and chopped nuts (optional) in a large bowl and mix well
- 3.** Add melted coconut oil, maple syrup, and vanilla extract and mix until everything is well combined.
- 4.** Spread oat mixture on parchment-lined baking sheet.
- 5.** Bake for 40-45 minutes or until it starts to turn golden brown, stirring once at the halfway point.
- 6.** Remove from oven and let cool completely, then add chopped dried cherries to the mixture.
- 7.** Store in airtight container for up to two weeks.  
Yield: Approximately 1/2 gallon



## 🍴 Broccoli, Red Onion, and Shitake Mushroom Frittata

This frittata is great for breakfast or an evening meal served with a side salad. You can add any vegetables you'd like. Make sure you use nonstick muffin tins or they are likely to stick.

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### INGREDIENTS:

- 1 ½ cups chopped vegetables (I like broccoli and red pepper)
- 1 tablespoon ghee, butter, olive oil, or avocado oil
- Salt and pepper to taste
- 6 eggs
- 2 tablespoons water
- ½ teaspoon salt
- grated cheese (optional)

### INSTRUCTIONS:

1. Preheat oven to 325°F
2. Grease 6 muffin tins with a fair amount of oil (ghee, coconut oil, butter etc.)
3. Heat a large pan over medium heat
4. Add oil and sauté vegetables until soft and season with salt and pepper
5. Divide vegetables evenly into the greased 6 muffin tins and set aside
6. Whisk eggs, salt and water together well and pour over veggies distributing evenly
7. Sprinkle with salt and pepper and grated cheese (optional)
8. Bake for 35 minutes or until cooked through
9. Allow to cool a few minutes before removing from muffin pan. Yield: 6 muffins





## Farmer's Scramble

This scramble can be made any day of the week as a breakfast, lunch, or dinner. Add avocado, chopped cilantro, parsley, hot sauce, or salsa to spruce it up. If you don't like tempeh you can sauté the veggies first then scramble some eggs and add them in at the end in for an egg scramble. Serve with a side of gluten-free toast or gluten-free tortillas.

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### INGREDIENTS:

#### Tempeh:

- 6 ounces tempeh crumbled into bite sized pieces and marinated in:
- 1 tablespoon avocado oil
- ¼ cup tamari
- 1 garlic clove, minced
- ½ teaspoon dried thyme

#### Veggies:

- 2 tablespoons avocado oil
- ½ medium red or yellow onion, chopped
- 2 cups sliced button mushrooms
- ½ teaspoon garlic powder
- ½ teaspoon dried thyme
- ½ medium red pepper chopped
- ¼ teaspoon sea salt
- 1 cup chopped broccoli florets
- 1 tablespoon apple cider or rice wine vinegar
- Salt and pepper to taste

### INSTRUCTIONS:

1. In a medium sized bowl add crumbled tempeh to marinade and allow to sit for 20-30 minutes while preparing other ingredients.
  2. While tempeh is marinating, heat a large skillet on medium heat and add the 2 tablespoons avocado oil and onions along with a pinch of salt.
  3. Cook onions until they start to soften then add mushrooms and sauté until mushrooms and onions are completely soft.
  4. Add red pepper and marinated tempeh and cook until tempeh is heated through.
  5. Add broccoli and vinegar to the pan. Cover with a lid and steam all ingredients for about 5 minutes or until broccoli is bright green.
  6. Season with salt and pepper to taste and serve topped with chopped avocado, herbs, hot sauce, or any other additions you might like.
- Yield: Serves 4-5



## 🍷 Gluten Free Zucchini Muffins

These muffins are quick, easy, and make a great snack on the go. You can use any gluten-free flour blend, Pamela's Gluten Free Baking Mix works quite well with this recipe. Store them in an airtight container for up to 3 days.

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### INGREDIENTS:

- 2 cups gluten-free flour blend (I recommend Pamela's Baking Mix)
- ½ cup almond flour
- ¼ teaspoon sea salt
- ¼ cup coconut palm sugar
- 2 teaspoons cinnamon
- 2 eggs
- ½ cup dairy free milk (almond or coconut)
- 1 teaspoon vanilla extract
- 1/3 cup maple syrup
- 1 teaspoon lemon zest
- 1 cup coarsely shredded zucchini

### INSTRUCTIONS:

1. Preheat oven to 350°F and line 12 muffin tins with paper liners.
2. In a medium-sized bowl mix gluten free flour blend, almond flour, sea salt, coconut palm sugar and cinnamon.
3. In another bowl whisk together eggs, dairy free milk, vanilla extract, maple syrup and lemon zest.
4. Mix dry ingredients into wet and combine well then fold in shredded zucchini.
5. Fill each muffin tin about half full (approximately ¼ cup per tin).
6. Bake at 350°F for 20 minutes or until a toothpick inserted comes out clean. Yield: 12 muffins

A top-down view of a bowl of Mexican soup. The soup is dark and contains beans, corn, and pieces of meat. It is garnished with fresh cilantro and sliced avocado. A lime slice is visible in the top right corner. The word "LUNCH" is overlaid in large white letters across the center of the bowl.

**LUNCH**



## 🌱 Roasted Vegetable Pasta with Dairy-Free Pesto

This is a delicious pasta dish that can be served alone or with a side salad and some gluten-free garlic bread. You can use penne or fusilli pasta and feel free to add more herbs, extra olives, or a sprinkle of salt and pepper. This is best served right away because gluten-free pasta does not store well. Enjoy!

### INGREDIENTS:

#### Veggies:

- ½ red onion cut into half moons
- 2-3 cups cauliflower florets
- 10 cherry tomatoes
- 1 medium zucchini cut into quarters
- 10-15 kalamata olives pitted and sliced in half lengthwise
- 4 tablespoons olive oil
- 2 teaspoon dried thyme
- 1 teaspoon sea salt

#### Dairy Free Pesto:

- 3 cloves garlic, peeled
- 1 cup packed basil
- 1 cup packed Italian parsley
- 1 cup pine nuts
- ¼ cup olive oil
- 3 tablespoons fresh squeezed lemon juice
- 1 teaspoon sea salt
- ¼ teaspoon black pepper
- 2 tablespoons nutritional yeast

**INSTRUCTIONS:** \*Prepare Dairy-Free Pesto first and set aside.

#### Pesto:

1. In a food processor fitted with an S blade pulse garlic until minced.
2. Add basil and Italian parsley and pulse until blended in with garlic. Scrape down sides of food processor as you go.
3. Add pine nuts and pulse 4-5 times.
4. Add olive oil, lemon, salt, pepper, and nutritional yeast and pulse until a paste forms, again scraping down sides of food processor as you go. (Yield: approximately 1 cup)

#### Veggies/Pasta

1. Preheat oven to 400° and line a baking sheet with parchment paper.
2. Add cauliflower, and red onion to the baking sheet. Drizzle with two tablespoons olive oil, 1 of the teaspoons of dried thyme, and ½ teaspoon of the sea salt.
3. Roast for 15 minutes, then push cauliflower and red onion to one side of the baking sheet and add the zucchini/kalamata olive/tomato mixture pan to the other side of the sheet.
4. Drizzle vegetables with remaining 2 tablespoons olive oil, 1 teaspoon dried thyme and ½ teaspoon salt.
5. Continue roasting all veggies in the oven for an additional 30 minutes.
6. While veggies are roasting, cook pasta according to directions, drain, and set aside.
7. When vegetables are done, remove from oven and allow them to cool for 2-3 minutes.
8. Transfer pasta to a large bowl, add roasted vegetables and stir to combine well.
9. Season with salt and pepper to taste and extra olives, herbs etc. and top with a dollop of pesto (see below). Yield: Serves 4-6



## 🌱 Dairy Free Ranch Dressing

This is a great alternative to a dairy ranch dressing. It can be served with cut up vegetables, as a salad dressing, or dip for sweet potato or french fries. Feel free to add any fresh herbs you might like. Some of our favorites are cilantro, fresh dill, or parsley. Just blend them in gently at the very end after blending everything else.

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### INGREDIENTS:

- 1 cup cashews soaked 4 hours, strained and rinsed
- 2/3-1 cup water (enough to blend)
- 1 tablespoons apple cider vinegar
- ½ teaspoon sea salt
- 1 teaspoon onion powder
- 1 garlic clove, minced
- 1 teaspoon dried dill

### INSTRUCTIONS:

1. Blend all ingredients in a high-speed blender until smooth.
2. Add extra salt and pepper or a squeeze of lemon to taste if needed. Yield: Approximately 1-2 cups





## 🌱 Roasted Smokey Spiced Almonds

These nuts are super flavorful and are a great snack to pack and take with you for the day. It is easy to grab a handful between meals. You can easily mix up the spices in this recipe by simply adding the tablespoon of avocado oil plus any spices you desire.

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### INGREDIENTS:

- 2 cups almonds
- 1 tablespoon avocado oil
- 1 teaspoon sea salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika

### INSTRUCTIONS:

1. Preheat oven to 325°F.
2. Line a baking sheet with parchment paper.
3. Spread almonds out on baking sheet.
4. Sprinkle oil, sea salt, garlic powder, onion powder, and smoked paprika on almonds and stir to coat evenly.
5. Spread nuts out again evenly on sheet.
6. Roast in oven for 20 minutes.
7. Remove and allow almonds to cool on baking sheet. Yield: 2 cups of almonds.



# 🍴 Chicken Tortilla Soup

This is a less than 30-minute recipe when you have the precooked chicken breast available (see recipe below). You can throw this soup together on a weekday night and serve it topped with chopped avocado, minced red onions, extra cilantro, or a dash of cayenne to spice it up.

## INGREDIENTS:

### Tortilla topping:

- 5 corn tortillas cut into ½ inch strips
- 2 tablespoons avocado oil
- ½ teaspoon sea salt
- ¼ teaspoon garlic powder

### Soup:

- 2 tablespoons avocado oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 4 cups chicken broth
- 1 can diced tomatoes
- 1 can black beans strained and rinsed
- 1 cup frozen corn, thawed
- Juice of 1 lime
- 1 teaspoon oregano
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 1 teaspoon sea salt
- Pinch of black pepper
- 2 cups cubed cooked chicken breast (see below for homemade instructions)
- ½ cup chopped cilantro

## INSTRUCTIONS:

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Place tortilla strips on baking sheet and add avocado oil, sea salt and garlic powder. Toss to coat and spread out evenly over baking sheet.
3. Bake in oven for 15 minutes or until they start to brown. Remove tray and allow tortilla strips to cool.
4. Heat a large soup pot on medium heat and add the 2 tablespoons avocado oil, onion, and garlic. Cook for 3-4 minutes until onions start to soften.
5. Next add chicken broth, diced tomatoes, black beans, corn, lime, oregano, smoked paprika, cumin, chili powder, sea salt and pepper. Allow soup to simmer for 10 minutes then add the chicken cubes and cook an additional 5 minutes until chicken is heated through.
6. Add chopped cilantro and extra salt, lime, or pepper to taste.
7. Serve in bowls topped with tortilla strips and toppings of choice (avocado, more cilantro, a squeeze of lime etc.)

## How to Bake Boneless Skinless Chicken Breast:

### Ingredients:

- 1 lb. boneless skinless chicken breast
- ½-1 teaspoon Sea salt
- Large pinch of pepper
- ½ teaspoon garlic powder

### Instructions:

1. Preheat oven to 400°F and lightly oil a baking sheet or glass baking pan.
2. Rinse chicken breasts and pat dry. Sprinkle with sea salt, pepper and garlic powder.
3. Bake in oven for about 20 minutes or until internal temperature is 165°.
4. Allow chicken to cool a bit and cut into cubes.

A close-up photograph of two rustic, dark brown ceramic bowls filled with a vibrant green soup. The soup has a thick, creamy texture and is garnished with fresh, bright green herbs, likely basil, which are scattered across the surface. The bowls are set on a light-colored wooden surface. The word "DINNER" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

**DINNER**



## Veggie Pad Thai

This delicious Veggie Pad Thai dish is a quick and easy meal to whip up. You can mix up the vegetables by adding mushrooms, more carrots or broccoli, cauliflower or even some chopped kale at the end to make it a veggie-heavy dish. Top with extra squeezed lime and chopped cashews, almonds, or peanuts if desired.

### INGREDIENTS:

- 1 8 oz. package brown rice pad thai noodles
- 8 oz. tempeh or tofu cut into cubes
- 2 tablespoon sesame oil
- 2 cloves garlic minced
- 1 cup thinly sliced matchstick carrots (about 1 inch in length)
- 1 cup thinly sliced snap or snow peas
- 1 cup broccoli florets cut into 1 inch pieces
- 3 green onions chopped
- ¼ cup chopped cilantro

### Sauce:

- 4 tablespoons coconut aminos
- 4 tablespoons tamari
- 4 tablespoons rice vinegar
- 2 tablespoons maple syrup
- 4 tablespoons lime juice
- 1 teaspoon garlic chili sauce (optional or more if you like spicy)

### INSTRUCTIONS:

1. Prepare all ingredients ahead of starting recipe and set aside.
2. Cook noodles according to directions on package. Drain, rinse, and toss with 1 teaspoon of sesame oil to prevent noodles from sticking together. Set aside.
3. Whisk all sauce ingredients together in a small bowl and set aside.
4. Heat 2 tablespoons of sesame oil in a large pan or wok on medium heat until hot.
5. Add garlic and stir in for 15-30 seconds until fragrant.
6. Add tofu or tempeh to the pan with the garlic and fry until all sides are golden brown.
7. Add carrots, snap or snow peas, broccoli and 3 tablespoons of sauce and stir until coated, allowing to cook for 3-5 minutes or until vegetables begin to soften.
8. Add cooked noodles, the rest of the sauce, green onions and cilantro to the pan and stir gently making sure everything is coated with sauce. Cook until warmed though.
9. Serve topped with optional chopped peanuts, or cashews and extra lime if desired. Yield: Serves 4





## 🍴 Chinese Chicken Salad

This chicken salad is a delicious, light meal that is simple to make. You can bake the chicken breasts ahead of time and store them in the refrigerator so it's easy to throw the salad together last minute. You can add extra herbs, salt and pepper, and lime to taste. Enjoy!

### INGREDIENTS:

- 1 medium-sized bone-in chicken breast, roasted and cooled to room temperature
- Sea salt and pepper
- ¼ cup lime juice
- 1 teaspoon lime zest
- 2 teaspoons honey
- 4 teaspoons tamari
- ¼ cup sesame oil
- 1 medium napa cabbage shredded/sliced very thin (equal to 7 cups)
- 1 red pepper cut into matchsticks
- ½ cup chopped fresh basil
- ½ cup chopped fresh cilantro
- 2 scallions sliced thin
- ¼- ½ teaspoon sea salt

### INSTRUCTIONS:

#### Baked Chicken:

1. Preheat oven to 350°.
2. Place chicken breast in glass baking dish and sprinkle generously with sea salt and pepper.
3. Bake in oven for 1 hour.
4. Remove and allow to cool a bit before removing meat from the bone.
5. Cut into bite-sized pieces and set aside.

#### Salad

1. In a large bowl whisk together the lime juice, lime zest, honey, tamari, and sesame oil.
2. Add napa cabbage, red pepper, basil, cilantro, and scallions and toss to combine.
3. Fold in chicken, sprinkle with extra ¼ - ½ teaspoon of sea salt and pepper to taste. Yield: Serves 4.



## Cobb Salad with Dairy Free Ranch

These wraps are delicious and so easy to make. You can add extra lime, more ginger or garlic, and any vegetables you might like. Serve on a lettuce or cabbage leaf "wrap" or you can use any hearty green such as kale, chard, or collards.

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### INGREDIENTS:

#### Salad:

- 2 cups chopped Romaine lettuce
- 1 hard boiled egg, sliced into rounds
- 1 cup chopped cooked chicken breast
- ½ cup chopped cucumbers
- ¼ cup sliced black olives
- ½ cup cherry tomatoes, halved

#### Dressing:

- 1 cup hemp seeds
- Juice of 1 large lemon
- ¾ cup water
- ½ cup avocado or olive oil
- 1 garlic clove, minced
- ¾ teaspoon sea salt
- 1.5 teaspoons dried dill
- 1 tablespoon wheat free/ gluten free tamari
- Dash of pepper
- ½ cup cilantro
- 1 tablespoon nutritional yeast (optional)
- ½ cup chopped cilantro

#### Chicken:

- 1 lb. boneless skinless chicken breast
- ½-1 teaspoon Sea salt
- Large pinch of pepper
- ½ teaspoon garlic powder

### INSTRUCTIONS:

1. Add chopped Romaine, sliced egg, chicken breast (see instructions below), cucumbers, black olives, and tomatoes to a large salad bowl.
2. Add all dressing ingredients to a high speed blender then blend until smooth.
3. Drizzle desired amount of dressing on top of salad.
4. Sprinkle with extra herbs, more black olives or hemp seeds if desired.

### How to Bake Boneless Skinless Chicken Breast:

#### Instructions:

1. Preheat oven to 400°F and lightly oil a baking sheet or glass baking pan.
2. Rinse chicken breasts and pat dry. Sprinkle with sea salt, pepper and garlic powder.
3. Bake in oven for about 20 minutes or until internal temperature is 165°.
4. Allow chicken to cool a bit and cut into cubes.

**Yield:** 1 ½ cups dressing

1 large Cobb Salad (serves 1-2)



## Cream of Broccoli Soup

This tasty, dairy-free broccoli soup gets its creamy flavor from the blended cashews. If you prep the cashews beforehand, the soup comes together quickly and is a great addition to a week-night menu.

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### INGREDIENTS:

- 2 cups broccoli stems peeled and roughly chopped
- 2 cups broccoli florets cut into 1 inch pieces
- 3 cups vegetable or chicken stock
- 1 cup raw cashews soaked 4 hours then strained and rinsed
- 1 cup water (to blend cashews)
- 2 tablespoons tamari
- 1 tablespoon dijon mustard
- ½ teaspoon sea salt
- Pinch of nutmeg
- Pinch of pepper
- Optional: 2 tablespoons nutritional yeast
- Optional: chopped chives, scallions or parsley as garnish

### INSTRUCTIONS:

1. Place roughly chopped broccoli stems and florets in a large pot.
2. Cover with vegetable or chicken stock and bring to a boil. Reduce heat and simmer 10-15 minutes or until tender.
3. While broccoli is simmering, rinse and drain cashews and add them to a high-speed blender with 1 cup of water. Blend until smooth and creamy.
4. When soup is done simmering turn off heat and allow to cool 3-5 minutes before adding all ingredients in soup pot to the blender with the cashew mixture.
5. Blend until smooth then add tamari, Dijon mustard, salt, pepper, and nutmeg and gently blend into soup.
6. Return to pot and heat until warm. Add salt and pepper to taste.
7. Serve topped with chopped chives, scallions, parsley and/or an added pinch of salt and pepper.
8. Yield: Serves 4 people