

SCD Recipes

Healthy Foods for Healthy Guts

Quick Muffins or Loaf

- 3 eggs
- 2 Tablespoons melted butter or coconut oil
- 1/2 zucchini grated or mashed
- 1/2 carrot, grated
- 1/2 cup coconut flour
- 1 1/2 cups almond meal
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt

Blend eggs and wet ingredients (blender or food processor) then combine with dry ingredients.

Put into muffin tins and cook for 20 mins or more at 180 ° C. Or in a loaf tin for 40 mins.

**Will be much softer than normal muffins / loaf*



Coconut Muffins

- 3 eggs
- 2 Tablespoons melted butter
- 1 Tablespoon honey (or omit)
- 3 Tablespoons shredded coconut
- 1/4 cup coconut flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt

Variations: Add cinnamon and some grated apple or other stewed fruit

Blend eggs and wet ingredients then combine with dry ingredients. Put into muffin tins and cook for 15 mins or more at 180 ° C.

'Muesli' Slice

- 1 1/2 cups almond flour
- 1/2 cup coconut flour
- 1/2 cup chopped dates (or less)
- 1/2 cup shredded coconut
- 1/2 cup sunflower seeds and / or nuts
- 1 egg
- 1 Tablespoon honey (or more)
- 1/3 cup melted coconut oil
- 1/3 cup melted butter
- 1 teaspoon baking soda

Blend eggs and wet ingredients then combine with dry ingredients. Press into a flat tray (as a slice) and cook for 25 mins or more at 150 ° C.

GRAIN FREE, GLUTEN FREE, SUGAR FREE, MILK FREE

SCD Recipes

Healthy Foods for Healthy Guts

Orange & Almond Cake

- 3 egg separated
- 1/4 cup honey (or less)
- 3/4 cup of cooked, pureed carrot
- 1 & 1/2 cups almond meal
- 1/2 tablespoon orange rind
- 1/2 tablespoon orange juice

Beat egg yolks and honey together then add carrot puree, orange rind and juice and almond meal. Beat the egg whites until stiff and fold into the other mixture. Put in 9 inch cake tin and bake for 20 minutes at 160 ° C. Cool in pan and then turn onto rack to cool.

Macadamia Cookies

- 3 cups almond flour
- 1/2 cup chopped macadamias
- 1 cup chopped dates
- 1 cup shredded coconut
- 1 egg
- 1 Tablespoon honey (or more)
- 1/2 cup melted butter (or more)
- 1 teaspoon baking soda

Blend eggs and wet ingredients then combine with dry ingredients. Roll into balls and put on tray or flatten out in flat try (as a slice) and cook for 15 mins or more at 150 ° C.



Pumpkin Bread

- 3 eggs
- 4 cups (or less) almond flour/meal
- 1/4 cup softened butter
- 1 cup mashed cooked pumpkin
- 1/2 cup chopped walnuts
- 1 Tablespoon grated orange rind (bit of juice)
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1 teaspoon baking soda

Combine dry ingredients. Blend eggs, butter and pumpkin and orange then combine wet and dry ingredients. Put into loaf tin and cook for 45 mins or more at 150 ° C.

GRAIN FREE, GLUTEN FREE, SUGAR FREE, MILK FREE

SCD Recipes

Healthy Foods for Healthy Guts

Coconut Pikelets

2 eggs
2 Tablespoons coconut flour
2 Tablespoons coconut milk
2 Tablespoons coconut oil
1/2 teaspoon salt
1/2 teaspoon gluten free baking powder

Variations: Add cinnamon and some grated apple

Mix all ingredients in food processor or blender .
Cook spoonfuls in coconut oil in a frying pan both sides—maybe 3-4 minutes each side.

Fritters (bubble & squeak)

1 to 2 eggs
Leftover BBQ or roast meat and vegies

Variations: Add
cheese, herbs,

*Beat all the fritter ingredients together in a food processor—add more egg if needed.
Cook in a little oil in a frying pan (medium heat) until brown—maybe 4-5 minutes each side.*

Protein Biscuits

3 egg whites
2 cups crushed nuts
1/2 cup crushed sultanas
1/2 teaspoon vanilla essence

Variations: Add shredded coconut, sunflower seeds, pumpkin seeds or some chopped dried fruit

*Beat the egg whites until stiff then add vanilla essence. Then fold in the sultanas and nuts.
Put on baking tray and cook for 5-10minutes at 180-200 ° C.*

Zucchini Loaf

1 1/2 cups almond flour
1/2 cup coconut flour
2 teaspoon bi-carb soda
2 teaspoons cinnamon
Pinch nutmeg, pinch ginger, pinch all spice
1/2 cup mashed dates
1 grated apple
1 large zucchini grated or mashed
1 carrot, grated
1/2 cup chopped walnuts
3 eggs

Blend eggs, veg and wet ingredients then combine with dry ingredients. Put into loaf tin and cook for 30 mins or more at 180 ° C.

GRAIN FREE, GLUTEN FREE, SUGAR FREE, MILK FREE

SCD Recipes

Healthy Foods for Healthy Guts

Helpful Organisations

MINDD
Weston A Price

BOOKS

Gut and Psychology Syndrome
Breaking the Vicious Cycle
Nourishing Traditions
Healing Foods, Cooking for Celiacs

Tools and Products

Thermomix
P&A Organic Meats
Vegas Chicken
BetaTaste Organics

GRAIN FREE, GLUTEN FREE, SUGAR FREE, MILK FREE