



# COCONUT BANANA MATCHA SMOOTHIE

*Matcha green tea is made from green tea leaves that are finely ground into a powder, making it a concentrated source of antioxidant-rich polyphenols that provide 10-15 times more antioxidants when compared to traditional green, black, white, rooibos, and yerba mate teas. This recipe is especially delicious when made with my Homemade Coconut Milk recipe also found in this chapter.*

**Serves 2**

## Ingredients

- 1 cup unsweetened coconut milk
- 1 fresh or frozen banana
- ¼ avocado
- 2-3 teaspoons matcha green tea powder
- ½ cup baby spinach leaves
- 1 tablespoon pure maple syrup or local honey
- 1 teaspoon vanilla extract (optional)
- 1-1½ cups ice (optional)

## Preparation

1. Place all ingredients into a high-speed blender in the order listed, secure lid, and blend on high for 45-60 seconds until smooth. Add ice if not using frozen banana and thin with additional milk or water, if needed, to reach your desired consistency.
2. Pour into individual glasses and enjoy.

**Cook's notes:** Matcha can be a pricey product, but keep in mind that you only need 1-2 teaspoons per serving, so it should last quite awhile. Store in the refrigerator.

**AIP adaptation:** Omit vanilla extract and reduce sweetener.

**Nutrients:** A(BETA), B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, C, E, CA, CU, FE, MG, MN, ZN, GL, EG



# GUIDE TO THE ESSENTIAL THYROID RECIPES

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While this cookbook is targeted specifically towards those who want to nourish their thyroid through optimal nutrition, the recipes were thoughtfully created to appeal to all palates, no matter what your health condition.

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They've been crafted from the most health-supportive, whole food ingredients and are full of color, flavor, and texture. Each recipe is free of gluten, dairy, and highly processed ingredients. (For more information on why gluten and dairy are not recommended for those with Hashimoto's, see the chapters *Gluten and Your Thyroid* and *Dairy and Your Thyroid* in Part One.)

There's no one-size-fits-all way to make these recipes work for everyone, so we made every effort to provide sensible adaptations to modify them to fit the dietary practices listed, whenever possible. Jill and I recognize there are varying therapeutic dietary approaches in the functional and integrative nutrition communities that support thyroid health, so we created user-friendly icons to help you easily decipher the recipes that will fit your individual needs at-a-glance.

In most cases, the adaptation may include simply omitting an ingredient or making a simple ingredient swap to make it compliant. If you're curious to know more about certain ingredients or kitchen tools that may be mentioned, be sure to peruse Part Two: Essential Thyroid Kitchen for additional guidance.

We hope you find these recipes incredibly delicious and nourishing, no matter where you are on your dietary path.



**Vegan.** These recipes are free of all animal products (meat, dairy, fish, and eggs). They feature 100 percent plant-based ingredients such as fruits, vegetables, whole grains, beans/legumes, and nuts and seeds. Some of our recipes include honey although many vegans may choose to omit it.

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**Paleo.** These recipes are free of grains, beans/legumes, dairy, refined sugars, and highly processed oils. They may include fish, grass-fed and pasture-raised meats and eggs, vegetables (including starchy vegetables), fruit, nuts and seeds, and healthful oils.

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**Autoimmune Protocol.** These recipes are free of grains, beans/legumes, dairy, eggs, nuts and seeds, refined sugars, highly processed oils, nightshades (peppers, potatoes, eggplant, tomatoes), spices derived from nightshades (e.g. cayenne, paprika, chili-based spices), and spices derived from seeds (e.g. cumin, nutmeg, fennel, mustard, caraway). Black pepper is not a nightshade so it was not eliminated from our AIP adaptations. But if you're on an AIP diet, we recommend you're midly cautious with its use.

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**Elimination Provocation Diet.** These recipes are safe to eat during a targeted, temporary Elimination Provocation diet, also known as “the gold standard” for sleuthing out food sensitivities. They're free of gluten, dairy, eggs, soy, corn, nightshades, nuts, peanuts (a legume), shellfish, citrus, and refined sugars. See the chapter, *Elimination Provocation Diet Instructions* in Part One for additional information.

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**30 Minutes or Less.** These recipes take a total of 30 minutes or less to prepare.

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## Nutrient Legend

As mentioned in the *Our Springboard* chapter, it was important to Jill and me to do the hard grafting and necessary foundational nutrient research to keep this cookbook from being “just another cookbook” and to make it the most beneficial for you. We spent a great deal of time weeding through the subjective nature of nutrition and sleuthing out the most supportive nutrients for the thyroid and immune system and then researching the foods that are *dense sources* of these nutrients. This research is the heart and soul of this cookbook. You can find a pretty version of our findings at [www.thyroidcookbook.com/nutrition\\_guide](http://www.thyroidcookbook.com/nutrition_guide).

Thus, the foods we’ve chosen to highlight in these recipes possess a broad and substantive thyroid- and immune-supportive spectrum. You can find a legend at the bottom of most of the following recipes—the only ones missing a legend are some of the Nourishing Beverages, of which many can be used to complement a meal or be consumed as an after-meal treat.

Below are the thyroid- and immune-supportive nutrients we identified, including the symbols we incorporated into each recipe, as appropriate. In the chapter, *The Nutritional Heavy Hitters*, we show you how and why these nutrients are so beneficial.

### Nutrients supportive to both thyroid and immune function:

Vitamin A (as beta-carotene)	A(beta)
Vitamin A (as retinol)	A(ret)
Vitamin B <sub>1</sub>	B <sub>1</sub>
Vitamin B <sub>2</sub>	B <sub>2</sub>
Vitamin B <sub>6</sub>	B <sub>6</sub>
Vitamin B <sub>12</sub>	B <sub>12</sub>
Vitamin C	C
Vitamin D	D
Vitamin E	E
Calcium	Ca
Copper	Cu
Iron	Fe
Magnesium	Mg
Selenium	Se
Zinc	Zn
Omega-3 fatty acids	O3

### Additional nutrients supportive to thyroid function:

Iodine	I
Manganese	Mn
Tyrosine	Ty

### Additional nutrients supportive to immune function:

EGCG	Eg
Glutathione	Gl
Lycopene	Ly
Probiotics	Pr
Resveratrol	Rv