



FOOD AS MEDICINE

EASY, HEALTHY DELICIOUS RECIPES

DR *Kyia*.COM

Food As Medicine

Mini Ebooklet

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*** I really hope that you enjoy these delicious and healthy recipes. They have all been tested and approved :-)

Dr.Kyia

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Superfood Berry Smoothie

Yield: Serves 1

Ingredients:

1 cup almond milk (or milk of your choice)
1 cup frozen berries (I used blackberries,
blueberries, and raspberries)
1/2 banana
1 cup spinach leaves (or kale)
2 teaspoons chia seeds
Directions:

1. Place all ingredients in a blender and blend until smooth. Serve immediately.



Golden Milk

Serves 1:

Ingredients:

- 1 Cup Of Nut Milk
- 1 Tsp Turmeric Powder
- 1 Small Piece Of Ginger Root (Or Powder If You Are Not Blending)
- 1 Tsp Of Coconut Oil
- 1 Pinch Of Ground Black Pepper
- 1 Tsp Of Honey
- 1 Dash Of Cinnamon

Directions: Heat the nut milk in a saucepan. Add all the ingredients and stir until dissolved. Pour into a mug. Sprinkle with a dash of cinnamon. Enjoy!!



Detox Friendly Latte

Fresh brewed coffee
Unsweetened coconut milk
1 scoop Great Lakes collagen powder
1-2 tsp. monk fruit sweetener
1 tsp. coconut oil

Make your coffee by replacing half or all of the liquid with heated coconut milk. Add in collagen, monk fruit and coconut oil. Mix or blend in an **ENCLOSED** blender (or you can just mix with a spoon). Enjoy.

*This is great for those who don't enjoy eating first thing in the morning but always have their coffee. It adds a dose of protein and healthy fat.



Morning Hot Cocoa (or mocha)

-for 2 servings

2 TBSP coconut oil
1 1/2 cups coconut milk
2 scoops Pure Paleo Vanilla Protein
2 TBSP Collagen Powder
2 TBSP Pure Cocoa

In a 4 cup measuring cup (or enclosed blender such as NutriBullet), heat coconut milk and coconut oil for 1-2 minutes. Add powders and blend with an emersion blender. Add 1 cup of boiling water.

*For mocha, substitute boiling water for brewed coffee.



Chia pudding (great for breakfast-lots of protein, fiber and Omega-3)

1 cup unsweetened coconut or almond milk

2 TBSP chia seeds (more or less depending on thickness desired)

1 tsp honey

Mix all ingredients in a small bowl or dish. Let sit for about 10 minutes and re-stir. Place in refrigerator overnight. Can add berries when you are ready to eat and enjoy! Other potential toppings include a dollop of nut butter or sprinkle of nuts.



Stir-fry

Serves: At least 4!

1 TBSP Olive oil
Oyster sauce
Sesame oil
1 TBSP. Fresh (or minced) garlic
1 Onion
1/2 head Cabbage
Bok Choy (or any other cabbage variety)
Scallions
2-3 Carrots
1 Zucchini
1 head broccoli
Additions: shrimp, chicken or lean beef

1. Blanche the broccoli and carrots if big. Chop everything into bite-sized pieces.
2. Put olive oil in a wok with high heat.
3. Sautee onions and garlic.
*Throw in your meat at this point if you are adding meat.
4. Throw in all of the vegetables.
5. Add oyster sauce to taste..about 1-2 TBSP



Thai Coconut Soup

Ingredients

- 1 tablespoon vegetable oil
- 2 tablespoons grated fresh ginger
- 1 stalk lemon grass, minced
- 2 teaspoons red curry paste
- 4 cups chicken broth
- 3 tablespoons fish sauce
- 1 tablespoon monk fruit
- 3 (13.5 ounce) cans coconut milk
- 1/2 pound fresh shiitake mushrooms, sliced
- 1 pound medium shrimp - peeled and deveined
- 2 tablespoons fresh lime juice
- salt to taste
- 1/4 cup chopped fresh cilantro

Directions

Heat the oil in a large pot over medium heat. Cook and stir the ginger, lemongrass, and curry paste in the heated oil for 1 minute. Slowly pour the chicken broth over the mixture, stirring continually. Stir in the fish sauce and monk fruit; simmer for 15 minutes. Stir in the coconut milk and mushrooms; cook and stir until the mushrooms are soft, about 5 minutes. Add the shrimp; cook until no longer translucent about 5 minutes. Stir in the lime juice; season with salt; garnish with cilantro.



Crock Pot Banana Bread Quinoa

Yield: 6

1 cup of quinoa
1 cup unsweetened vanilla coconut milk
1 cup water
1-2 bananas overripe
2 TBSP chopped walnuts
3 TBSP monk fruit
1 1/2 TBSP coconut oil, melted
1/2 tsp vanilla extract

1. Mash banana in a bowl. In another bowl, mix the monk fruit and walnuts.
2. Pour the quinoa, milk, water, coconut oil and vanilla into the crock pot. Add the mashed banana and stir evenly. Sprinkle the monk fruit and walnut mixture in and stir to incorporate.
3. Cook on low for 4-6 hours, or until the quinoa is cooked.
4. Enjoy! This is absolutely delicious and great for a protein rich breakfast or dessert.



Banana Bread (enhanced to add even more nutrition)

2 ripe bananas OR 1/2 cup grated zucchini or apple
1 chia egg (1 TBSP chia seeds with 2 1/2 TBSP water, mix and let set for 5 minutes to form a gel). You may also use 1 egg instead of chia eggs
3 TBSP coconut oil, melted
1/2 cup monk fruit
2-3 TBSP honey
3 1/2 tsp baking powder
3/4 tsp salt
1/2 tsp ground cinnamon
3/4 cup unsweetened coconut or almond milk
1 1/4 cup almond meal
1 1/4 cup gluten free flour blend
1 1/4 cup gluten free oats
1 scoop **Pure Paleo Vanilla Protein Powder**
Other possible add-ins: 1 scoop collagen powder, chopped nuts

1. Preheat oven to 350 degrees and line a loaf with parchment paper or grease with coconut oil.
2. Mash banana in a large bowl. Add all of the ingredients through the coconut milk and whisk thoroughly. Last add almond meal, gluten free flour blend and oats and stir.

3. Bake for 1 hour-1 hour 15 minutes. It should be firm and crackly and golden brown on the the top.

4. Let cool completely.

Note- I usually make these in muffin tins and then have a quick, easy, protein rich snack when I'm feeling hungry or need a sweet treat!