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**The Happy Hormone Cookbook**

**Tam Woods**

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**Welcome...**

*Food is foundational when it comes to hormone balance*. What you eat directly contributes to how well your body creates new hormones, detoxifies used-up hormones and how regularly you ovulate.

As you learn the importance of certain cycle-supporting foods in the Hormone Harmony Academy modules, it can feel overwhelming if you haven’t included these foods in your diet before.

The aim of this cookbook is to take away the overwhelm and get you excited about the possibilities of eating these foods. I’m sharing with you simple and delicious ways to prepare these cycle-supporting ingredients, along with lots of tips and tricks to individualise each recipe.

All of the recipes included in this cookbook are gluten free, dairy free and offer vegetarian alternatives. Once you are comfortable with these recipes, feel free to experiment with them by subbing in and out different ingredients such as the vegetables or proteins suggested. The sky is the limit!

**I would love to see what you create**! Tag me on Instagram @nourishednaturalhealth or post in our Facebook group when you make any of the recipes.

Happy cooking!

Tam.

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**(TITLE PAGE:) BREAKFAST**

**The Goddess Breakfast Bowl**

This bowl is the ultimate balanced breakfast for your hormones that will keep you full all morning. Start your day by ticking all the hormone-balancing principals in one bowl:

* Healthy fats from avocado, egg yolks and olive oil
* Protein from eggs
* Complex carbohydrates from sweet potato
* Liver and cycle-supporting nutrients from cauliflower and greens

NOTE: This bowl can be prepared the night before for an easy grab-and-go breakfast

Serves 1

Ingredients:

* 2 eggs (free range or organic where possible)
* ¼ avocado
* ½ small sweet potato, cubed (around ½ cup)
* 2 florets of cauliflower
* Large handful of fresh greens (e.g. baby spinach)
* Drizzle of olive oil

How To:

1. Boil a small saucepan of water and once boiling gently add the two eggs and set a timer for 6 minutes (for soft-boiled) or 10 minutes (for hard-boiled)
2. Meanwhile, steam the sweet potato and cauliflower until just soft
3. When the eggs are done, remove from the saucepan and place in an ice-cold bowl of water for 2-3 minutes (this makes the eggs easier to peel)
4. Remove the eggs from the water and peel away their shells
5. Assemble the bowl: place the greens at the bottom and top with eggs, sweet potato, cauliflower and avocado
6. Garnish with salt and pepper and a drizzle of olive oil
7. Enjoy!

**Meal Prep Egg Muffins**

These high protein muffins are a perfect Sunday meal prep recipe to get yourself set up for a week of healthy breakfast. Mix and match the filling ingredients with your favourite vegetables and proteins. Once cooked you can cool down and store portioned in the fridge for super simple on-the-go breakfasts or snacks throughout the day.

Makes around 12 muffins.

Ingredients:

* 1 cup chopped broccoli
* 2 Tablespoons chopped onions
* 1/4 cup chopped red capsicum
* 8 eggs, whisked
* 1/2 cup (120 ml) coconut milk
* Salt and pepper to taste

How To:

1. Preheat oven to 180°C (350°F)
2. Mix the vegetables, whisked eggs and coconut milk together in a large mixing

bowl

1. Pour batter into muffin cups (an average sized 12-capacity tray should fit the mixture)
2. Bake for 25-30 minutes until the middle of the muffins are solid when touched
3. 5. Serve as is for an on-the-go breakfast or snack, or serve with a piece of toast and some avocado for a more filling breakfast

Mix up the flavours:

You can use any variety of chopped vegetables that you like. Get creative and add extra flavour with some of these additions:

* Smoked salmon
* Crumbed goat’s feta (if you tolerate dairy)
* Fresh herbs e.g. basil or rosemary
* Dried herbs and spices e.g. paprika
* Roasted sweet potato, pumpkin or beetroot
* Pesto or other dips: add a teaspoon to each muffin tin after you pour in the mixture

**Chocolate Cauliflower Smoothie**

Don’t be put off by the cauliflower! This rich chocolatey smoothie tastes like a decadent dessert, but secretly includes a liver-supporting dose of cauliflower that you truly cannot taste. The avocado in this smoothie makes it smooth and creamy, plus supplies your body with healthy fats to create your hormones. Combining healthy fats from avocado, sweetness from bananas and protein powder to keep you full all morning, this smoothie meets all the hormone-balancing principals. Cauliflower is one of the best foods you can eat to support your liver’s detoxification of excess hormones - helping you maintain balanced hormone levels.

Serves 1

Ingredients:

* ¾ cup steamed cauliflower (cooled in the fridge) - TIP: make a batch of cauliflower on the weekend for easy breakfasts
* 1 banana, cut into chunks and frozen
* ⅓ avocado
* ½ cup coconut or almond milk
* 2 Tbsp cacao powder
* 1 scoop protein powder (I recommend vanilla or chocolate flavoured)

How To:

1. Add all ingredients to a blender or food processor and blend until smooth. Enjoy straight away or store in the fridge for up to 1 day
2. TIP: this recipe with make a thick smoothie that can be eaten with a spoon. For a thinner smoothie than can be drunk with a straw, increase the milk to around 1 cup

**Green Detox Smoothie**

This green detox smoothie supports stable blood sugar which is crucial for hormone balance. A lighter, more summery smoothie than the Chocolate Cauliflower Smoothie, this drink combines zesty lemon with plenty of leafy greens and celery to naturally support your liver detoxification of hormones.

Serves 1

Ingredients:

* ½ lemon, peeled and chopped (seeds removed)
* 1 medium stick celery, chopped
* ½ cucumber
* ¼ avocado
* 1 cup leafy greens (e.g. kale, baby spinach, collards)
* 1 banana, cut into chunks and frozen
* 1 Tbsp tahini (or nut butter e.g. almond)
* 1 cup water or almond milk
* 1 tsp spirulina or mixed greens powder (optional)
* 1 scoop plant-based protein powder (optional)

How To:

1. Add all ingredients to a blender or food processor and blend until smooth
2. Pour into a tall glass and enjoy straight away or store in the fridge for up to 1 day

**Buckwheat Porridge with Stewed Rhubarb**

A deliciously creamy, chewy porridge alternatives to oats. Despite the name, buckwheat does not contain wheat or gluten and is actually a seed not a grain which means it is higher in protein than oats. Cinnamon helps to keep your blood sugar stable and the stewed rhubarb compote adds a delicious tart flavour to the porridge. The rhubarb compote will make a few extra serves which will store well in the fridge for up to 5 days. Use the extra compote to top more breakfast bowls or serve as a dessert with a scoop of coconut yoghurt!

Serves 2

Ingredients:

For Buckwheat Porridge:

* 1 cup raw buckwheat groats
* 1 cup water
* 2 cups almond or coconut milk
* 2 tsp cinnamon

For Rhubarb Compote:

* 1 bunch of rhubarb, leaves removed and sliced into 5cm pieces
* Zest and juice of 2 oranges
* 5cm piece of fresh ginger, grated
* 1/3 cup maple syrup (or sweetener of your
* choice)

To Serve:

* 2 Tbsp. your favourite nut butter (I love cashew butter)
* Crunchy toppings such as chopped almonds, coconut flakes, pepitas

How To:

1. Add water and buckwheat to a small pan over medium heat and bring to the boil. Stir until all of the water has been absorbed
2. Slowly add the almond milk, cinnamon and maca and bring back to the boil. Reduce heat to low and simmer for around 20 minutes, uncovered, stirring frequently until the buckwheat is soft and all of the liquid has been absorbed
3. Meanwhile, add all of the rhubarb compote ingredients to a medium pot and bring to the boil. Reduce the heat, cover and simmer until the rhubarb is falling apart (around 10- 15 minutes)
4. Serve the buckwheat warm topped with rhubarb compote, a generous dollop of your favourite nut butter and any crunchy nut or seed toppings you desire! Enjoy.
5. Store leftovers in the fridge for up to 5 days

**(TITLE PAGE:) MAINS**

**Miso Tahini Ginger Sauce**

This delicious sauce contains healthy fats to support hormone balance along with fresh ginger which is fantastic at reducing period pain, migraines and acne. Both the Poke Bowl and One-Pan Salmon recipes use this sauce recipe. Feel free to get creative with other dishes to use it with as well!

Miso-Tahini-Ginger Sauce:

* 5cm knob of fresh ginger, finely grated
* 2 tsp of miso paste
* 2 tsp tahini (sesame paste)
* 1 tsp maple syrup or honey
* 1 Tbsp gluten free soy sauce or tamari
* 1 Tbsp water

How To:

1. In a small bowl, mix all ingredients until smooth
2. Store any leftovers in an airtight container in the fridge for up to 5 days

**Miso Tahini Poke Bowl**

These Hawaiin-inspired bowls are a delicious way to get a bunch of fresh vegetables into your lunch with a delicious miso-tahini-ginger sauce. For cycle-supporting healthy omega-3 oils, I’ve used salmon fillets in this recipe, but for a vegetarian option swap this out for grilled tofu or chickpeas. The sauce will flavour your protein options so feel free to leave them plain and add straight to the bowl. You can also make this bowl with sashimi-grade salmon, or cooked chicken to mix things up.

Serves 2

Ingredients:

Poke Bowl:

* 3 radishes, thinly sliced
* ½ bunch of coriander (cilantro), roughly chopped
* ½ carrot, sliced into matchsticks
* 1 cucumber, sliced into matchsticks
* 2 small pieces of grilled salmon (or grilled tofu, chickpeas or cooked chicken)
* 1 cup cooked brown rice or quinoa (I like to use a mixture of both)
* 1 sheet of nori (dried seaweed) sliced into strips
* ½ avocado, mashed
* Handful of roasted almonds
* *Miso Tahini Ginger sauce*

How To:

1. Add the cooked rice or quinoa to the base of 2 wide bowls
2. Add all remaining toppings except avocado and almonds to the bowls and drizzle with the miso sauce and gently mix if desired
3. Add a scoop of avocado and sprinkle of almonds to each bowl
4. Serve and enjoy!

**Crispy Chickpea Kale Salad**

This vibrant, green salad is the perfect base to your favourite protein choice and can be served as a side dish or a main. For vegetarians, add a double dose of chickpeas. For meat-eaters, try topping this salad with a piece of grilled salmon, chicken, tinned mackerel or grass-fed beef.

Serves 2

Ingredients:

Salad:

* 1 tin of cooked chickpeas, drained and rinsed
* 1 Tbsp olive oil
* Pinch of salt
* 1 tsp dried cumin
* Juice of ½ lemon
* 2 cups raw kale, stems removed and roughly shredded/torn

Dressing:

* Juice of ½ lemon
* 1 Tbsp tahini (sesame paste)
* 1 Tbsp olive oil
* ½ Tbsp water
* 1 tsp maple syrup or honey
* 1 tsp salt

How To:

1. Preheat oven to 180°C (350°F) and line a baking tray with baking paper
2. In a medium-sized bowl, combine chickpeas, cumin, 1 Tbsp olive oil and a sprinkle of salt
3. Place the tray of chickpeas in the oven and roast for 15 minutes, or until the chickpeas are crispy. Remove from oven and set aside while you assemble the salad
4. In a large bowl, add the kale and ½ the lemon juice, massage with your hands for a few minutes until the leaves are broken down and soft
5. In a small bowl, whisk the ingredients for the dressing with a fork until smooth
6. Add massaged kale and crispy chickpeas to a serving bowl and drizzle over the sauce. Toss well to combine and serve with your chosen protein

**The Simplest Gluten Free Buckwheat Bread**

This is the only basic gluten free bread recipe you will ever need. It is so versatile you can even use this batter to make pancakes (just add a little more liquid so its pourable) or spread the dough out on a sheet of baking paper to create a chewy pizza crust. Packed full of whole buckwheat, this bread is much higher in protein and fibre and lower in starch than regular bread. It’s the perfect bread replacement to keep your blood sugar stable and your hormones in balance.

Makes 1 loaf of bread (around 8 slices)

Ingredients:

* 2 1/3 cups raw buckwheat (soaked in water at least 6 hours or overnight)
* 2 tbsp chia seeds mixed with 2 tbsp warm water
* 1/2 cup water
* 1 tbsp psyllium husk
* 1 tbsp olive oil (plus 1 tsp to grease loaf tin)
* 1 tsp salt
* 2 tsp GF baking powder
* 1/2 cup sunflower seeds
* 1 tbsp pepita (pumpkin) seeds to top the loaf (optional)

How To:

1. Preheat oven to 180°C (350°F)
2. Drain buckwheat and rinse thoroughly
3. Add all ingredients except sunflower and pumpkin seeds to a food processor and blend until smooth.
4. Stir through sunflower seeds
5. Grease a medium sized loaf tin and pour in the buckwheat batter. Smooth with the back of a spoon and press pepitas into the dough (if using)
6. Bake for 1 hour until just brown on top then remove from the oven, take the bread out of the tin, and return to the oven directly on the rack for another 30 min (this will allow the bread to develop a deliciously crunchy crust). The bread is done when it is golden and sounds hollow when tapped
7. Place bread on a cooling rack and allow to cool completely before slicing (important as this prevents the loaf from sinking).
8. Enjoy fresh or toasted for up to 5 days with your favourite toppings Store any slices you will not eat within 5 days in the freezer as they will go stale quickly with no preservatives

**Mexican Burrito Bowls**

These burrito bowls are a delicious mix of roasted veggies, spicy chicken (or beans) and creamy guacamole. Try swapping out the veggies for your favourites or what’s currently in season. Leave out the rice for a lower carb option, or swap with roasted sweet potato.

Serves 2

Ingredients:

* 2 Tbsp olive oil
* 1 tsp paprika
* 1 garlic clove, crushed
* 4 chicken thighs (free range/organic if possible) chopped into small cubes OR: 1 tin black beans (for vegetarian option) drained and rinsed
* 2 tsp cumin powder
* 1 capsicum (red pepper), core removed and cut in to 5cm strips
* ¼ cauliflower, chopped into florets
* 1 medium zucchini, sliced into rounds
* ½ red onion, skin removed and roughly chopped
* 1 avocado
* Juice half a lemon
* 1 tomato, finely diced
* 2 tsp salt
* Fresh parsley, finely chopped (to garnish)
* 1 cup cooked brown rice or quinoa

How To:

1. Warm a medium pan over high heat and add 1 Tbsp olive oil, paprika and a pinch of salt and stir until fragrant. Add the chicken pieces or blackbeans and crushed garlic
2. Stir the chicken or beans until cooked through and then remove from heat and set aside
3. In the same pan, add the remaining 1 Tbsp olive oil and 1 tsp of cumin and stir until fragrant
4. Add the onion and stir fry for 3-4 minutes until softened
5. Add capsicum, cauliflower and zucchini and stir fry until soft, then remove from heat
6. Meanwhile, make the guacamole: in a small bowl add avocado, lemon juice, cumin and a pinch of salt and mash until smooth. Stir through diced tomato
7. To assemble: place ½ cup rice in 2 bowls, top with vegetables, chicken/beans, a generous scoop of guacamole and a sprinkle of parsley. Serve immediately and enjoy!

**One-Pan Salmon**

Salmon is one of the best foods you can eat to support your hormones. Rich in anti-inflammatory omega-3s, salmon helps to reduce period pain and decrease your body’s production of androgens (which can cause acne breakouts). Requiring very minimal prep and washing up, this simple 1-pan meal is a savour on busy weeknights when you are tempted to buy takeaway. I’ve used liver-supporting broccoli, but you can also try cauliflower, kale or cabbage as these will also support your clearance of excess hormones.

Vegetarian option: replace the salmon fillets with 2 pieces of organic tofu or tempeh - this will still be delicious with the miso-tahini-ginger sauce!

Pro tip: if you’re just cooking for yourself, still follow this 2-serving recipe and save the second serve for an easy leftover lunch!

Serves 2

Ingredients:

* 2 fillets of salmon
* 1 small sweet potato, cut into cubes
* ½ head of broccoli, cut into florets
* **Miso-Tahini-Ginger Sauce** *(from above*)
* 1 Tbsp fresh parsley, finely chopped
* Lemon wedges, to serve

How To:

1. Preheat oven to 180°C (350°F)
2. While the oven is heating, mix together the miso-tahini-ginger sauce recipe
3. Line a baking tray with baking paper and place the 2 salmon fillets in the centre, skin side down (or the 2 pieces of tofu/tempeh)
4. Scatter the sweet potato and broccoli around the edges of the tray
5. Drizzle the miso-tahini-ginger sauce over the fish and vegetables
6. Place the tray in the oven and roast for 12-15 minutes, or until the salmon is cooked through (or tofu is slightly crispy)
7. Remove from the oven and serve warm, garnished with fresh parsley and a slice of lemon.
8. Tip: For a heartier meal, serve with some pre-cooked brown rice or quinoa.

**Pesto Antipasto Salad**

Pesto is such a great way to sneak in an extra serving of leafy green veggies. Leafy greens are some of the best foods for your hormones because they contain many of the vitamins and minerals needed to create hormones and efficiently detoxify them. You can use this pesto recipe with fresh pasta, over grilled meats or in this delicious salad. This salad uses cooked and cooled potatoes which are an excellent source of resistant starch. This type of starch supports the growth of beneficial gut bacteria which help to keep your estrogen levels in check.

This salad is designed to be served as a side dish with your choice of protein.

Serves 4-5 (as a side dish)

Ingredients:

For The Pesto:

* 1 cup rocket (arugula) or spinach leaves
* 1 cup basil leaves
* ¼ cup walnuts
* Juice ½ lemon
* 1 tsp salt
* 1 ripe avocado
* ¼ cup olive oil

For The Salad:

* 500g yellow potatoes (such as russet)
* 1 cup fresh rocket (arugula) leaves
* ½ cup semi-sun dried tomatoes
* ¼ cup pitted kalamata olives
* ⅓ cup roasted cashews

How To:

1. In a food processor add rocket and basil leaves and blend until finely chopped
2. Add all remaining pesto ingredients and blend until smooth
3. Remove from food processor and set aside while you make the salad
4. Dice potatoes into bite sized pieces and bring a large pot of salted water to the boil
5. Boil potatoes for around 10 minutes until just soft. Drain and allow to cool fully (this is best done the night before)
6. Finely slice the olives and sun-dried tomatoes
7. In a large serving bowl add cooled potatoes, olives, tomatoes and rocket leaves. Pour over the pesto and stir well to coat everything in the sauce.
8. Sprinkle salad with roasted cashews and serve as a delicious side dish or main meal

**(TITLE:) SNACKS AND SWEETS**

**Estrogen-Boosting Lemon Coconut Bliss Balls**

These bliss balls are designed to support the first half of your cycle (the follicular phase) when your body is busy developing follicles to be released at ovulation. The bliss balls contain pumpkin seeds and flax seeds which promote healthy estrogen balance. The lemon juice and zest in these bliss balls makes them taste like mini lemon tarts! Enjoy 1-2 lemony bliss balls each day of the first half of your cycle (days 1-14 of a typical cycle).

Makes 12-14 bliss balls (depending how big you roll them). To last 2 weeks of your cycle you may need to make 2 batches.

Ingredients:

* ¼ cup ground flax seeds
* 1 cup pumpkin seeds (aka pepitas)
* ¼ cup desiccated coconut
* ½ tsp salt
* 3 Tbsp. cashew butter (or other nut butter like almond or peanut)
* 2 Tbsp. maple syrup (or honey)
* 1 Tbsp freshly grated lemon rind
* Juice of ½ lemon

How To:

1. Add flax, pumpkin seeds, coconut and salt to a food processor and blend until a course flour forms
2. Add cashew butter, maple, lemon rind and half of the lemon juice and pulse until the dough is just sticking together. If it is still crumbly, add the rest of the lemon juice
3. Roll the dough into tablespoon-sized balls and store in the fridge for up to a week
4. Enjoy as a snack each day of your follicular phase to help boost your body’s production of estrogen and prepare for ovulation

**Progesterone-Boosting Chocolate Bliss Balls**

These chocolatey bliss balls are designed to support the second half of your menstrual cycle (after ovulation) when your body is busy creating progesterone in the lead up to your period. Often in the final weeks of our cycle we crave chocolate so these bliss balls are the perfect craving-stopper snack. Along with the sunflower seeds and sesame seeds which support progesterone production, they also contain a generous dose of cacao powder which is rich in magnesium - the perfect cramp-reducing mineral as you head towards your next period. Enjoy 1-2 bliss balls each day of the second half of your cycle (days 15-28 in a typical cycle).

Makes 12-14 bliss balls (depending how big you roll them). To last 2 weeks of your cycle you may need to make 2 batches.

Ingredients:

* 1 cup sunflower seeds
* ½ cup almond meal
* ½ cup tahini (sesame paste)
* ½ tsp salt
* 3 Tbsp cacao powder
* 2 Tbsp maple syrup (or honey)
* ⅓ cup dessicated coconut
* 2 tsp cinnamon
* 1 Tbsp coconut milk (or almond milk)

How To:

1. Add sunflower seeds and almond meal to a food processor and blend until a course flour forms
2. Add tahini, salt, cacao, maple, coconut and cinnamon and pulse until the mixture is just combined
3. Slowly add the milk until the mixture just comes together into a dough (you may not need the full tablespoon)
4. Roll the dough into tablespoon-sized balls and store in the fridge for up to a week
5. Enjoy as a snack each day of your luteal phase to help boost your body’s production of progesterone and prepare for menstruation

**Raspberry Bounty Bars**

Smooth dark chocolate coating creamy coconut and with a zing of tart raspberry, I daresay these Raspberry Bounty Bars are better than the original! When those chocolate cravings strike (particularly premenstrually), reach for these healthy treats as a just-as-satisfying replacement. Not keen on raspberries? You can leave them out for a more traditional bounty bar.

Makes 8-10 bars

Ingredients:

* 2 cups desiccated coconut
* 250mL can coconut cream
* pinch salt
* 2 Tbsp. maple syrup or honey
* ½ cup raw, fresh (or frozen) raspberries
* 150g dark chocolate (at least 70% - try 85% if you’re brave!)

How To:

1. Line a small square or rectangular baking tray or food container with baking paper
2. In the bowl of a powerful blender or food processor, add desiccated coconut, coconut cream, salt, maple and raspberries and blend until smooth
3. Press coconut filling evenly in to the base of the prepared tin and place in the freezer to set for around 1 hour
4. While coconut filling is setting, gently melt chocolate over a double boiler or in the microwave (do this in 30 second increments as chocolate can burn suddenly)
5. Cut coconut filling in to long rectangular logs (it should make around 8-10 bars)
6. Pour melted chocolate into a shallow bowl and dip coconut bars in one at a time. Cover evenly with chocolate, then place on a wire rack covered with baking paper to set
7. Once you have covered all of the bars with chocolate, place back in the freezer to set fully for around 1 hour
8. Remove from freezer and enjoy straight away or store in the fridge for up to a week

**Turmeric Seed Crackers**

These Turmeric Crackers are packed with healthy fats, protein and wholegrains and are so simple to throw together. They contain a healthy dose of anti-inflammatory turmeric and ground flax seeds which support estrogen balance and a healthy gut.

Serves 8

Ingredients:

* 1/3 cup pepitas (pumpkin seeds)
* 1/3 cup sunflower seeds
* 1 Tbsp. sesame seeds
* 1 cup rolled oats (GF if needed)
* Good pinch salt and pepper
* 1 Tbsp. fresh/dried mixed herbs (e.g: oregano, rosemary, thyme)
* 1.5 tsp turmeric powder
* 1/4 cup ground flax seeds
* 1/4 cup chia seeds
* 1 cup warm water
* 1 Tbsp. melted coconut oil

How To:

1. Preheat oven to 180°C (350°F). Line a baking tray with baking paper and rub with a small amount of melted coconut oil or olive oil
2. Mix pepitas, sunflower and sesame seeds, oats, salt, herbs and turmeric in a large bowl
3. In a small bowl, mix ground flax and chia seeds then slowly add the warm water and whisk well with a fork as it begins to thicken. Add melted coconut oil and whisk again until completely combined (this mixture should now look like a thick gel)
4. Pour wet mixture over the dry ingredients and mix well
5. Spoon mixture over prepared baking tray and use the back of a large spoon to flatten the mix evenly over the sheet
6. Score the mixture with a sharp knife into your desired shape to make it easier to break apart the crackers once they are cooked
7. Place in oven for around 30 minutes, until firm to the touch and just beginning to golden
8. Remove from the oven and carefully slide onto a cooling rack. Allow to cool for 10 minutes, then break apart into crackers
9. Store in an airtight container for up to one week and enjoy with the homemade hummus below

**Homemade Hummus**

Making your own hummus at home is simpler than you think! Unfortunately, most store-bought varieties contain unhealthy oils like canola and sunflower oil which promote inflammation. Making your own at home means you can use olive oil for extra health benefits, plus get creative with flavour additions like cumin and turmeric.

Serves 4

Ingredients:

* 2 cans chickpeas, drained and rinsed well
* 1 Tbsp tahini
* Juice ½ lemon
* 2 tsp cumin
* 1 tsp paprika
* 1 tsp turmeric
* 1 tsp salt
* 1/2 cup olive oil

How To:

1. Add all ingredients to a blender and blend away until smooth. That’s it! Now enjoy your hummus as a dip, toast topping or salad dressing. Store leftovers in a sealed jar in the fridge for up to a week

**Chocolate Chia Pudding**

Chia seeds are a superfood when it comes to your hormones and gut health. Just one serve (2 Tbsp) provides 10g of fibre - ⅓ of the adult recommended intake. Eating enough fibre is important to encourage the growth of beneficial gut bacteria which promote healthy hormone balance. Chia seeds also contain omega-3 fatty acids which are important for healthy periods and clear skin. This simple recipe is totally customisable:

* Prefer almond/rice/soy/oat/cow's milk? Use that instead of the coconut
* Need a sugar-free alternative? Use your favourite sweetener
* Don’t like chocolate? Sub cacao powder for vanilla essence or cinnamon
* Experiment with toppings: try with your favourite fruits/chocolate/nuts etc

Serves 4

Ingredients:

* 600ml coconut milk (just over 2 cups)
* 1/2 cup cacao powder
* 1/3 cup maple syrup or honey
* 1/2 cup chia seeds

To Top:

* Fresh berries, finely chopped dark chocolate, coconut flakes or cacao nibs

How To:

1. In a large bowl, whisk coconut milk, cacao powder and maple syrup until the cacao is completely dissolved
2. Add chia seeds and whisk to combine
3. Pour into 4 glasses or ramekins and place in the fridge for at least 3 hours until firm
4. Top with fresh berries, chopped chocolate or enjoy as is

**(TITLE:) DRINKS**

**Hormone-Loving Hot Cacao**

This recipe has gotten quite a lot of buzz over on my Instagram page @nourishednaturalhealth and for good reason! When you are craving chocolate, this warming drink really hits the spot whilst also providing cycle-supporting nutrients to keep your hormones happy. Here’s why these ingredients are so great for your cycle:

* Cacao: rich source of magnesium which helps reduce period pain and helps us cope with stress
* Cinnamon: helps stabilise blood sugar (blood sugar imbalances contribute to a large number of hormonal imbalances)
* Ginger: relieves nausea, period pain and migraines as powerfully as the leading anti-nausea drugs
* Collagen: supports the gut lining, strengthens skin, hair and nails
* Maca: traditionally used to promote fertility and hormone balance
* Tahini: a great source of calcium for those who don’t consume dairy + supports estrogen clearance

Serves 1

Ingredients:

* 1 cup coconut milk (or use almond)
* 2 Tbsp cacao powder
* 1-2 tsp maple syrup or honey
* 1 tsp dried ginger powder
* 1 tsp cinnamon powder
* 1 tsp tahini
* Pinch of salt
* 1 tsp maca powder (optional: gives a delicious caramel flavour)
* 1 Tbsp collagen powder

How To:

1. Add all ingredients to a small pot on the stove and heat until warm
2. Blend with a stick blender until frothy and serve in a large mug

**Warming Turmeric Latte**

Turmeric is one of my favourite recommendations for heavy, painful periods, endometriosis and acne. This bright yellow spice is naturally anti-inflammatory which helps to reduce pain during periods as well as clear inflammatory acne and slow heavy flows. Turmeric is best served with a fat source (here we have coconut milk) and black pepper as this enhances your body’s uptake of the spice. Try this warming drink during your menstrual phase - it’s like giving your insides a hug!

Serves 1

Ingredients:

* 1 cup coconut milk (or use almond)
* 1 tsp turmeric powder
* ½ tsp cinnamon
* Pinch of ground cloves (optional)
* Pinch of black pepper
* 1 tsp maple syrup or honey

How To:

1. Add all ingredients to a small pot on the stove and heat until warm
2. Blend with a stick blender until frothy and serve in a large mug