



## Top 3 Healing Recipes for IBD

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### Fruits

- 1 Banana

### Breakfast

- 1 tbsp All Natural Peanut Butter

### Seeds, Nuts & Spices

- 3/4 tsp Cinnamon
- 1 tsp Sea Salt
- 1 tsp Turmeric

### Vegetables

- 1 Carrot
- 2 stalks Celery
- 3 Garlic
- 1 cup Parsley
- 1 Yellow Onion

### Boxed & Canned

- 1/2 cup Coconut Milk
- 1 1/2 cups Full Fat Coconut Milk

### Baking

- 1 tbsp Raw Honey

### Bread, Fish, Meat & Cheese

- 1 Whole Chicken Carcass

### Condiments & Oils

- 1 tbsp Apple Cider Vinegar

### Other

- 4 Ice Cubes
- 1 Scoop Vanilla Protein Powder
- 7 cups Water



## Banana Cinnamon Protein Smoothie

1 serving  
5 minutes

### Ingredients

1 Scoop Vanilla Protein Powder  
(Optional)  
1 Banana (frozen)  
4 Ice Cubes  
1 1/2 cups Full Fat Coconut Milk  
(Canned)  
1 tbsp All Natural Peanut Butter  
1/2 tsp Cinnamon

### Directions

1 Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

### Notes

No Protein Powder, Add 2 tbsp of nut butter instead of 1 tbsp  
No Coconut Milk, Use any non-dairy milk instead



## Golden Turmeric Latte

1 serving  
10 minutes

### Ingredients

1/2 cup Coconut Milk (canned)  
1 cup Water  
1 tsp Turmeric (powder)  
1 tbsp Raw Honey  
1/4 tsp Cinnamon

### Directions

- 1 Heat/ boil coconut milk and water separately. (I personally boil the water and heat the milk in the microwave)
- 2 Once heated/boiled, pour liquid into blender, add remaining ingredients and blend for 30 seconds. Pour into mug & rinse blender with soapy water immediately to avoid staining. (If staining occurs, place your blender in a windowsill exposed to sunlight. The light will cure the blender)
- 3 Alternatively, you can mix by transferring liquid into a mason jar, adding remaining ingredients and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: This is to avoid having the turmeric stain the blender cup.)

### Notes

**Avoid a Mess,** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

**On-the-Go,** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

**Vegan,** Use maple syrup to sweeten instead of honey.



## Immunity Boosting Bone Broth

4 servings

12 hours

### Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

### Notes

Low FODMAP, Omit garlic and onions.

**Store Bought,** Can also be purchased store bought. Be sure to buy a high quality bone broth with minimal ingredients (similar to the ingredient listing of this recipe). Avoid additives.