



EDITION: FALL 2023

Low Glutamate **DIET**

30 PRACTICAL AND DELICIOUS RECIPES



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Low Glutamate Diet

Second Edition

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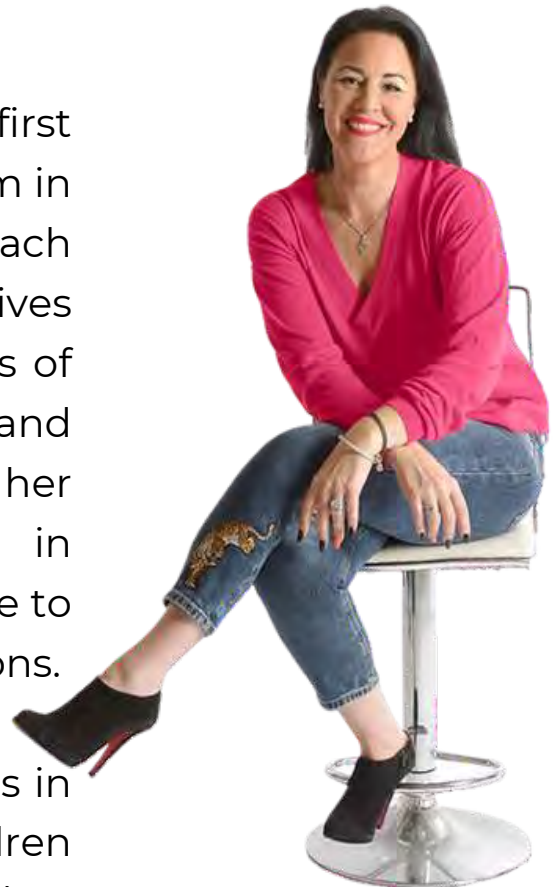
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Kerri Rivera is a leading expert in autism with a strong track record and over 20 years of experience. Homeopath and certified clinician in the DAN! approach (Defeat Autism Now). She is a specialist in biomedical treatments as well as a trained hyperbaric oxygen therapy technician (HBOT). She is the author of several books, an international speaker, and a reference in the field of autism.

As the founder and director of the first biomedical treatment clinic for autism in Latin America, her innovative approach challenges conventional perspectives when addressing the medical causes of autism. Her strong background and clinical certifications support her approach and she has succeeded in transforming lives and providing hope to countless families seeking real solutions.

With a proven track record of success in treating tens of thousands of children with autism. Kerri Rivera has demonstrated her commitment and exceptional skills in delivering tangible results in the field of autism.





Dedication

This cookbook has been inspired by the collaboration and generosity of parents who, like you, seek to create delicious dishes that fit the needs of the diet. We thank each of the parents who have shared recipes, ideas, and who also let us know their needs. What do I feed my child? Sometimes I run out of ideas. Don't know what to cook? I feel like my child is bored of eating the same thing over and over again. These are frequently asked questions and comments that we receive on a daily basis in our social media groups. With that in mind, we carefully selected recipes that fit the low-glutamate diet.

It is our desire that these recipes will be the answer to those frequently asked questions and requests that we receive in the social media community daily. Thank you for your trust and making this project possible.
















***With love,
Kerri***



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Introduction

If I could choose the part of the protocol that would be the most important piece of the recovery puzzle, it would be the diet. When I say, "the diet," I mean the eating plan that I recommend to families who want to start the protocol. It is a combination of the classic casein-free, gluten-free, soy-free diet along with the elimination of sugar, corn, corn syrup, dyes, preservatives, and foods high in glutamate like berries, tomatoes, bananas, broccoli etc.

The diet is the foundation for which we build the rest of the protocol. This is similar to laying the foundation of a house upon which the rest of the structure will rest. Adherence to the diet is critical to the effectiveness of the rest of the protocol.

When a family of a child with autism comes to me, the first thing they want to know is, "What can I do to help my child"? I always, always start with the diet. In fact, I leave them after the first meeting in the hope that they will be able to get their child back, but only if they commit to doing the diet 100%. I explain to family members that they should think about food the same way their great grandparents thought about food.

In past generations, food came straight from the earth unprocessed. Vegetables, meats, eggs, good fats were staples for our great-grandparents and should be for our children as well. We should think about whole, unprocessed foods. It's of little help to go from regular junk food to gluten/casein-free junk food.



"LET FOOD BE THY **MEDICINE** AND
MEDICINE BE THY **FOOD**."

Hippocrates

Why a Low Glutamate Diet for My Child with Autism

Glutamate is a type of amino acid, which are the building blocks of proteins. It can be found in its form as bound glutamate in whole foods such as animal protein and in this form is not problematic or as a free amino acid in processed foods such as monosodium glutamate which is problematic.

Glutamate is not only beneficial, but essential for life, being the most abundant neurotransmitter in the brain. Glutamate activates brain cells to communicate messages and plays a crucial role in brain growth and development, as well as learning and memory. It is estimated to regulate more than 50% of the nervous and sensory systems.

The relationship between glutamate and GABA is critical for balance in brain activity. Glutamate acts as an excitatory neurotransmitter, stimulating nerve signals, while GABA acts as an inhibitory neurotransmitter, providing calm and regulation.

GABA is also predominant for sensory integration, sleep, speech, and language. Both play a crucial role in maintaining balanced brain function. An imbalance in glutamate and GABA can alter the brain's ability to process information efficiently, which could lead to neuron death and/or brain injury.

In cases with autism and related disorders they tend to lean towards excess glutamate and low GABA levels, but a balance must be maintained for their nervous system to function properly.

Almost 100% of the people with autism have chronic inflammation in the brain and intestine. An immune system that does not fulfill its functions will allow for an over growth of excess pathogens like bacteria, fungi, parasites and virus. Several studies have shown that these symptoms can promote increased glutamate signaling. When there is this increase in glutamate, the cells send signals of excess glutamate and when there is this excess, the neurons become excited and overstimulated to the point of dying or being severely damaged, which can cause mitochondrial dysfunction. In addition, excess glutamate impairs methylation and reduces glutathione levels, which are vital for the body's detoxification. Glutamate arrives to the brain via a compromised blood brain barrier. More glutamate in the blood from the leaky gut will cause more openings in the blood brain barrier.

Which is why it is so important for people with leaky gut as in the case in the autism spectrum to avoid high glutamate foods. As for food, many parents report that when they start the gluten and casein-free diet they notice an improvement in their children. The reason for that is because gluten and casein are high in glutamate. That's why many families report improvements when starting the basic gf/cf diet. By removing gluten and casein, they're directly reducing glutamate. Did you know that gluten, casein, soy, and corn are all high in glutamate?

Exposure to glutamate is extensive due to its presence in even natural, unprocessed foods. The three sources of glutamate are:

1. Bound Glutamate: These are those that are in their complete form and are found in foods with high protein content, such as meats. They are digested and absorbed slowly and are not problematic.

Even though animal protein isn't problematic because it doesn't contain free glutamate, which is problematic, it's important to avoid bone broths soups. The big question is: Why must we avoid bone broth soups if it comes from animals?

The answer lies in the fact that by simmering bone broth for many hours, nutrients and other amino acids increase, and among these is glutamine, the second most abundant amino acid in bone broths, and glutamine is a source of glutamate.

2. Naturally Occurring Free Glutamate: Not bound to amino acids, it causes an increase in the bloodstream and is found in foods with gluten, casein, corn, soy, tomato, broccoli, garlic, onion, bananas, berries, etc.

3. Free glutamate as an additive: Present in various forms of processed foods, beyond monosodium glutamate, it is also found in yeast extract, hydrolyzed protein, natural flavors and other flavorings. There are over 160 different names that mean MSG/glutamate.

Understanding the different sources and types of foods that contain glutamate can help you choose the best foods for your child with autism and the rest of the family. The results are very important. Diet is the cornerstone to health and healing.

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Allowed FOODS



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Allowed Foods

Animal Protein:

- Beef
- Pork
- Chicken (skinless, chicken skin is high in glutamate)
- Turkey
- Lamb
- Rabbit
- Duck
- Wild salmon
- Shrimp
- Eggs

Nuts:

- Hazelnuts
- Cashews
- Macadamias
- Pistachios
- Coconut
- Pecans
- Chestnuts
- Pine Nuts

Seeds:

- Sesame
- Sunflower seeds
- Pumpkin seeds
- Flax
- Chia seeds

Fats/Oils:

- Olive Oil
- Coconut Oil
- Lard
- Beef Tallow
- Casein-Free Ghee
- C8/MCT

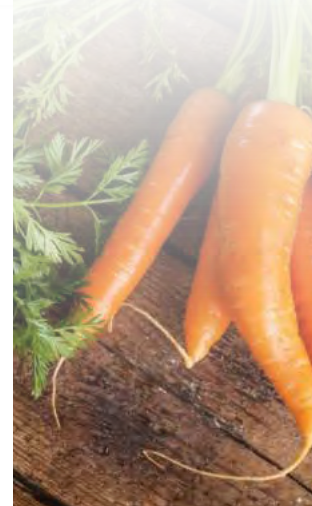
Grains/Legumes:

- Lentils /beans

Fruits:

- Cantaloupe
- Watermelon
- Pears
- Apples
- Peaches/Nectarines

**DO NOT
EXCEED FRUIT
CONSUMPTION**



Allowed Foods

Tubers:

- Potato
- Cassava
- Yucca

**DO NOT
EXCEED 50 G
PER DAY**

Cereals:

- Rice
- Quinoa
- Arrowroot/sago

Sweeteners:

- Stevia
- Monk fruit
- Erythrol
- Xilitol

Others:

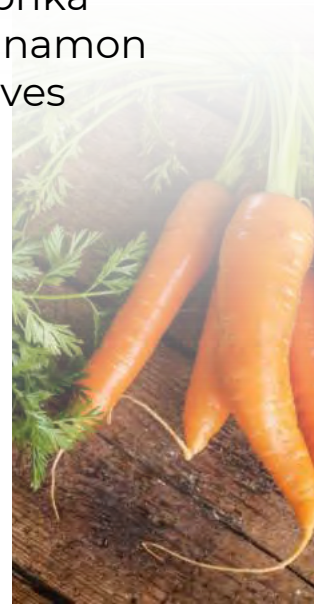
- Carob (observe tolerance)
- Vanilla (alcohol-free)
- Baking powder (aluminum-free)
- Baking soda (aluminum-free)
- Xanthan gum (small amount).

Vegetables:

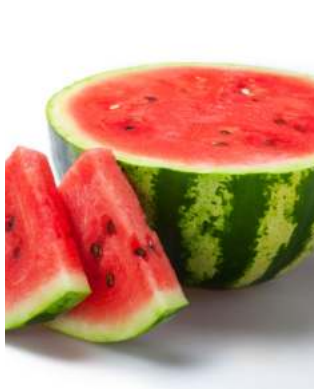
- Carrots
- Asparagus
- Lettuce
- Celery
- Cucumber
- Bell peppers
- Zucchini
- Chayote
- Jicama
- Turnips or radishes
- Cabbage
- Brussels sprouts
- Nopales
- Green beans
- Avocado

Herbs and spices:

- Parsley
- Coriander
- Rosemary
- Basil
- mint
- Cumin
- Pepper
- Bay leaf
- Paprika
- Cinnamon
- Cloves



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ALTHOUGH CERTAIN **FRUITS, TUBERS AND CEREALS** ARE ALLOWED ON THE LOW-GLUTAMATE DIET. **IT IS IMPORTANT TO USE CAUTION WHEN CONSUMING THEM. THESE FOODS ARE HIGH IN CARBOHYDRATES,** AND **THE BODY METABOLIZES THEM SIMILARLY TO SUGAR.** CHILDREN WITH AUTISM OFTEN HAVE AN EXCESS OF PATHOGENS, SUCH AS BACTERIA, FUNGI AND PARASITES, WHICH FEED ON SUGARS.



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Forbidden **FOODS**



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Only a few of the forbidden foods

- Sausages
- Canned
- Chicken skin
- Processed Foods
- Hydrolyzed Foods
- GMO
- Onion
- Cauliflower
- Broccoli
- Chard
- Spinach
- Garlic
- Sweet potato
- Pumpkin
- Corn
- Oat
- Millet
- Soybean/Soy
- No citrus of any kind like oranges, grapefruits, lemon, limes
- Strawberries, Blackberries, Blueberries, Cranberries NO berries of any kind
- Beets



Only a few of the forbidden foods

- Chickpeas/Garbanzo
- Almonds
- Walnut
- Fish sauce
- Soy Sauce/Soybean/Soy Protein
- Mushrooms
- Tomatoes
- Peas nor pea protein
- Grape
- Bone broths
- Vinegar
- Malted barley used in breads and beer.
- Gluten
- Casein
- Matured, cured, or preserved foods, such as mature cheeses (parmesan and roquefort)



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Recipes



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WALNUT PANCAKES



INGREDIENTS:

- Ingredients:
- 1 1/4 cup hazelnut flour
- 1/4 cup tapioca starch
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract (optional)
- 2 tablespoons monk fruit (sweetener)
- 1/4 teaspoon pink or sea salt
- 2 eggs
- 1/3 cup coconut milk

PREPARATION:

- In a blender or food processor, blend all ingredients for 1 minute or until smooth.
- Heat a griddle or frying pan previously greased with coconut oil or casein-free ghee over medium heat.
- Pour small portions of the mixture onto the hot griddle to form the **pancakes**.
- Cook until golden brown on both sides.
- This recipe is low in carbs and can serve as a side dish to any meal.



RICE PANCAKES

Rice Flour



Coconut Milk



Coconut Oil



INGREDIENTS:

- 2 eggs
- 1/3 cup rice flour
- 1/4 cup coconut milk
- 1 tablespoon of coconut oil
- Vanilla and sweetener to taste.

PREPARATION:

- Start by separating the egg whites and yolks. Beat the egg whites together with the sweetener until they reach stiff peaks and set aside.
- In another bowl, lightly whisk the yolks with the vanilla and coconut oil.
- Gradually add the rice flour to the egg yolk mixture, alternating it with the coconut milk. Continue whisking until smooth. Then, fold the egg whites into the mixture with gentle, enveloping strokes.
- Heat a previously greased skillet over medium heat.
- Pour portions of the mixture into the pan to form the pancakes.
- Cook the pancakes over medium heat until golden brown on both sides.



COCONUT TORTILLAS

Coconut Flour



Eggs



pink Salt



INGREDIENTS:

- 1 cup of egg whites
- 1/3 cup of coconut flour
- 150 ml of water
- 1/4 teaspoon baking powder
- 1/4 teaspoon pink salt

PREPARATION:

- In a bowl, whisk all ingredients together. The mixture should have a very fine consistency.
- Heat a skillet over medium heat and brush with some coconut oil or casein-free ghee.
- Pour 1/4 cup of the mixture into the center of the pan and shake the pan until the mixture is evenly distributed.
- Cook until the edges begin to dry out and rise from the pan, and the tortilla begins to brown, about 2 to 3 minutes.
- Carefully lift the edge of the tortilla with a silicone spatula. The center of the tortilla may still be a little moist, so be patient. Wait until it releases easily and then flip the tortilla to the other side. Cook another 2 to 3 minutes until golden brown.
- To preserve, place a piece of parchment paper between each tortilla and place them in an airtight container or zip-lock bag before freezing.



ZUCCHINI WAFFLE



INGREDIENTS:

- 3 eggs
- 1 zucchini, grated, raw and well drained.
- 1/4 teaspoon oregano
- 1/4 teaspoon paprika
- Salt to taste

PREPARATION:

- Drain the grated zucchini to remove excess water and mix with the other ingredients in a bowl.
- Cook the mixture in the waffle maker or in a frying pan, covering to achieve an even browning on both sides.

ZUCCHINI AND GROUND BEEF PANCAKE



INGREDIENTS:

- 1 small potato
- 1 small zucchini
- 2 small carrots
- 80 grams of yucca flour
- 1 egg
- Salt and pepper to taste
- Olive oil

PREPARATION:

- Peel the potato, zucchini, and carrots, and grate them. Place them in a kitchen towel and drain them, squeezing them well until they release all the liquid.
- Pour the mixture into a bowl and add the egg, cassava flour, salt, and pepper to taste.
- Spread the mixture in a skillet or on a baking sheet, then drizzle olive oil over the top.
- Bake in a preheated oven at 356 degrees Fahrenheit for approximately 30 minutes, or until golden brown.



EVERY CHILD IS **UNIQUE** AND MAY **REACT DIFFERENTLY TO FOOD**. EVEN IF A **FOOD IS ALLOWED**, IT DOES **NOT GUARANTEE** THAT IT WILL BE WELL **TOLERATED** BY THE **CHILD**. IF YOUR CHILD **SHOWS SIGNS OF INTOLERANCE**, SUCH AS **RED CHEEKS** OR EARS, OR IF THEY GET **HYPERACTIVE AFTERWARDS**, IT IS AN INDICATION THAT THEY ARE **NOT TOLERATING** IT WELL AND, IN THAT CASE, **YOU SHOULD REMOVE** THAT FOOD FROM THEIR **DIET**. WE WOULD **AVOID** IT FOR A **FEW MONTHS**. THEN SEE IF THE GUT HAS SEALED AND CAN THEN **TOLERATE** THAT OR **THOSE FOODS** THAT WERE **NOT PREVIOUSLY TOLERATED**. **HEALING** THE GUT GETS RID OF **FOOD ALLERGIES**.



VEGETABLE NUGGETS

Tapioca Flour



Olive Oil



Carrot



INGREDIENTS:

- 2 medium potatoes, boiled.
- 100 grams of grated carrot
- 2 eggs
- 50 grams of tapioca flour
- Ground beef or chicken (pre-cooked)
- Salt to taste
- Oregano to taste
- 2 tablespoons olive oil

PREPARATION:

- Pre-cook the chicken or ground beef to your liking.
- Mash the potatoes into a puree, then mix with the rest of the ingredients.
- With damp hands, take small portions of the mixture and shape them into Nuggets.
- If your child likes crunchy textures, you can dip the Nuggets through beaten egg and then pork rind flour; This way, they will be crispier.
- Put the Nuggets in a preheated oven at 356 degrees Fahrenheit for about 20-25 minutes.
- **Pork rind flour (Page 56)**

YUCCA CUPCAKES

Yucca



Salt and Pepper



olive Oil



INGREDIENTS:

- 1 kg boiled cassava
- Salt and pepper to taste
- 1 tablespoon olive oil

PREPARATION:

- It is recommended to boil the cassava a day before and leave it in the fridge overnight. Then, grate it while it's cold.
- Add the salt, pepper and olive oil. Knead until you get a smooth, uniform mixture.
- Form small spheres and flatten them with the help of a press on a piece of plastic bag or parchment paper.
- Add the filling of your choice in the center, fold the dough and seal the edges with the help of a fork. Then, glaze the cakes with beaten egg.
- Bake or air fryer at 360 degrees Fahrenheit for 15 minutes.



YUCCA STICKS

Yucca



Oregano



Ground Pork Rinds



INGREDIENTS:

- 1 cup boiled cassava
- 1 cup ground pork rinds
- 1/4 cup cassava starch
- 1 egg
- Salt to taste
- Oregano to taste

PREPARATION:

- Start by boiling the cassava until it's fully cooked. Then, refrigerate until well chilled.
- Grate the chilled cassava and place it in a large bowl.
- Add the ground pork rinds, cassava starch, egg and season the mixture with salt and oregano to taste. Mix all the ingredients until you get a uniform dough.
- Lightly dampen your hands with water to prevent the dough from sticking to them and form the yucca sticks.
- Place them in the air fryer and cook them until crispy. Cooking time can vary, but it will usually take a few minutes.



PIZZA

Eggs



Ground Flaxseed



Olive Oil



INGREDIENTS:

- 3 eggs
- 4 tablespoons ground flaxseed
- 1 tablespoon chia seeds
- 2 tablespoons casein-free olive oil or ghee
- 1/4 teaspoon Italian seasoning (optional)
- Salt to taste

PREPARATION:

- Preheat the oven to 392 degrees Fahrenheit.
- In a large bowl, combine all ingredients until smooth.
- Place the dough on a baking sheet covered with parchment paper. Roll out the dough to the desired thickness; The thinner it is, the crispier it will be.
- Bake for 6 minutes, or until edges are golden brown.
- Remove the dough from the oven and spread the red pepper sauce over the base, add the previously cooked animal protein according to your taste or your child's preferences.
- You can also add some pieces of cashew nut ricotta.
- Bake again for 10 - 15 minutes.



**RED PEPPER SAUCE:
PAGE 33**



**CASHEW RICOTTA:
PAGE 34**



SALMON CROQUETTES



INGREDIENTS:

- 300g of pre-cooked salmon
- 1 egg
- 1 tablespoon of chopped parsley
- 1 tablespoon of mayonnaise
- Salt and pepper to taste
- Pork rind flour

PREPARATION:

- In a bowl, mix all the ingredients until you get a dough.
- Form the croquettes and dip them in the pork rind flour.
- Cook the croquettes in a pan with casein-free ghee or lard until golden brown. You don't need to overcook them; just enough for the pork rind to stick to the croquette and achieve a crispy texture.
- **Recommendation:** Opt for wild salmon instead of farm-raised or pool-raised, as farm-raised salmon are fed soy and corn, and there is a risk of contamination from droppings from the fish themselves.



EGGS HAVE EIGHT **ESSENTIAL** AMINO ACIDS THAT WE MUST **INCORPORATE** INTO OUR **DIET** AND THAT **WE CANNOT** OBTAIN ON **OUR OWN**. WE SUGGEST **ORGANIC FREE-RANGE EGGS** WITH ALL THEIR **NATURAL VITAMINS** AND **OMEGA 3S**. IF YOU HAVE A FOOD ALLERGY TO **CHICKEN EGGS**, YOU CAN TRY **DUCK, GOOSE, OR QUAIL EGGS**.





RED PEPPER SAUCE

Red Peppers



Basil



Pine Nuts



INGREDIENTS:

- 2 tablespoons of casein-free olive oil or ghee
- 2 red peppers
- 1 carrot
- 1 tablespoon of cilantro
- 5 fresh basil leaves
- 2 tbsp of pine nuts
- Salt to taste

PREPARATION:

- Wash and cut the carrot and peppers into chunks. Sauté until tender.
- Turn off the heat and add the cilantro and basil leaves, letting sit until it reaches room temperature.
- Process the mixture together with the pine nuts and salt until you get a fine cream.
- This delicious sauce is perfect to accompany pasta, pizzas, and other preparations.

CASHEW RICOTTA

Cashew Nuts



Oregano



Olive Oil



INGREDIENTS:

- 2 cups of cashew nuts
- 1/4 cup of water
- 1/2 teaspoon of salt
- 1/4 teaspoon of oregano (optional)
- 2 tablespoons of olive oil

PREPARATION:

- Soak the cashew nuts overnight. Then, drain and rinse them thoroughly.
- In the food processor, combine the cashew nuts, water, salt, oregano (if desired), and olive oil.
- Process the ingredients until you get a ricotta-like texture.
- Add more water if you prefer a runnier texture.
- **Note** for a sweet version, ideal for decorating a cake: Substitute salt for stevia or monk fruit, a drizzle of vanilla, and olive oil for 1 tablespoon of coconut oil.
- Enjoy this delicious recipe in all your preparations, whether in its savory or sweet version!



HOMEMADE MAYONNAISE

Ghee



Salt and Pepper



Eggs



INGREDIENTS:

- 4 boiled eggs
- 2 tbsp of water
- 4 tablespoons of casein-free olive oil or ghee
- Salt and pepper to taste

PREPARATION:

- Cook the eggs in boiling water for 12 minutes.
- Remove the yolks.
- Place the egg whites in a food processor along with the water and olive oil, and process until smooth.
- Adjust the salt and pepper to your liking.
- Refrigerate before use to improve consistency.



ELIMINATING **GLUTEN, CASEIN, SOY, AND CORN** FROM THE DIET SHOWS SIGNIFICANT **IMPROVEMENTS.**

*Did you know that they are all high in
Glutamate?*



CARROT BREAD

Carrot



Coconut Flour



Eggs



INGREDIENTS:

- 1/2 carrot, grated.
- 1 egg
- 1 tablespoon of coconut flour
- Salt and spices to taste.

PREPARATION:

- Place all the ingredients in a bowl and mix with a fork or whisk until completely integrated.
- Pour the mixture into a square pan that has been previously oiled or lined with baking paper, to obtain a sandwich bread shape.
- Bake in a preheated oven at 356 degrees Fahrenheit for about 10 minutes or until a stick inserted in the center comes out dry.

VARIANT FOR FRYING PAN:

- This recipe can also be made in a skillet. Use a small skillet to hold the shape of a bun. Cook over low heat and cover with a lid to further concentrate the heat for even cooking.
- Spread the bread with homemade mayonnaise, add lettuce, chicken or other toppings to your liking to create a delicious healthy sandwich.



QUINOA BREAD

Quinoa



Sesame Seeds



Eggs



INGREDIENTS:

- 300 gr of quinoa
- 4 eggs
- 1 tablespoon of baking powder
- 1/2 teaspoon salt
- Optional: sesame seeds for garnish

PREPARATION:

- Soak the quinoa in full water for 12 hours or from the day before.
- Rinse the quinoa very well, drain it and blend with the other ingredients until you get a homogeneous mixture.
- Pour the mixture into a rectangular tin of approximately 22 cm, previously oiled and floured or lined with baking paper at the bottom.
- Bake at 356 degrees Fahrenheit for 40 minutes or until toothpick inserted comes out dry.
- You can store the bread slices in the refrigerator and heat them in the air fryer or toast them according to your preference.

CHIA AND FLAXSEED BREAD



INGREDIENTS:

- 150 g of flaxseeds
- 200 g of chia seeds
- 6 eggs
- 1 teaspoon of baking soda
- 1 teaspoon of baking powder
- 1 teaspoon of salt
- 120 ml of water
- Sesame seeds for garnish (optional)

PREPARATION:

- Blend the flaxseed and chia until it is homogeneous flour.
- Beat the eggs until they double in size.
- Add the chia and flaxseed flour, along with the other ingredients, to the beaten eggs.
- Mix all the ingredients well.
- Pour the mixture into a mold and sprinkle sesame seeds (if you decide to use them) over the surface.
- Bake at 356 degrees Fahrenheit for 40 minutes or until a tester inserted comes out dry.

ADVICE:

Cut the bread into slices and store in the refrigerator for longevity. Given its high seed content, it is very satiating.



CHOCO-HAZELNUT MUFFINS



INGREDIENTS:

- 3 eggs
- 1/3 cup of Monk fruit
- 1/3 cup of coconut oil
- 1/3 cup of coconut milk or hazelnut milk
- 1/2 cup of coconut flour
- 1/2 cup of ground hazelnuts
- 4 tbsp of carob tree
- 1 teaspoon of baking powder
- Chopped hazelnuts (to taste)

PREPARATION:

- Preheat oven to 350°F (180°C).
- Whisk eggs, monk fruit, coconut oil, and coconut milk in a large bowl.
- Add coconut flour, ground hazelnuts, carob powder and baking powder. Mix well.
- Add chopped hazelnuts and stir gently.
- Pour the mixture into a muffin tin.
- Bake for 25-30 minutes or until, when a toothpick inserted comes out clean.
- Let the muffins cool and, if you like, add some hazelnut cream with carob to give them a delicious Nutella touch.



CARROT CAKE



INGREDIENTS:

- 2 eggs
- 2 medium carrots
- 5 tbsp of coconut oil
- 100 ml of coconut milk
- 70 g of Monk Fruit
- 1 1/2 cup of ground hazelnuts
- 2 tablespoons of baking powder
- 1 teaspoon of cinnamon
- 1 teaspoon of vanilla
- 1 handful of chopped pecans and hazelnuts

PREPARATION:

- In a blender or food processor, add eggs, coconut oil, vanilla, coconut milk and carrots; Process and pour the mixture into a bowl.
- Start mixing the dry ingredients (ground hazelnuts, baking powder and cinnamon)
- Add the chopped walnuts and mix well.
- Place the mixture in a pre-oiled and floured cake pan.
- Bake in a preheated oven at 356 degrees Fahrenheit for 35-40 minutes, or until a tester inserted comes out dry.

COCONUT CAKE



WET INGREDIENTS:

- 4 eggs
- 1/4 cup of coconut oil
- 200 ml of coconut milk

DRY INGREDIENTS:

- 2 cups of hazelnut flour
- 1 1/2 cup of shredded coconut (unsweetened)
- 1/2 cup of Monk fruit sweetener
- 1 teaspoon of baking powder (not containing aluminum)
- Cinnamon and vanilla to taste
- 1 pinch of salt

PREPARATION:

- In a bowl, mix all the wet ingredients together.
- Then, add the dry ingredients one by one.
- Use the pan of your choice, but first place parchment paper in the bottom to prevent the cake from sticking.
- Garnish with hazelnuts or shredded coconut and bake in a preheated oven at 390°F (200°C) for 30 minutes.
- Tip: Check doneness by inserting a tester into the center of the cake; if it comes out dry, the cake is done.

VEGAN BROWNIE



INGREDIENTS:

- 1 cup of ground walnuts (pecans, hazelnuts, or cashew nuts)
- 1/4 cup of casein-free ghee or coconut oil
- 4 tbsp of carob powder
- 1 teaspoon of vanilla extract
- Stevia to taste
- 1 zucchini
- Chopped walnuts (optional)

PREPARATION:

- Grate the zucchini with its skin and place it on a napkin or tea towel to drain off excess water.
- Pour the liquid ingredients into a bowl, followed by the dry ingredients. Mix well until you get a homogeneous dough. Adjust the amount of stevia to your preference and add the chopped walnuts if desired.
- Pour the mixture into a greased mold and bake for 25 to 30 minutes at 392°F.
- Allow to cool before slicing.



COCONUT FLAN



INGREDIENTS:

- 4 eggs
- 400 ml of coconut milk
- 1 teaspoon of vanilla (without alcohol)
- Sweetener to taste

PREPARATION:

- Blend all ingredients in a blender.
- In a cheese maker, place 1/4 cup of Monk Fruit or stevia. When it crystallizes, add a splash of vanilla to give the syrup a delicate caramel color.
- Add the mixture to the cheese maker and bake in a double boiler for about an hour at 350°F.

TIP:

Check the consistency of the flan by inserting a knife in the center; if it comes out clean, the flan is ready. Allow to cool before unmolding and enjoy this delicious coconut flan.



GLUTAMATE IS AN EXCITATORY NEUROTRANSMITTER. WHEN GLUTAMATE IS IN EXCESS, IT CAN **TRIGGER** A LONG LIST OF **HEALTH PROBLEMS** SUCH AS

Epilepsy, Anxiety, Depression, Hyperactivity, Autism, Migraines, etc.

COCONUT MACAROONS



INGREDIENTS:

- 1 1/2 cup of dried coconut/dehydrated coconut (not coconut flour)
- 1 egg
- 1 teaspoon of vanilla extract
- Sweetener to taste

PREPARATION:

- In a large bowl, whisk together the dried coconut, egg, vanilla extract, and sweetener to taste. Make sure you get a homogeneous mixture and refrigerate for 30 minutes so that the dough acquires consistency.
- After the refrigeration time, form small balls (macaroons) with your hands and place them on a tray with baking/wax paper at the bottom to prevent them from sticking during baking.
- Preheat the oven to 338 degrees Fahrenheit and bake for about 10 minutes.

COCONUT MUFFINS

Eggs



Coconut Oil



Vanilla Extract



INGREDIENTS:

- 3 eggs
- 1/2 cup of coconut oil
- 1/4 cup of Monk Fruit
- 1/2 cup of coconut flour
- 1/4 teaspoon of pink salt
- 1/2 teaspoon of vanilla extract
- 1/2 teaspoon of baking powder
- 1/2 cup of unsweetened shredded coconut

PREPARATION:

- Preheat the oven to 356°F.
- In a bowl, beat the eggs, then add the coconut oil, monk fruit, and vanilla extract. Mix well.
- Gradually fold in the sifted coconut flour, unsweetened shredded coconut, salt, and baking powder. Be sure to mix well.
- Pour the mixture into the cupcake liners, filling them to about 2/3 full.
- Bake at 356°F for 25 minutes or until a toothpick inserted into the center of a cupcake comes out dry.

CHOCOLATE AND PISTACHIO BARS

Pistachio



Coconut Oil



Ground Hazelnuts



INGREDIENTS:

- 1/2 cup of hazelnut cream
- 1/4 cup of Monk fruit or Stevia
- 1/4 cup of coconut oil
- 1 cup of ground hazelnuts or cashews
- Chopped pistachios or shredded coconut for garnish

PREPARATION:

- Mix the hazelnut spread, coconut oil, sweetener and hazelnut or cashew flour until smooth.
- Pour the mixture into a freezer-safe mold (ideally silicone for easy unmolding).
- Freeze for 30-40 minutes or until the mixture solidifies.
- Then, cut into bars and then into squares.
- Top each piece with chocolate syrup and garnish with chopped pistachios or shredded coconut.

CHOCOLATE DONUTS

Carob Flour



Coconut Oil



Hazelnuts



INGREDIENTS:

- 3 tablespoons of ground pecans
- 3 tablespoons of ground hazelnuts
- 1/2 teaspoon of baking soda
- 1 tablespoon of psyllium
- 3 eggs
- 2 tablespoons of melted coconut oil
- 3 tbsp of carob flour
- 1 tablespoon of coconut milk
- 1 tablespoon of Monk Fruit
- 1 teaspoon of vanilla

PREPARATION:

- Preheat the oven to 320°F.
- In a bowl, mix all the ingredients. Use a blender to mix all the ingredients well until you get a homogeneous mixture.
- Pour the mixture into the donut pans, filling about 2/3 full, as the mixture will rise a bit during cooking.
- Bake for about 15-20 minutes at 320 degrees Fahrenheit.



CHOCOLATE SYRUP

Vegetable Milk



Carob



Vanilla Extract



INGREDIENTS:

- 1 cup of plant-based milk (hazelnuts, cashews, or coconut)
- 1/2 cup of monk fruit
- 1/2 cup of carob powder
- 1 teaspoon of vanilla
- 1 pinch of salt

PREPARATION:

- In a pot, place all the ingredients except the vanilla.
- Cook over low heat, stirring constantly, until the mixture thickens and has a syrup-like consistency.
- When you remove from the heat, add the vanilla, and let cool.
- Store in the refrigerator.

TWO-TONE BARS



INGREDIENTS:

- 6 eggs
- 1 cup of coconut milk
- 1/2 cup of melted coconut oil
- 1 cup of coconut flour
- 1 teaspoon of baking powder
- 2 teaspoons of stevia
- 2 tablespoons of carob powder

PREPARATION:

- Preheat the oven to 356 degrees Fahrenheit.
- In a large bowl, beat the eggs, then add the milk and melted coconut oil. Mix until you get a uniform consistency.
- Add the coconut flour, baking powder and stevia. Mix well until all ingredients are fully integrated.
- Divide the mixture into two separate bowls.
- Add the carob powder to the second bowl and mix until well incorporated.
- On a baking sheet, pour the lighter mixture first, then the darker one.
- Bake for 30 minutes or until toothpick inserted comes out clean.
- Let cool before portioning and enjoy these delicious two-tone coconut and carob brownies!



EXCITOTOXICITY IS A PHENOMENON THAT REFERS TO THE **TOXIC ACTIONS** OF EXCITATORY **NEUROTRANSMITTERS**, ESPECIALLY **GLUTAMATE**. OVERACTIVATION OR **PROLONGED STIMULATION** OF **GLUTAMATE** RECEPTORS TRIGGERS A CASCADE OF NEUROTOXICITY, **RESULTING** IN **LOSS OF NEURONAL FUNCTION** AND **CELL DEATH**.





HAZELNUT CREAM

Hazelnuts



Vanilla



Carob



INGREDIENTS:

- Hazelnuts
- Monk Fruit
- Pinch of salt
- Vanilla to taste
- Carob (Optional)

PREPARATION:

- Preheat oven to 350°F (180°C).
- Place the hazelnuts on a baking sheet and toast in the oven for 7-8 minutes.
- Remove from the oven and rub the hazelnuts with a cloth to remove the skin easily.
- Let the hazelnuts cool completely, then place them in a food processor.
- If your processor isn't very powerful, process in intervals until you get a liquid mixture.
- Add Monk Fruit, a pinch of salt and vanilla to taste.
- If desired, you can add 1 or 2 tablespoons of carob to give it a chocolate flavor.
- Process again until all the ingredients are well incorporated and you get the desired consistency.
- Store in an airtight container and enjoy this delicious hazelnut spread in your recipes. Enjoy your meal!



MEAT SEASONING

Pink Salt



Cumin Powder



Dried Basil



INGREDIENTS:

- 1/2 cup of Pink or sea salt
- 1 tablespoon of ground black pepper
- 1 tablespoon of dried parsley
- 3 tablespoons of chili powder (optional)
- 1 tablespoon of dried basil
- 1 tablespoon of ground cumin
- 2 tablespoons of paprika powder

PREPARATION:

- Buy the spices separately, making sure to read the ingredient list thoroughly and checking that each spice is pure, without any other filling ingredients. Place all the ingredients in a bowl, mortar and pestle, and blend until smooth. Store in a glass container with a plastic lid at room temperature.



ITALIAN SEASONING

Dried Parsley



Dried Basil



Dried Rosemary



INGREDIENTS:

- 2 tablespoons of dried parsley
- 1/4 cup of dried basil
- 1/4 cup of dried oregano
- 1/4 cup of dried rosemary

PREPARATION:

- Buy the herbs separately, making sure to read the ingredient list thoroughly and checking that each one is pure, without any other filler ingredients. Mix all the herbs in a bowl and store in an airtight container at room temperature.



PORK RIND FLOUR



INGREDIENTS:

- Bag of pork rinds

TOOLS:

- 1 food processor or blender

PREPARATION:

- To make pork rind flour, you should use pork rinds, make sure the ingredient list contains only pork skin. Place the pork rinds in a food processor and blend them to a flour-like consistency. Store it in an airtight container or ziploc bag to maintain its freshness and texture. Now, you have a pork rind flour ready to enhance your preparations with a crunchy and delicious touch.

KERRI RIVERA



Recommended **KITCHEN UTENSILS**



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When it comes to cooking, the choice of cookware is crucial. These not only influence efficiency in the kitchen, but also the health and safety of the meals we prepare. Some utensils can release toxic substances or chemically react with food, while others are safe and healthy. Below, we'll explore the recommended cookware for healthy cooking and those best avoided.

Recommended Kitchen Utensils:

- **Surgical Grade Stainless Steel:**

Stainless steel cookware is an exceptional choice. They are durable, stain-resistant, and do not react with food. Make sure they are food-grade and do not contain unwanted alloys. Their only downside is that they can sometimes require a moderate amount of oil for cooking.

- **Cast Iron:**

Cast iron pans and pots are ideal for cooking and have a durability that could be considered eternal. They retain heat, allowing for even cooking, as well as adding a delicious flavor to food. However, they require proper maintenance to prevent rusting. Care includes washing them with a soft sponge, drying them very well and lubricating them with a little coconut or olive oil so they will never oxidize.

- **Glass:**

Glass utensils, such as baking dishes and food storage containers, are safe and do not release toxic substances. The only downside is that they are not ideal for transporting food outside the home, especially in lunch boxes as it would not be safe for children in case the container falls and breaks.

- **Ceramics:**

Ceramic cookware is a safe and versatile choice for dishes, casseroles, and slow-cooking utensils. They are fairly non-stick without containing hazardous chemicals and contaminants such as PTFE and PFOA, which were often used in the past to create non-stick products. Plus, they're easy to wash and are an eco-friendlier option than other materials.

However, if they are not properly cared for, the non-stick ability of the ceramic can easily wear out and if that happens it is best to change the pan immediately.

- **Wooden or silicone utensils:**

Cookware made of wood or silicone is gentle on non-stick surfaces and won't damage your pans. Plus, they're heat-resistant and don't release harmful chemicals.

KERRI RIVERA



Kitchen Utensils **TO AVOID**



KERRI RIVERA

- **Teflon non-stick:**

Teflon-coated nonstick pans can release perfluorinated chemicals (PFCs) when heated to high temperatures. These chemicals have been associated with health problems.

- **Aluminum:**

Aluminum can react with acidic foods and release aluminum particles, which has been linked to diseases such as Alzheimer's and other neurodegenerative disorders, including autism.

- **Plastic:**

Low-quality plastic cookware can release chemicals when heated, contaminating food. Opt for food-grade plastic that's BPA-free, or better yet, choose utensils made of wood, silicone, or glass.

- **Unclad Copper:**

Uncoated copper cookware can release dangerous amounts of copper into food.

Substitutions:

- Hazelnut flour can be substituted with flour from other permitted nuts. When we talk about flour in this context, we are referring to the ground nuts or seeds.
- Coconut milk can be substituted with any other plant-based milk from the list of nuts and seeds allowed on the low-glutamate diet like cashew nuts or sesame seeds.
- Coconut oil can be substituted with casein-free ghee, or any other nut butter allowed in the low-glutamate diet.

Definitions

- **Ghee:**

It is a form of clarified butter. When looking for quality ghee, it's important to choose those that specify on their label that they are casein-free.

- **Vanilla extract:**

When purchasing vanilla extract, be sure to select options that are alcohol-free and contain no artificial colors or flavors.

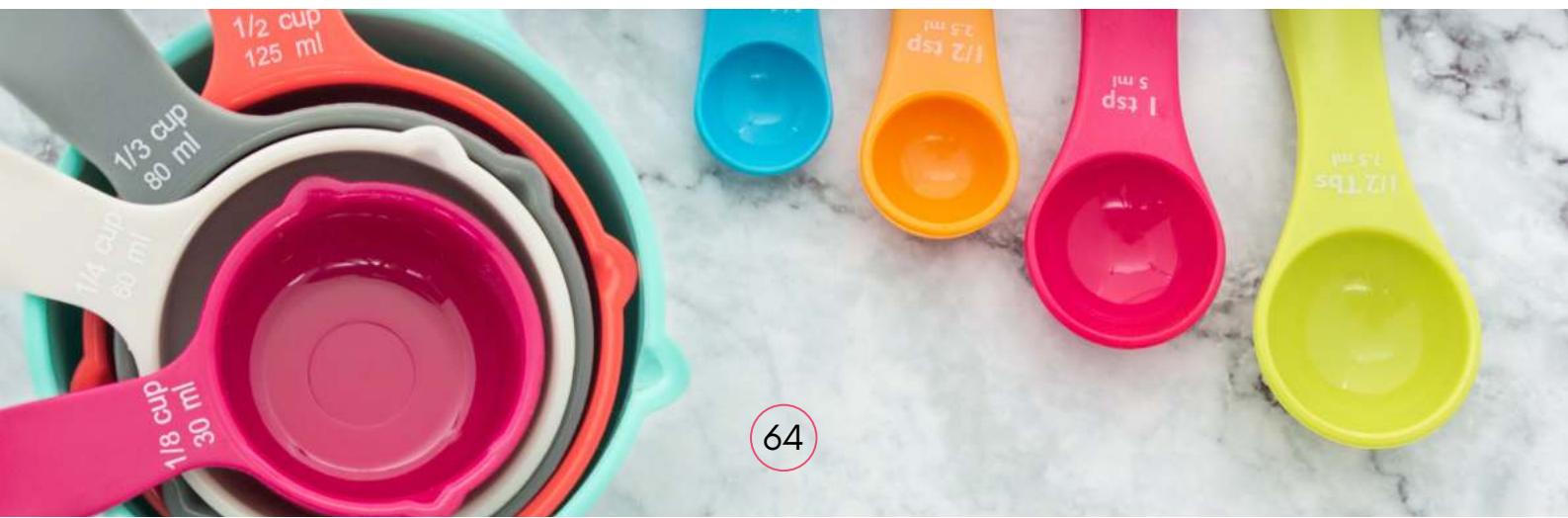
- **Baking soda and baking powder:**

They should be free of aluminum.

Permitted legumes/grains can be consumed in the form of flour or pasta.

- **Measurements:**

In cooking and baking, it is essential to use the precise measurements. For this reason, having a set of measuring spoons and cups is very useful, as all recipes are calculated using these universal measurements.





Kerri Rivera's

**CONTACT
INFORMATION**



In case the support groups “disappear” again someday. Email me at **kerri@kerririvera.com** and I'll help you find the new groups. A few years ago on Facebook, we had over 60,000 people in Facebook groups in 13 different languages. And from one day to the next, Facebook deleted all the groups. It is possible that one day the same thing will happen on Telegram or on Instagram. But my email is mine and I have my own server.

Kerri's Email:

- kerri@kerririvera.com

Support Groups on Telegram in Spanish:

- t.me/cdautismo
- t.me/krdietas
- t.me/kerririvera2022

Support Groups on Telegram in English:

- t.me/iamkerririvera

Kerri's social media on Instagram and Tiktok

- @iamkerririvera

How to schedule a consultation with Kerri?

1. Place your order in **www.kerririvera.com**
2. Then, send an email to **kerri@kerririvera.com** with the following information:

- Order Number
- Child's name
- Age
- Weight

- Parents' Name
- Country
- Time zone
- Skype account
- Email

3. Consultations are conducted via video call.

4. If you do not receive a response about the day and time of your inquiry within the next 48 hours, please contact the support team at: **cdautismosoporte@gmail.com**

5. Due to censorship, I can't send emails to Yahoo! or Hotmail among others. They have blocked and censored me. Instead, we recommend opening an email account in Gmail or better yet if it's Protonmail. To make sure you are always in touch with Kerri.

6. Consultations are available in Spanish, English, Italian, and Portuguese.

7. When in doubt about products, send me an email so I can help you find what we use. Sometimes we have to use codes to get around censorship.



**¡THANK YOU
FOR READING!**



**WWW.KERRRIVERA.COM
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Kerri Rivera

Kerri Rivera is a Doctor of Homeopathy, DAN Clinician (biomedical treatments/Defeat Autism Now), hyperbaric technician, author of several books, international speaker and expert in autism with more than 20 years of experience. Their innovative approach, backed by strong training and clinical certifications, challenges conventional perception by addressing the medical causes of autism. Transforming lives, bringing hope and real results to families looking for real solutions. Kerri believes that today's autism is treatable and reversible. And that the diet is one of the fundamental pillars of the protocol to improve the quality of life for people with autism. Reducing ATEC points with every bite.

This cookbook came to be as a response to the needs expressed by parents within our community, who yearn for recipes that fit the demands of the low-glutamate diet. Each recipe has been carefully selected to ensure not only its alignment with the diet, but also the ease in preparation. It is our hope that this cookbook will transform mealtime into a pleasurable experience and that, in each dish, it will accompany you on the journey towards recovery for your child with autism.

Made with love for you.

Kerri



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