

Chit Chat Chomp

CHRISTMAS

Hashimoto + AIP Friendly Christmas Treat Recipes.



Welcome . . .

To me, Christmas means twinkling lights, relaxation and indulgence. The feeling of warm sunshine on my skin and cool grass under my feet. It's the smell of mangoes and cherries as the juice dribbles down my chin, and the taste of fresh prawns, with just the merest squeeze of lemon.

This is my Christmas.

This year is a little different, as I'm in the midst of the Autoimmune Protocol (AIP). However, I have made the decision that living the AIP life over the festive season *will not* preclude me from all of its deliciousness. I'm all about self care - not deprivation! So with this in mind, I'm sharing with you inside the pages of this little book, my favourite Christmassy AIP sweet treats to help see you through the festive season.

These treats can be wrapped up as gifts, or simply shared with your family and friends, keeping your own tummy and immune system happy and their tastebuds singing.

These treats are the perfect answer for those last minute invites (they'll never know their AIP approved), as stocking fillers and gift ideas for loved ones dealing with allergies, or as pure festive indulgence for yourself.

Because you deserve it!



My Story . . .

I am a Melbourne based Taurean, cook and recipe creator, student of nutrition and lover of all things French.

I have held a deep and long love affair with food, in all its forms and over the years this love affair has allowed me the immense pleasure of creating food for client's special occasions. I have loved being part of and honoured to be invited to share these memorable experiences.

However, today the food I cook is all about my own personal health journey since being diagnosed with Hashimoto's Thyroiditis (hypothyroidism), thyroid nodules and a leaky gut in 2013.

Being handed a prescription for Oxorine (a synthetic thyroid hormone) by my GP, I was told, with a pat on my back, to simply get use to the ever present symptoms of fatigue, weight gain and bloating. I was told there was nothing more that could be done, and that one day soon I'd be under the surgeon's knife having my thyroid removed.

Initially, the daily Oxorine tablet worked. My energy levels increased, stubborn weight dropped off and I felt good in my body once again. Unfortunately, it didn't last long, and as the weight came back and the fatigue set in, I broke out in an overwhelming itchy rash which made its way all over my body.

Out of anger and pure desperation, having left a dermatologist's office in tears (after she berated me like a child and insisted I go on steroids), I stumbled across the on-line program called *I Quit Sugar by Sarah Wilson*. The words written in front of me gave me hope, and with final enrolments due that very same day - I signed up.

Quitting sugar was the first and probably most significant step I took towards healing my body, as it was the first time I really took notice of the foods I ate and how they made me feel.

Over the next few years, my diet shifted towards a Paleo lifestyle with the additional removal of gluten, grains and cow's milk dairy, and I found a holistic practitioner who specialised in Hashimoto's. Through her numerous and exhaustive tests, I discovered I was toxic with heavy metals (in particular aluminium and silver), I had bromide toxicity (the inability to absorb ANY iodine), I had a couple of parasites AND was significantly deficient in a number of minerals including magnesium, silicon, chromium and potassium. I finally felt like I had answers and a plan of action.

However, after receiving blood test results at the beginning of 2017, which showed a slight backwards turn, and acknowledging that even though I was feeling better, I still didn't feel great. It was time to up the ante, and for me that meant the Autoimmune Paleo Protocol (AIP). It took two solid months of 100% strict adherence to the protocol before I began to see small, heart lifting signs of improvement - I knew I was on the right track.

Dealing with all of the effects of this Autoimmune Disease has certainly changed my life. When once I would reach for the diet coke, I now embrace recipes and ingredients that inspire, heal and nourish my entire body.

I am by no means healed and have a significant way to go on this journey of mine, but through the changes to my diet and lifestyle, I have been successful in significantly reducing inflammation and symptoms.

I share my love of whole foods, wellness and my healing journey inside the on-line pages of my blog **Chit Chat Chomp**, and it's through this platform that I hope to inspire others to simply step back into the kitchen and create their own health journeys.

Obviously I love cooking! I also love pots of tea, farmers markets, French jazz and lots of fresh flowers. I love Winters spent rugged up under knitted blankets and I love, love, love twinkling Christmas lights. It's the little things in life that make me smile.





These pages are free from . . .

Alcohol
Corn
Dairy
eggs
Gluten - wheat, barley, rye, etc
Grains - including all GF grains
Legumes + Beans
Nightshade Vegetables + Spices
Nuts
Refined Sugars
Seeds + Seed Oils
Soy



You also won't find any:

Counting of calories
Macronutrient counting
Low fat ingredients
Processed or packaged products

Ingredients . . .

| | |
|------------------------------------|---|
| Apricot | An excellent source of vitamin A and C, copper, dietary fibre and potassium. Make sure you look for natural, unsulphured, organic varieties. |
| Arrowroot Flour | A gluten, grain and GMO free starch, and one of the easiest for our body to digest. Harvested without the use of harsh chemicals or high heat (unlike cornstarch), and great for boosting our immune function and digestion. |
| Avocado | With high amounts of monounsaturated fats, avocados help reduce oxidation and inflammation in the body and help with the absorption of fat-soluble vitamins A, D, E and K. They also contain glutathione – a powerful anti-oxidant that helps strengthen our immune system. |
| Banana | Loaded with essential vitamins and minerals including potassium, calcium, manganese, magnesium, iron, folate, niacin, riboflavin, and B6. |
| Berries | One of the most nutritious foods due to their high concentrate of Vitamin C and phytonutrients. Also low in sugar/fructose. |
| Blackstrap Molasses | Contains high levels of vitamin B6, manganese, magnesium, potassium, iron and selenium. |
| Cinnamon | Helps to balance our blood sugar levels and boost our immune system. |
| Coconut | Supports immune system health, is anti-viral, anti-bacterial, anti-fungal, and is anti-parasite, helping to improve digestion and absorption of nutrients, vitamins and minerals. Note – I personally buy coconut flakes, which I then blitz in a food processor when shredded or desiccated coconut is needed. |
| Coconut Oil/Butter | High in natural saturated fats that increase our healthy cholesterol (HDL), and help convert bad cholesterol (LDL) into good cholesterol. Helps promote heart health and lower the risk of heart disease. |
| Gelatin | Rich in glycine and other minerals, supporting good digestive health. |
| Ginger | Being anti-oxidant, anti-inflammatory, anti-bacterial and anti-viral, ginger is a beneficial addition to any healing protocol. |
| Himalayan Salt (or Celtic Salt) | Often said to be the most beneficial and cleanest salt available today, with many nutritional and therapeutic properties. Great for electrolyte and pH balance and can aid in proper metabolism function. |
| Maple Syrup | Containing important anti-oxidants and minerals like zinc and manganese, it can help lower inflammation and better manage blood sugar levels. Check the label and only buy 100% pure maple syrup. Organic, if possible. |
| Medjool Dates | Packed full of vitamins, minerals and fibre, these edible sweet fruits have been proven to decrease cholesterol and boost bone health. |
| Raw Honey | Nectar from flowers that is pure, unheated, unpasteurized and unprocessed, preserving all the natural vitamins, enzymes, phytonutrients and other nutritional elements. It has anti-bacterial and anti-fungal properties, helping with any digestive issues. |
| Vanilla | A powerful anti-oxidant. |

Recipes





Shortbread

If there is one biscuit that reminds me of my childhood Christmas, it's the humble shortbread - filled with luscious butter. I could have eaten the whole tin, and probably did - sneakily hiding from my mum and dad. This butter-free version, I can honestly say, brought me straight back to those days. You seriously won't miss the butter ... never thought I would say that!

Makes 10-12

1/2 cup coconut flour
2 tbsp arrowroot flour
pinch of himalayan salt
1/2 cup coconut oil
2 tbsp maple syrup or raw honey
1/2 tsp vanilla extract or powder

Preheat oven to 160C/325F and line a tray with baking paper.

Into a bowl, sift together the coconut flour, arrowroot flour and salt to combine. Add in the coconut oil, maple syrup (or raw honey) and vanilla and mix thoroughly until you have a nice dough.

If your mixture remains crumbly, add a little water to bring together.

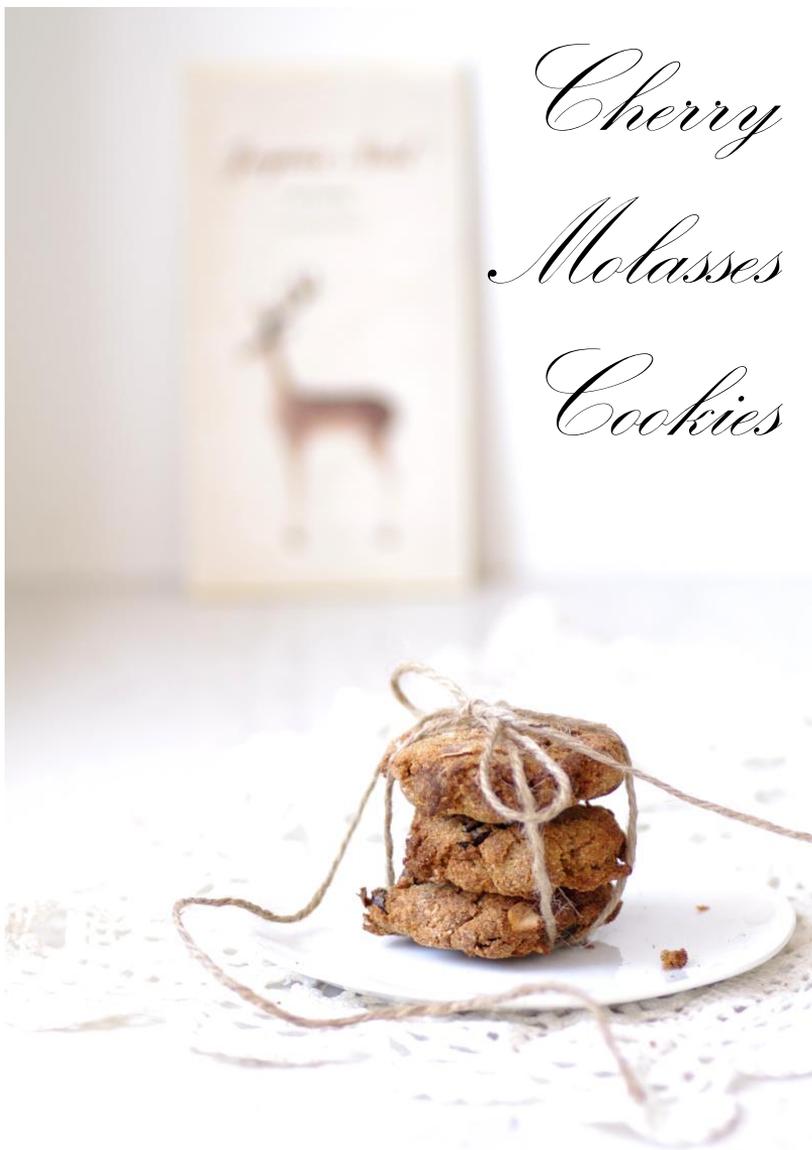
Roll the dough into 10-12 balls, place on your lined tray and press down slightly to flatten and pierce with a fork.

Bake for approx. 13-15 minutes, or until lightly golden.

Allow the cookies to cool for 10 minutes before removing from the baking tray.

****NOTE:** If your coconut oil is in liquid form. Place in the refrigerator to firm up slightly. You do not want to add as a liquid.

*Cherry
Molasses
Cookies*



Fresh cherries have been part of my Christmases for as long as I can remember, so it would be negligent of me to include a treat without them. NOTE: Due to the molasses, these cookies brown quickly. I like to take them out of the oven right on 13 minutes for a soft, chewy, caramelised texture.

Makes 24

1 1/2 cups coconut flour
3/4 tsp baking soda
pinch of himalayan salt
1tsp ground ginger
1 tsp ground cinnamon
2 tbsp blackstrap molasses
1/2 ripe avocado
1/4 cup coconut oil
1/4 cup flaked coconut
1/4 cup dried cherries or cranberries
1 tbsp gelatin

Preheat oven to 180C/350F and line a tray with baking paper.

In a large bowl, sift together the coconut flour, baking soda, salt and spices.

In a smaller bowl, place 3 tbsp. of warm water and sprinkle over the gelatin. Whisk thoroughly together quickly before adding to the dry ingredients along with the molasses, avocado, coconut oil, coconut flakes and dried fruit. Mix everything together well to thoroughly combine.

Roll approx. 24 balls of dough onto the lined tray and flatten slightly with your fingers. Bake for 13-15 minutes, or until lightly golden before removing from the oven.

Allow to cool for 5 minutes on the tray before transferring to a wire rack to cool completely.

Orange Blossom Bliss Balls



The fragrance these bliss balls emit as they whizz around in your food processor is Christmas at its best. The sweet stickiness of the dates, the earthiness of cinnamon and the freshness of orange. Christmas in a ball! NOTE: The coconut oil will begin to soften and melt at room temperature, so these balls are best kept cold.

Makes 10

2 cups coconut flakes
5 medjool dates, pitted
2 heaped tbsp. coconut oil
1 tsp orange blossom water or 6 drops of orange essential oil
½ tsp ground cinnamon
pinch of himalayan salt

Place all ingredients into your food processor and blitz until completely combined. The mixture will come away from the sides of the bowl.

If the mixture is too wet, add a little more coconut. Too dry, add a little more coconut oil.

Using lightly damp hands, roll the mixture into 10 balls. Place into an airtight container and into the refrigerator for at least an hour to firm up.

Keep stored in the refrigerator or store in the freezer for up to 3 months.

Christmas Bark



I was always a sucker for white chocolate, and loved to make Christmas Rocky Road for myself and my friends each year. This is my AIP version. It may not contain marshmallows or nuts, but the chewy dried fruits and the crunchy coconut flakes take me back to those good old days. NOTE: Due to the use of cacao butter and coconut oil, these treats melt quickly. Best kept in the refrigerator until ready to scoff.

1/2 cup raw cacao butter
1/2 cup coconut oil
3/4 cup raw honey or pure maple syrup
1/4 cup dried cherries, cranberries or raisins
1/4 cup coconut flakes

Line a tray (with a lip, so the mixture doesn't spill) with baking paper, or use your favourite silicon mould.

Combine the butter, coconut oil and honey (or maple syrup) in a small saucepan over a medium heat and stir to combine thoroughly.

Once melted, pour onto the tray (or into your silicon moulds) and scatter with your chosen dried fruit and coconut flakes.

Place in the refrigerator for approx. 1 hour before cracking into shards and serving, or simply pop out of your chosen moulds carefully.



Gingerbread Stars

I love the texture the banana brings to these biscuits – giving them a soft, chewy almost cake like quality. The molasses also gives an almost caramelised like flavour and texture. Trust me. You won't stop at one.

Makes 10-12

1/2 cup coconut flour
2 tbsp. arrowroot flour
1 tsp gelatin
1 tsp cinnamon
1 tsp ground ginger
1/4 tsp baking soda
pinch of himalayan salt
3 tbsp. coconut oil
1 ripe banana
2 tbsp. blackstrap molasses

Preheat oven to 180C/350F and line a tray with baking paper.

In a large bowl, sift together the coconut flour, arrowroot flour, gelatin, cinnamon, ginger, baking soda and salt to combine.

Add in the coconut oil, banana and molasses and mix well together. Keep stirring until the mixture begins to thicken into a dough like consistency. (It will thicken the more you stir together – trust me!)

Roll out the dough between two pieces of baking paper to 1cm thickness (1/2 inch) and cut out your favourite shape biscuits. Transfer to your lined tray using a thin spatula or knife.

Reshape any excess dough and continue to roll out and cut until all the dough is used.

Bake for approx. 12 minutes before removing from the oven and allowing to cool completely on the tray.

Apricot Chews



These chewy bites of goodness will win over even the toughest of critics. I personally like to keep them a little fat (like Santa's belly) for that chewy texture, however if you're after more of a crunch, then flatten them down even more on the baking tray before popping into the oven.

Makes 8

1 cup coconut flakes
1/2 cup dried, organic apricots
2 tbsp coconut oil
pinch of himalayan salt
1 tbsp gelatin
1 tbsp room temperature water
2 tbsp just boiled water

Preheat oven to 180C/350F and line a tray with baking paper.

Place the coconut, apricots, coconut oil and salt into a food processor and whizz until well combined - but not a paste.

For the gelatin egg, combine the gelatin and room temperature water in a small bowl and mix until thoroughly combined. Add the boiled water and whisk quickly until the gelatin has melted and the mixture looks frothy. With the food processor motor running, add the gelatin egg and whizz again for just for a few seconds, until fully incorporated.

Roll into 8 balls and flatten on the baking sheet using your fingers.

Cook for approx. 12 minutes or until golden. Remove from the oven and leave on the baking tray for a few minutes to firm before transferring to a wire rack to cool completely.

These will keep up to three days stored in the fridge, or in the freezer for up to 3 months.

Disclaimer

The purpose of this e-book is to share the recipes I make for myself as part of my journey to better health. I am not a functional or medical practitioner, therefore the opinions I share are my own and of my own journey and should not be construed as healthcare advice. If you know or believe that you have Hashimoto's, hypothyroidism or other thyroid health problems, please get yourself tested and find a doctor or holistic practitioner who is willing to help you find the root cause and work with you to develop your own personalized treatment plan.





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