



# 30 Foods to Support Menopause

+

## Recipes

[www.CookingforBalance.com](http://www.CookingforBalance.com)



## 30 Foods to Rebalance Your Hormones

Avocado	Ghee	Sardines
Butter	Onion	Seaweed
Bee pollen	Green matcha tea	Sprouts
Camu camu	Hemp seeds	Sunflower seeds
Chia seeds	Lemon zest	Thyme
Coconut	Maca root	Turmeric
Bone broths	Milk thistle	Oregano
Crucifers	Parsley	Oysters
Dandelion	Pumpkin seeds	Organ meats
Flaxseed	Salmon	Pomegranate
Garlic		Water





## Warming Amaranth Porridge



Healing food:

- Amaranth
- Pumpkin seeds
- Ginger
- Turmeric
- Mustard seeds

Stabilizing your sugar levels can be a great way to reverse many menopause-related symptoms. A great starting point is by making your breakfast full of protein, fat and fiber and thin on sugar and processed carbohydrates.

Time to prepare: 15 minutes

Time to cook: 30 minutes.

Serves: 2

### Ingredients:

1 cup of amaranth  
4 cups of filtered water  
1 tbsp ghee  
½ tsp cumin  
½ tsp mustard seeds  
½ inch fresh ginger, julienned  
½ tsp sea salt  
½ tsp apple cider vinegar (ACV) or lemon  
1 tsp dry turmeric  
1 tbsp raw unsalted butter or ghee  
a handful of raw pumpkin seeds

### How to make

1. Use a heavy-bottom pan to melt the ghee and add cumin, ginger and mustard seeds when hot.
2. When mustard seeds start popping, add water, amaranth and salt.
3. Bring to boil, then put on low-medium fire and cook covered for 25-30 minutes or until creamy and thick.
4. Take off the stove and add butter (or ghee), ACV and turmeric.
5. Sprinkle with pumpkin seeds.



## Chicory Latte



Healing food:

- Chicory
- Ghee
- Turmeric
- Spices

Reducing or completely eliminating coffee and caffeine has been proved to reduce menopause-related symptoms. It can certainly be a tough decision and I therefore created a caffeine-free latte which taste like coffee but contains no caffeine.

Time to prepare: 15 minutes

Time to steep: 10minutes.

Serves: 1

Equipment: blender

### Ingredients:

1 tbsp roasted chicory root

2 cups of water

1 tbsp ghee, coconut butter or butter (if tolerated)

1 pitted date

fresh nutmeg (nut or powder)

### How to make

1. Bring water to boil, add chicory root and steep for 10 minutes.
2. Strain and transfer to your blender.
3. Add the ghee (or any fat you decide to use) and the date. Blend for 1 minute.
4. Grate some fresh nutmeg and enjoy.





## Nutty Pomegranate Snack



Healing food:

- Pomegranate
- Coconut milk
- Walnuts

In the Indian, Persian and Middle Eastern culture, pomegranate is a superfood. It was used for generations as an elixir to lessen the symptoms of menopause, improve fertility and the overall health of a woman. A number of published research studies show that pomegranates not only have phytoestrogenic properties but are also potent antioxidants.

Pomegranates offer the widest range of estrogens including the safe and protective ones like estrone and estrinol. Fascinatingly, research shows that pomegranate can inhibit the proliferation of breast cancer cells by blocking the aggressive estrogen – estradiol, excess of which has been linked to breast cancer. On the other hand, pomegranates promote the good estrogens which are key in us feeling hormonally balanced.

Time to make: 5 minutes

Serves: 1

### Ingredients

1/2 pomegranate, de-seeded

1-2 tbsp walnut butter (or any nut butter you like)

2 tbsp coconut milk

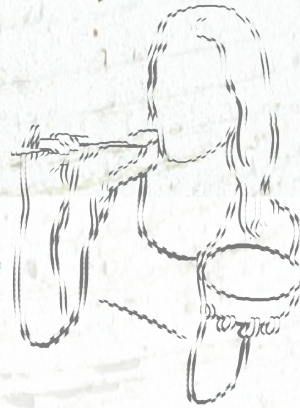
### How to make

You don't really make it. Just place all the ingredients and enjoy it with a full heart.





# Cooking for Balance



Simple, nourishing and hormone-balancing meals.

Menopause • Breast lumps/cancer • Thyroid  
Hashimoto's • Adrenals • Anxiety • PCOS • Fibroids

Get more on  
[www.CookingforBalance.com](http://www.CookingforBalance.com)