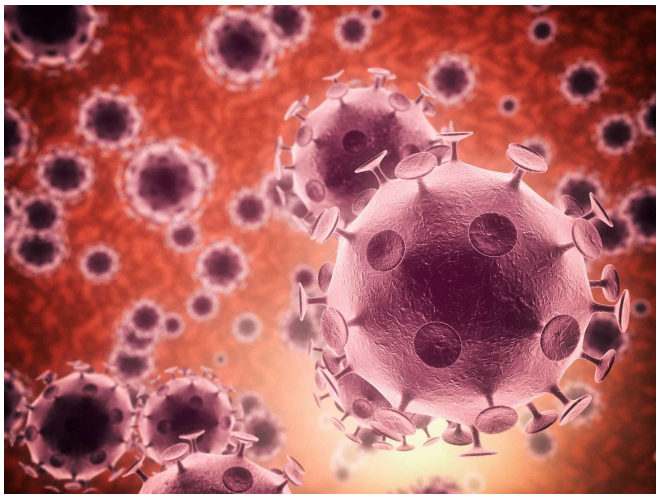
NICKY CLARK NUTRITION

High Fibre Recipes for Digestive Health in Down Syndrome



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Suite 6, 102 Gloucester St, Sydney
0487 660 161
info@nickyclarknutrition.com
www.nickyclarknutrition.com
@nickyclarknutrition

Life-changing loaf of bread

This is an amazing recipe thanks to Sarah at My New Roots. It creates next to no mess and doesn't have any weird ingredients. Each slice of bread has around 6g of protein it won't leave you hunting for snack foods before you next meal. **Roughly 12 slices per loaf.**

INGREDIENTS

1 cup / 135g sunflower seeds
½ cup / 90g flax seeds
½ cup / 65g hazelnuts or almonds (it may make bread less crumbly if you chop these slightly)
1 ½ cups / 145g rolled oats
2 tablespoons chia seeds
4 tablespoons psyllium seed husks
1 teaspoon fine grain sea salt
1 tablespoon maple syrup
3 tablespoons melted coconut oil
1 ½ cups / 400ml water

METHOD

1. Mix all the dry ingredients together in a silicone loaf pan.
2. Mix all the wet ingredients together in a jug.
3. Pour the wet ingredients into the loaf pan and mix together until mixture is thick and gloopy. Push the mixture down firmly and evenly.
4. Leave to rest for at least 2 hours (and up to as many hours as you like).
5. Put in oven at 170C for 20 minutes.
6. Remove from loaf tin, place upside down directly on the rack and bake for another 35-40 minutes at 170 degrees.
7. Wait until cool before slicing (important).

TIPS, TRICKS & MANAGING MESS

- ❑ Make a BIG batch of the dry ingredients (4 times) and store in an airtight container in the fridge. Simply use 420g of the dry mixture every time you are ready to make a new loaf.
- ❑ You don't need to grease the pan if you use a silicone loaf tin. If you use a regular loaf tin then try greasing with butter or coconut oil before putting the ingredients in to help with dislodging it from the tin in step 6.
- ❑ Slice the entire loaf to save getting bread board and knife out every time you have a slice.
- ❑ Visit Sarah's website for more tips and tricks.
- ❑ For nut-free version, simply replace the nuts with (any) seeds.
- ❑ Watch out for oats contaminated with gluten if you are gluten free.
- ❑ Try adding a bit more water if you find your bread too crumbly.

TIME 10-15 minutes (active time) **MESS LEVEL:** Low

Pancake with psyllium & turmeric

Starting the day with these pancakes is unbeatable. Why? They are protein rich which means they will give you stable energy and keep you feeling full until lunch, if not longer. They are teeming with goodies for your microbiome. Without going in the detail, this does wonders for your mental health, immune health and overall wellbeing. They are amazing for your digestion as they are full of fibre which is woefully lacking in typical breakfasts. And the best bit is that they are super easy, being a 'one-bowl wonder' to cook. Serve with yoghurt and a dash of wild honey and you are worthy of nutrition God/Goddess status! **Makes 16-18 pancakes.**

10 different fruits & vegetables

INGREDIENTS

10 eggs
1C/100g walnuts
2 large florets of cauliflower (approx. 125g or 1C)
150g sweet potato
Good handful of spinach (approx. 40g)
1 small banana (approx. 80g), chopped into 1cm pieces
1C blueberries (fresh or frozen)
1C oats (100g)
¾ C water
1T psyllium husk
1T turmeric
1T cinnamon
Extra virgin olive oil for frying
Optional: 4 squares of 85% Lindt chocolate, roughly chopped into ½ cm pieces

METHOD

1. Make walnut flour by blending walnuts briefly in food processor (don't over-blend!).
2. Put cauliflower, sweet potato, spinach in food processor and blend until vegetables are roughly 5mm size. Don't over-blend! See picture for how this should look.
3. Add everything else to the mixing bowl (i.e. banana, blueberries, oats, water, psyllium, turmeric, cinnamon, chocolate) and stir until evenly mixed through.
4. Turn on stove to medium heat and add about 1 teaspoon of olive oil to frypan. You may need to add more during the cooking.
5. Scoop ¼ C amounts of the mixture onto the frypan in pancake sizes.
6. Allow to cook for 3-5 minutes, then flip and cook 3-5 minutes on other side. Cooking time will depend on the heat of your frypan.

TIPS, TRICKS & MESS MANAGEMENT

- ❑ Serve with blueberries, Greek yoghurt, peanut butter, butter, seeds, nuts etc.
- ❑ Make a big batch on Sunday and simply pull them out of the fridge or freezer and pop them in the toaster for the rest of the week.

TIME: 10 minutes **MESS LEVEL:** Low

Flaxseed muffin

High in fibre, low in carbohydrate, full of omega-3 (the plant version) and a hormone modulator, flaxseed is one of my favourite foods. **Makes 12 muffins.**

INGREDIENTS

200g ground flaxseed (aka linseed) – you can use "LSA" (linseed sunflower almond) mix as well
1 teaspoon bicarbonate of soda
1 teaspoon of sea salt
4 eggs
160g olive oil
160g water

METHOD

1. Place ground flaxseed, bicarbonate of soda and salt in a mixing bowl.
2. Add oil, eggs, water
3. Mix everything together for around 30 seconds.
4. Pour into a silicon muffin tray. (No need to grease if you use silicon.)
5. Cook in oven at 150C for around 50 minutes. If you have fewer than 15-20 muffins you may want to cook a bit longer, but don't increase the heat.

TIPS, TRICKS & MESS MANAGEMENT

- ❑ The mixture should be reasonably thick when you pour into the muffin tin. If not, add a bit more flaxseed (or perhaps try coconut flour).
- ❑ Make sure to drink water alongside these as they are high in soluble fibre.
- ❑ Add 1 teaspoon of turmeric for an extra anti-inflammatory boost.
- ❑ Serve with boiled eggs, ricotta, cheese, butter, or use as burger buns.
- ❑ Muffins keep well in the freezer. Pull out 30 minutes before eating or the night before to thaw.

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TIME: 5-10 minutes **MESS LEVEL:** Low

Cauliflower wraps

This recipe is thanks to Jonno Proudfoot who wrote the excellent cookbook, The Real Meal Revolution. The recipe is a little bit of a 'faff' – moreso than I usually like – but the end product definitely makes up for it. Worth giving a go at least once. Nutritionally these are a good way to avoid refined carbs and they will help with constipation or a slower gut. Careful not to overeat and make sure you drink water with them. They have a lot of psyllium which soaks up water and bulks stools. Makes 10 wraps.

INGREDIENTS

800g cauliflower florets
6Tbs psyllium husk
2 eggs
¼ tsp salt
Coconut flour for dusting

METHOD

1. Steam the cauliflower until very soft.
2. Drain excess moisture off cauliflower and then puree. (In TM this requires a few on and offs as your scrape the sides down).
3. Add the psyllium, eggs and salt and blend again. This must be using a blender to ensure the psyllium husk can hold everything together. Adding the psyllium while the cauliflower is still hot is a good idea as it helps with the absorption.
4. Leave for 15 minutes for the psyllium to bind the moisture. It should become a pliable dough at the end of the 15 minutes.
5. Break mixture into 12ish balls and then very carefully, with your hands and a roller, roll into circles. Get them as thin as you can. To do this, dusting with lots of coconut flour is key. Small rolling actions and regular flipping over is the way to make it work.
6. Once rolled, dry fry them on a large heavy fry pan on medium heat until nicely coloured on outside and cooked on inside. Roughly 3-5 minutes each side.
7. Recommend to freeze leftovers and thaw as needed because they don't store well for a long time. I lay them flat between baking paper to put into the freezer.

TIPS, TRICKS & MESS MANAGEMENT

- ❑ I won't lie. These are messy. Being delicate with the wraps means the coconut flour goes everywhere and rolling them out is hard as they break easily. Try using your hands to pat them flat initially (in a pile of coconut flour) then move to rolling pin.

TIME: 30mins **MESS LEVEL:** Med-High

Nutty Crackers

These crackers are full of seed goodness, making them high in fibre, low in carbohydrate, full of omega-3 (the plant version) and a hormone modulator. You won't be disappointed. The recipe is thanks to Jonno Proudfoot who wrote the excellent cookbook, The Real Meal Revolution.

INGREDIENTS

100g sunflower seeds
100g pumpkin seeds
60g flaxseeds
100g sesame seeds
3 tbsp psyllium husks
400ml water
1 tsp salt

METHOD

1. Combine all ingredients in a bowl and leave for 10 to 15 minutes until thick and pliable.
2. Line 2 baking trays with a silicone mat or baking paper. Then spread the mixture as thinly as possible across the trays. The spread should have no holes.
3. Bake for 1 hour and 20 minutes at 150C. After 60 minutes you should check every 5 to 10 minutes for burnt corners. If corners are burning, rotate them away from the oven hotspots.
4. Remove from oven and leave to cool.
5. Once cool, snap them into shapes and store in airtight container.

TIPS, TRICKS & MESS MANAGEMENT

- ❑ Add 1 tbsp of a herb like turmeric or paprika for extra flavour.
- ❑ Serve with pate, eggs, chicken, beetroot dip, nut butters, sardines.

TIME: 20 minutes

MESS LEVEL: Low