

OCTOBER 2013

The SCD Sojourner



NOMORECROHNS.COM

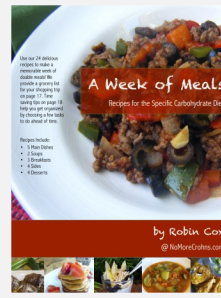
The SCD Sojourner  
Inspiration for your journey to health on the  
Specific Carbohydrate Diet

## WHAT'S NEW?

The weather is starting to feel like fall in my neck of the woods! It brings to mind fond memories of Holidays with family and friends, scuttling leaves on a blustery day, and homemade soup!

Here at NoMoreCrohns.com, we're excited about a few new things we've put together to help and inspire you as you keep strong on the SCD.

First, we're excited to share our new downloadable cook-book, *A Week of Meals*, for only \$5. Use our 23 delicious recipes to make a



memorable week+ of doable meals! We provide a grocery list for your shopping trip, time-saving tips to help you get organized by doing a few tasks ahead of time, and some delicious desserts. You can see photos of all the recipes, purchase and download this e-cook book [here](#).

We've been adding

more recipes to our Pinterest page. Get inspired with all kinds of SCD recipes plus ideas for DIY food prep, parties, Holidays, your food budget, travel, and more. [Click here](#) to go to our Pinterest page.

The other new item on the website is our [Cooking School page](#), where you can watch various videos of SCD recipes being made. Sometimes seeing it "in person" is what you need most!

We hope you're doing well and enjoy these new resources!

## RECIPE: HOMEMADE COCONUT CREAM PIE LARABARS

One of my favorite flavors of Larabar is Coconut Cream Pie. I recently searched online for a homemade recipe, and found one that tastes very close to the original. It's less expensive, tastes virtually the same, and was a fun project for me and my kids to make together.

### Ingredients:

1 Cup raw or dry roasted unsalted almonds  
1 Cup Medjool dates, pitted  
1 Cup unsweetened shredded coconut  
2-4 tsp. extra virgin coconut oil, slightly melted

### Instructions:

In the food processor, grind almonds and then set aside. Then pulse dates a few times in the food processor. Add almonds and the remainder of the ingredients in with the dates. Grind all ingredients until well blended (mixture will be crumbly). Pour mixture onto a cutting board and shape and press into a square or circle. Create desired shapes with a knife or pizza cutter or roll into balls. Press together firmly with



hands and fingers. Wrap bars in cling wrap and store in the refrigerator. Bars will harden up after being in the refrigerator for a couple of hours. They are best stored in a plastic container in the refrigerator. (recipe adapted from [hungryhealthygirl.com](#))

## RECIPE: SMOOTHIES AND POPSICLES

My kids keep requesting a smoothie for breakfast, and it has to be “*your* kind, Mom.” I am a little surprised, because it contains so many healthy ingredients ... but, hey, I’m not complaining! I love that this smoothie contains so many colors of fruits and vegetables, plus coconut oil which is so healthy and can be hard to get into our diets otherwise! A plus: if we have leftovers, I use [these popsicle molds](#) to freeze the extra into popsicles for an afternoon snack.

### Ingredients:

- 1 to 2 C. SCD yogurt
- 1 C. Spinach (bought at Costco in a large bag and separated into sandwich sized zip-top bags in the freezer)
- 2-3 Tablespoons honey (to taste)
- 1 speckled banana
- about 2 cups of frozen fruit, warmed in the microwave for a couple minutes—blueberries, strawberries, mango, and pineapple. Sometimes raspberries.

### Directions:

Blend all of it together and as it is blending warm 2-3 Tablespoons of coconut oil in the microwave until it is liquid. Slowly drizzle into the mixing blender.

Enjoy, and don’t forget to make popsicles with the leftovers!



## THE SCD WORKS!

“Hello Erin! Just wanted to share some good news! I had a colonoscopy last week and my doctor told me that I had no sign of active Crohn’s, that I was healed throughout the colon! I was so excited and happy to hear this news. In the ten years that I have been living with the disease I have never gotten news like this. I owe it all to the diet.” -M.D.

## THE HOLIDAYS ARE COMING!

Do you need some ideas for ways to enjoy SCD legal food on Halloween, Thanksgiving, and Christmas? I’ll share what I do every year so you can get some inspiration for your own celebrations!

### HALLOWEEN:



the rest of the family, I try to think about some sweets for my-

I usually keep things very simple. Since I know there will be lots of sweets around for

self ahead of time and have them on hand in the week or so around Halloween. My favorite candy used to be Butterfinger, and a few years ago my mom and I stumbled on a very similar tasting SCD-legal candy when she was making the frosting for a Halloween cake. It’s really fast and easy to make, and only requires three ingredients. I scrape it off onto wax paper on a cookie sheet and keep it in the freezer to eat as I want. The recipe can be found [here](#), and the recipe for the Peanut Butter Cake

## THE HOLIDAYS ARE COMING, CONT.'

can be found in the Festive Holiday Recipes booklet.



### THANKSGIVING:

We always travel to Indiana for

Thanksgiving to visit my husband's family. Being in a different kitchen, with a different schedule, can make it challenging to prepare all of the food I need for the big feast, but over the years his family has learned what to look for and is a big help. They always call us when they're buying the turkey to make sure the turkey's ingredients are legal, and usually buy cranberries, cauliflower, onions, squash, and any other ingredients I need for my SCD recipes...if they can't get to it, I just run to the store when I get there, referring to the recipes I bring from home or print off from my website when I get there. (See our [Holiday Recipes](#) page for many of these recipes!)

The following is what I put together for my Thanksgiving feast, and usually the family enjoys trying some too, and likes how healthy all of it is.

Turkey – Find one with no natural flavorings or broth. A salt solution is okay. Season with just salt and pepper. Sometimes we like to put prunes inside when it cooks, for flavoring.

[Cranberry Chutney](#) from

the website. It's a "secret recipe" from my sister-in-law's friends and it's delicious!

[Cauliflower "Mashed Potatoes"](#) made with cauliflower, SCD yogurt, salt, pepper, and grilled onions on top.

Stuffing made from toasted Easy Sandwich Bread spread with butter and spices such as sage, thyme, salt and pepper.

Gravy – we save a little pitcher of juices from the turkey, strain it, and add some salt and pepper to taste. You could try adding a little almond flour to thicken it if desired.

Dessert – I love any of these: [Butternut Pecan Pie](#), [Pumpkin Ice Cream](#), and [Nutmeg Ice Cream](#).

When we're visiting family, I like to have a few restaurants in the back of my mind that have legal food I can eat. That way, if I sense that the hostess (or me) is getting too tired of cooking we can all go out instead for a little break. (See our [restaurant list](#) for ideas of SCD-legal restaurants and foods to order.)

### CHRISTMAS:



We visit my family at Christmas, and it's always a wonderful break because my mom loves to

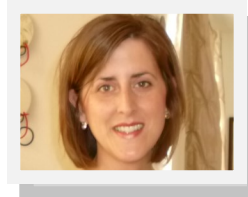
cook and does cooking ahead of time and puts yummy food in the freezer or plans what food I'll be able to eat at family gatherings. Some of my favorites are the Make-Ahead Mini Meatballs in the [Now & Later booklet](#), [Gingersnap Cookies](#), Cookie Press Butter Cookies from the [Nov./Dec. Magazine](#), and the Green Onion Latkes in the [Festive Holiday Recipes booklet](#).

For the past few years, my Grandma has lovingly made a tin full of [Sugar Plums](#) and given it to me on Christmas Eve – a wonderful gift for an SCDer!

We also like to have a Christmas brunch and enjoy items like legal orange juice, legal hot tea, Martinelli's Sparkling Apple Cider, [Mini Breakfast Frittatas](#), [Mini Asparagus Tarts](#), bacon, and fresh fruit.

You can find more inspiration and recipes on our [Holiday Recipes page](#) of the website or our [Festive Holiday Recipes booklet](#).

Blessings on your upcoming Holiday season!



Erin