

HYPOTHYROID  
HEALING  
**recipes**



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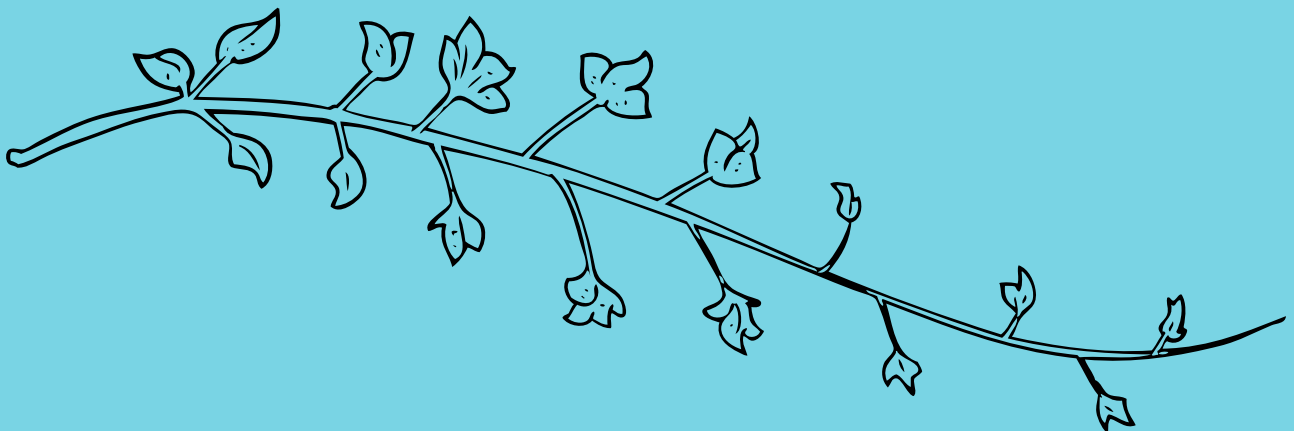
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# SAVOURY PORRIDGE WITH SEAWEED

I've always been a bit fan of porridge cooked with soy sauce and sesame oil. This recipe from 'Food Fitness Fresh Air' takes it to another level, adding seaweed which provides the superhero nutrient for the thyroid - Iodine. Sweet potato is also a great source of carbohydrates - the thyroids favourite macronutrient.

## INGREDIENTS

- 1 tbp butter or oil
- 1 cup rolled oats
- 1 small sweet potato, baked and diced
- 1 lg. spring onion, diced
- 3-4 sprigs of parsley, stripped and chopped
- 4 squares of wasabi seaweed snacks (could also use 1 toasted nori sheet), crumbled/torn
- Soy sauce, to drizzle
- Sesame oil, to drizzle
- Sriracha, to drizzle (optional)
- 1 tsp. sesame seeds



## METHOD

1. In a medium saucepan, heat butter over medium heat until butter begins to brown. Add oats, and cook until edges begin to brown and a toasty aroma is exuded, stirring regularly. Then add 2 cups of water. Cover and bring heat to a boil, then reduce heat to a low simmer. Cook 10-15 minutes, or until water is absorbed and oats are tender.
2. When oats are finished cooking, divide among two bowls. Drizzle each with soy sauce. Add 1/2 sweet potato to each bowl, and drizzle the sweet potato with toasted sesame oil. Sprinkle remaining ingredients on top (spring onion, parsley, seaweed, Sriracha to taste, and sesame seeds). Serve.

# SESAME NORI ROASTED CASHEWS

## INGREDIENTS

- 2 sheets of nori
- 2 cups/224g cashews , raw
- 2 tbsp/30g maple syrup
- 1 tbsp/15ml coconut oil
- 2 tbsp/30ml coconut aminos (or gluten-free tamari)
- 2 tbsp/14g white sesame seeds
- 2 tbsp/14g black sesame seeds
- ½ tsp sea salt

## METHOD

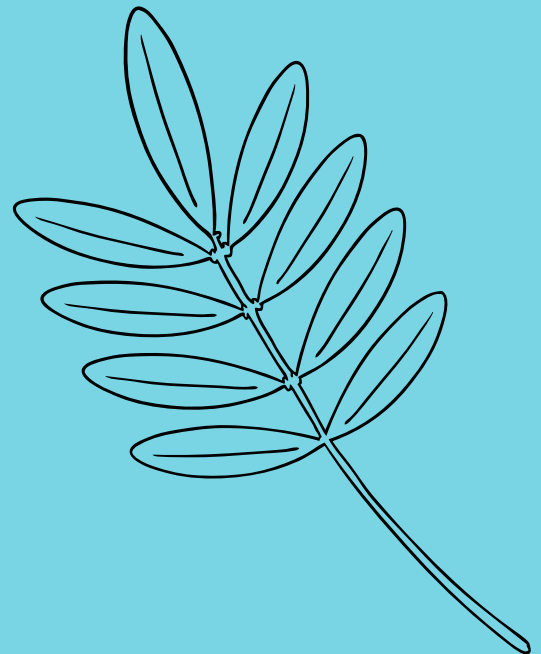
1. Preheat oven to 175 C.
2. Place nori sheets directly on oven rack and toast for 3-5 minutes until crisp. Remove from oven and set aside.
3. Place cashews on a baking sheet and roast for 5-7 minutes until barely golden.
4. Meanwhile, in a small saucepan over medium heat, combine the maple syrup, coconut oil and coconut aminos. Cook stirring constantly until the mixture becomes frothy and slightly sticky (about 2 minutes.)
5. Add the roasted cashews and stir until coated. Tear the toasted nori sheet with your hands and stir into the cashews along with the sesame seeds.
6. Pour the mixture back onto the sheet pan, spreading it out in a single layer, then sprinkle with sea salt. Return to oven and roast for an additional 7 minutes until browned.
7. Remove from oven and let cool on the sheet pan.
8. Allow to cool complete before storing in an airtight container or serving.

# MACA BALLS

These balls are rich in minerals such as zinc, and contains lots of calcium from the tahini. They also contain Maca, a superfood that has been used for centuries to help balance hormones and support stress levels. Maca is nourishing to the thyroid. Cinnamon also helps blood sugar level balance, something that's very important for thyroid health.

## INGREDIENTS

- 1 cup flaxseeds
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- 1 tbsp tahini
- 1 tbsp coconut oil
- 1 tbsp maple syrup or honey
- 2 tbsp maca
- 2 tbsp cinnamon



## METHOD

1. Blitz the flaxseeds in a food processor or blender until finely ground
2. Add the seeds and blitz again until they are ground up
3. Add the remaining ingredients and blend until smooth
4. Take small spoonfuls and roll into balls
5. Roll in a little extra maca or cinnamon
6. Store in the fridge and enjoy!



# BRAZIL NUT PIE

Brazil Nuts are high in selenium, one of the superhero nutrients for the thyroid. Buckwheat is a gluten free grain, making this dessert a less inflammatory treat than common wheat based options. It does have a fair bit of sugar, but a little is okay here and there.

Recipe originally from Donna Hay

## INGREDIENTS

- 3 eggs
  - ½ cup (90g) rapadura sugar or brown sugar
  - 1 tbsp honey
  - 2 tbsp vanilla extract
  - 1½ cups (240g) brazil nuts, roughly chopped
  - natural greek-style yoghurt (thick) and honey, to serve
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- BRAZIL NUT PASTRY
  - 1 cup (160g) brazil nuts, ground
  - 2 tsp vanilla extract
  - ½ cup (70g) buckwheat flour
  - 1 egg
  - ½ cup (50g) LSA
  - 2 tbsp rapadura sugar or brown sugar

## METHOD

1. Preheat oven to 160°C (325°F).
2. To make the pastry, place the ground brazil nut, vanilla, flour, egg, LSA and sugar in a bowl and stir to combine. Turn out onto a work surface and bring together to form a smooth dough.
3. Press the dough into a lightly greased, 22cm loose-based fluted pie tin, trimming the edges.
4. Place the eggs, sugar, honey and vanilla in a bowl and whisk to combine. Add the nuts and mix to combine. Pour the mixture into the tart shell and cook for 30 minutes or until just set. Refrigerate until cold.
5. To serve, slice and top with yoghurt and honey. Serves 6–8.

# QUICK HORMONE BALANCING SLICE

Nourishing carbohydrates from dates and buckinis, good fats from coconut and the hormone nourishment of Maca makes this a lovely balancing treat for your thyroid (and other hormones too!)  
Tastes amazing and so easy to make.

## INGREDIENTS

- 2 cups of medjool dates
- 1 cup of loving earth buckinis
- 1/2 cup of shredded coconut
- 1 tbsp. maca

### For the topping

The darkest rawest chocolate you can find



## METHOD

1. Blitz all the ingredients together in a blender until it forms a paste, then press into a lined tray.
2. Melt the chocolate, then drizzle over the top.
3. Refrigerate until the chocolate is set, then cut into squares and serve.
4. Can be frozen.