

Delicious & Healthy Recipes
Series: Breakfast

By Katayoun Pakatchi

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1. Getting started with delicious healthy cooking

Dear reader..,

Since I had trouble with gluten and lactose, I found it necessary to adjust the recipes I was using to prepare delicious foods with my passion for a healthy lifestyle and to share this with people for whom healthy eating and lifestyle are important as well.

As you go through this book it may catch your attention that there are a few Persian recipes mixed with the rest of the recipes in this book. This is because I have a Persian background and thought of it as a refreshingly interesting idea to introduce a few healthier modified Persian delights to a global audience, which are not difficult to make.

This book is part of a series of starters & side dishes, main dishes, desserts & sweet treats, drinks, breakfast. These are recipes for those who are looking for a way to start making their own food in a healthy way or those who are looking for something different, delicious but most importantly; healthy.

At times when you may experience frustration, fatigue, loneliness, boredom or anger- you might feel the urge to indulge yourself with unhealthy substances like packaged and junk food or beverages filled with high levels of sugar, hydrogenated rancid fats, with little to no nutrition that your body is craving for. Unfortunately these substances will only provide discomfort from which you later need to nourish yourself in order to recover from those feelings and find your optimal state with the right foods.

The chosen ingredients and spices are nourishing in nature and not aggressive to the digestive system.

What are the right foods?

The key to enjoy your favorite foods in a healthy way is by substituting harmful ingredients and way of preparation with beneficial ones. You can do this by creating the same texture, taste and aroma and the feeling of satisfaction at the same time. Like using fresh tangerine juice, cinnamon, cloves, carrots, beetroots, pumpkin, sweet potatoes and white mulberries instead of sugar in foods or desserts. In this way, taste buds get used to the new flavors of natural unrefined nurturing real foods that they are originally designed for.

Right foods are the ones that are the least refined and processed, without preservatives, artificial flavorings, colors and sweeteners. Those which are not prepared with hydrogenated, heated, refined vegetable oils with Trans fats, which oxidizes and damage body cells gradually. Instead they are prepared on low heat with either olive oil or coconut oil.

Extra virgin coconut oil is antifungal and antibacterial and resistance to high heat in contrast to olive oil. It also heals and supports digestive and immune system. Furthermore it helps the absorption of micronutrients and even avocado and olive oil. It is suitable for cooking and baking as well as in dressings, on your morning bread instead of butter and on your skin as a lotion.

Raw apple cider vinegar is also antibacterial as well as antifungal. It is a natural anti acid reflux and helps the absorption of nutrition in the food.

The amount of calories does not determine whether a food is a healthy choice or not. What is important is how nutrition dense a food is. As it could be stated; alcohol has zero calorie, but it's not wise or healthy to consume too much of it just because it doesn't have calories.

Vitamin A, D, E and K need fat to be absorbed in the body so you need to consume them with good oils in order to benefit from them. Think of pairing carrots or pumpkins for example with nut butter or any coconut products.

Nuts and seeds and their milk or butters should be raw without added salt, sugar or oil. Store peeled seeds including flaxseeds in airtight jars in the refrigerator to prevent rancidity.

Beans and legumes should be soaked for at least eight hours to eliminate the bloating effect and consequently become more absorbable to your digestive system. Chickpeas need even 24 hours to be soaked. When cooking them skim off the impurities.

Homemade bone broth is healing, nutritious and satisfying, so even adding it to the steamed vegetables or making soup with it supports the immune system.

Eggs should be pastured, since what the animals consume will be transferred to our bodies including hormones and genetically modified corns or soy that they were exposed to. Otherwise our bodies don't get the nutrients that we were supposed to gain and on the contrary we gradually harm our bodies.

Sausages and salami with their additives are not good options for any time of the day.

Table salt is refined and lacks the electrolytes that the body needs. Unrefined sea salt or pink Himalayan salt are better replacements.

In case of nightshade (eggplants, potatoes, tomatoes, bell peppers) allergy, use black pepper instead of cayenne pepper.

The more the food is processed, the harder it is for the body to assimilate it. The longer the expiring date the more additives are inside. Stick to whole food; meaning less packed, bagged, canned and more in their old-fashioned, traditional and pre-supermarket state. And consume them in their whole state (for example zucchini with peel or parsley with its stems).

Onions should not be cooked longer than 5-10 minutes and garlic is best raw or cooked shortly in order to keep their nutritional benefits for the body.

The longer the vegetables are cooked the harder it takes to digest them in addition to the fact that the less nutrition we get from them.

A good breakfast

A good breakfast with a good amount of protein, fiber and healthy fats can prevent binge eating and mood swings during the day. The recipes for breakfast in this e-book were created with this purpose. The jam recipes at the end are for those who are willing to start changing their habit of eating sugary, zero nutrition jam every morning for a healthier version whilst making a healthy habit. In none of the recipes sugar, lactose or gluten is used.

We need at least 25 grams of fiber on a daily basis. This doesn't mean you just need 25 grams of fruits and vegetables; in fact you need much more to reach that amount. For example 100 grams brussel sprouts contains 4 grams fiber and 100 grams carrots provide 3 grams of fiber.

Gradually increase your fiber consumption to prevent bloating and irritation. Chop the vegetables or fruits finely and chew them long to make them easy to digest. Making smoothies out of vegetables and fruits or pureeing steamed vegetables and consuming them as soup, makes vegetables easier to digest as well. The liquid form of soup and smoothie makes the bowel movement easy and absorption of nutrients faster.

Breakfast is the best time of the day to start with lots of vegetable and fruits which provide the body with real energy (unlike caffeine) and help better bowel movement. And don't forget herbal tea and water during the day since fiber needs them to move into the intestine.

Fruits are digested fast if eaten alone on an empty stomach. But if they are paired with grains like oatmeal or protein they will not get digested. So it's better to first eat your fruit in the morning and then after a half an hour, eat your bread or oatmeal.

I wish you a delightful and most healthy food cooking experience... Enjoy your recipes.

2. Natural sesame paste without additives



Ingredients:

Unroasted and unsalted sesame seeds are a good sources of calcium, protein and healthy fats. However the stored bought sesame paste with added vegetable oils, salt and even sugar and roasting, destroy the nutrition.

- 1 cup raw sesame seeds
- 6 pitted dates (soaked in water and soft)
- ¼ cup raw pistachio
- 1 pinch of cardamom powder

Directions:

Soak the seeds in 2 cups of water for a couple of hours and then drain let them to become dry.

Scatter them on a baking sheet on the baking tray and place it in the oven on the lowest temperature for 4 hours.

Blend the seeds in a high speed blender or food processor. Scrape the sides several times and continue blending for almost 5 minutes till the seeds are ground and not whole and it turns into a creamy consistency. If needed add a bit of water to blend smoother. Then add the date, pistachio and cardamom.

Use sesame paste or tahini on your bread, or in your oatmeal to make it sweet and enrich its nutrition.

It can also be used in pesto, on salad as dressing, or instead of cream and cheese on pasta and spaghetti.

3. Kale and brussels sprout with split peas stew



Ingredients:

- 250 grams Brussels sprout
- $\frac{3}{4}$ cup Yellow split peas
- 1 Onion
- 1 clove Garlic
- 1 tablespoon grated Fresh ginger
- 1 Tomato
- 1 Carrot
- 100 grams Kale
- juice of half an orange / Tangerine
- $\frac{1}{4}$ teaspoon Cinnamon
- $\frac{1}{4}$ teaspoon Cayenne pepper
- 1 teaspoon Turmeric

- ½ teaspoon Cumin powder

Directions:

Bring water/ bone broth to boil and cook the split peas on low heat with the lid on till they get soft; it takes about 30-45 minutes.

Cut the Brussels sprout in half or 3 slices. Dice the onions. Slice the carrots. Chop the tomato and crush the garlic and add them with spices and juice to the stew. After 10 minutes it's ready to serve.

You can also puree it in a food processor and consume it as a warm soup in cold mornings on a rush.

4. Almond butter without additives



Nut butters are good alternatives for cream and for decorating and frosting cakes or sauce with raw carrots or celery as healthy nutritious snacks. Our body needs healthy fats to digest and absorb vitamins and minerals.

Unsalted and unroasted almond butter, peanut, Brazilian nut or cashew butters contain calcium, protein and healthy fats and can be a natural butter without any vegetable oil added. They are good substitutions for cheese, in lactose free or vegetarian diets. Store bought butters are heated and contain salt, vegetable oils and even sugar in which no trace of the nuts healthy nutrition can be found. All nut butters can be made in the same way. In the process of blending the nut, for about 10 minutes, its natural oil comes out.

Ingredients:

1 cup raw almond or any other nut

Directions:

Soak the nuts over night.

Rinse and drain them.

Scatter them on a baking sheet on the baking tray. Place it in the oven on the lowest temperature till the almonds are dry; this could take up till 6 hours.

Blend the nuts in a high speed blender or food processor. Scrape the sides several times and continue blending. First they become just ground and dry, but as the process goes on the oil comes out of the nuts and it become creamy. Add a bit of sea salt or pink Himalaya salt if you wish.

Store it in refrigerator. The oil may separate and stays at top of the jar, just stir the butter and it is ready to be consumed.

5. Green lentils and brussels sprouts



Cooked green lentils with onions are called “adasi” in Persian and it is a famous breakfast especially in mountain restaurants, to keep you warm and energized. Here it is fortified to make it even more nutritious.

The spices take care of antioxidants, warm the body and balance it. Cumin neutralizes the bloating effect of lentils. Vitamin C in dark leafy greens help the absorption of iron in lentils.

Ingredients:

- ¼ cup (for each person) Lentils
- ¼ cup Red onion or leek
- ¼ teaspoon Cinnamon
- ¼ cup grated Brussels sprouts
- 1 tablespoon Raisins/ currants
- 1 Tomato
- 1/8 teaspoon Cayenne pepper

- ¼ teaspoon Cumin powder
- ¼ teaspoon Turmeric

Directions:

Soak lentils for couple of hours.

Bring water or bone broth to boil and add the lentils and cumin. Bone broth makes it easier for the body to absorb the protein of lentils.

Cook the lentils for almost 1 hour.

Add grated Brussels sprouts, chopped tomato, chopped onion, cinnamon, pepper and turmeric powder.

Serve it after 5 minutes with the raisins on top. If you like you can add more cinnamon to make it sweeter and grounding.

6. Tuna omelet with vegetables



This omelet contains nutritious protein, carbohydrates and fiber, which makes for an energetic breakfast or a satisfying lunch or dinner.

Ingredients:

- 1 tin Tuna in water
- 100 grams Kale
- 200 grams Mushrooms
- 1 Carrots
- 1 big Sweet potato
- 1 Onion
- 1 clove Garlic
- 3 Eggs
- ¼ teaspoon Cayenne/ black pepper
- ½ Cumin

- ½ Turmeric
- 1 orange Fresh orange juice
- 1 teaspoon Tomatoes puree (optional)
- 2 table spoons Olive/ extra virgin Coconut oil

Directions:

Peel the potato and cut it into small chunks.

In a pan add 1 tablespoon of oil, chopped onion, crushed garlic, tuna, potato, spices, chopped kale and tomatoes puree. Place it on a low heat with the lid on for 15 minutes.

Then add the sliced carrot, mushrooms and the orange juice. Stir occasionally and turn it off after 15 minutes and keep it warm.

In the meantime beat the eggs. In another pan add the rest of the oil and pour half the beaten eggs. Fry both sides and do the same for the other half of the eggs.

Lay each fried egg in a separate plate, then add the rest of the ingredients and roll the egg.

7. Gluten free cereal



You can still enjoy a crunchy, filling and comforting breakfast without oatmeal or cereals. This is full of healthy fats, fiber and protein.

Ingredients:

- ½ tablespoon Shredded Coconut
- 2 tablespoons Nuts of choice (Brazilian, walnuts, pistachio, almonds, cashews, macadamia)
- 1 tablespoon Sunflower/ pumpkin seeds
- ½ cup Coconut/ almond milk
- 2 Fruits in season (banana/ grapes/ berries/ apples/ kiwi)
- ½ teaspoon Cinnamon
- ½ teaspoon Turmeric
- 1 tablespoon fresh ground Flaxseeds / Chia seeds / hemp seeds (optional)

Directions:

Chop the fruits and nuts. Combine all the ingredients. If you let them soak in for a while it becomes tastier.

- You can also rasp fruits like apple if you are not used to have fruits in the morning, in this way it becomes easier for you to digest it.
- You can warm the nut milk a bit during cold season too.
- In case you are used to wake up with coffee/ tea (caffeine), rasp some 80% dark chocolate on top instead.
- Dried fruits can also be used in cold season (especially if you need a boost for bowl movement). Just use the ones which are dried under the sun and not with sulfites.

This is a good way to incorporate turmeric and cinnamon without tasting them that much. Cinnamon balances blood sugar so you will not feel hungry or want something sugary later in the morning. Turmeric is anti-inflammatory, so the more the better.



8. Pumpkin with lentil and mushrooms



(Sweet, warm and nutritious for cold days.)

Ingredients:

- ¾ cup Lentils (soaked)
- 250 grams Mushrooms
- 2 cups Pumpkin
- 1 Red onion
- 1 clove Garlic
- ½ teaspoon Cayenne/ black pepper
- 1 teaspoon Turmeric
- ½ teaspoon Cumin powder
- ½ teaspoon Thyme
- ¼ teaspoon Clove
- 1 table spoon Extra virgin Olive/ coconut oil
- 1 tablespoon Tomatoes puree (optional)

Directions:

Cut the pumpkin into small cubes and scoop out the seeds. Bring water/ bone broth to boil, lower the heat and add the lentils, pumpkin, clove, cumin and turmeric.

After half an hour slice the mushrooms, chop the onion and garlic and add them all to the lentil and pumpkin with pepper, thyme (and tomatoes puree if you use).

Serve it after 10 minutes with olive/coconut oil.

It can be prepared ahead in the evening and reheated the next morning.

9. Pancakes without flour



Plantains are sweet, comforting and filling. They are nutritious and better ingredient for pancakes.

Ingredients:

- 1 Plantain*
- 1 egg
- ½ teaspoon Cinnamon
- ½ teaspoon Turmeric
- ½ teaspoon Vanilla pods
- 1 tablespoon extra virgin Coconut oil
- 2 tablespoons chopped Walnuts (optional)
- 1 tablespoon freshly ground Flaxseeds (optional)

*for 4 pancakes

Directions:

Peel the plantain and mix it with the rest of the ingredients in a food processor.

Pour the oil in the pan. Pour the batter in the pan for 4 portions or you can use egg rings.

Fry each side for about 4 minutes on medium heat.



Serving ideas:

Raw nut butters

Homemade pureed berries in food processor

Melted dark chocolate 70%

Rasped beets

Coconut or nut milk/ 1 teaspoon coconut cream

Raw honey (though plantains are naturally sweet)

10. Lentils and quinoa



Ingredients:

- ½ cup Quinoa
- ¾ cup Lentils*
- 1 Red onion
- ½ teaspoon Cinnamon
- 1 teaspoon Turmeric
- 2 tablespoons Raisins or chopped dates
- ½ teaspoon Cumin powder
- ¼ teaspoon Cayenne/black pepper
- 1 tablespoon Extra virgin olive/ coconut oil

* You can substitute green lentils with red ones since they cook quicker.

Directions:

Wash the quinoa. Bring the water to boil and add the lentils with quinoa, turmeric, cumin and pepper. Lower the heat. The water should cover 3 centimeters above the quinoa and lentils.

Dice the onion and add it to the lentil and quinoa after 30 minutes. You can add tomato puree if you wish.

When the lentils are cooked and the water has reduced, it`s ready. Drizzle the oil, add cinnamon and raisins or chopped dates and serve.

When you leave it to cool you can use it as a salad as well.

It can be prepared ahead in the evening and served cold or reheated the next morning.

11. Beans stew



Ingredients:

- 1 cup White beans
- 1 Carrot
- 2 cups Green beans
- ½ cup Leek
- 1 tablespoon extra virgin Coconut oil
- 1 tablespoon Apple cider vinegar
- 1 teaspoon Summer Savory
- 1 teaspoon Turmeric
- ½ teaspoon Cumin powder
- ½ teaspoon Cinnamon

Directions:

Soak the beans over night. Drain them. Bring 1 liter of water or bone broth to boil and add the beans. Lower the heat and let it cook for about 1 hour and half, till the beans get soft.

Cut the green beans. Chop the carrots or cut them into sticks. Add them to the beans with cumin.

Chop the leek and add them with turmeric, savory and cinnamon to the rest of the ingredients the last 10 minutes; when the green beans are a bit soft but still crunchy.

Serve it with coconut oil and apple cider vinegar.

12. Omelet muffins



Ingredients:

- 6 Eggs
- 100 grams Green peas
- 200 gram Mushrooms
- 1 Red/yellow Bell pepper
- 2 cups chopped Spinach/broccoli
- 1 teaspoon Turmeric
- 1 tablespoon extra virgin Coconut oil
- 1 tablespoon Thyme
- ½ cup coconut/ nut milk
- 1 cup Leek
- ½ teaspoon Cayenne/ black pepper
- 2 cloves of Garlic (crushed)

- *You can use any seasonal vegetable.

Directions:

Preheat the oven to 175 Celsius. Slightly grease the muffins pan with coconut oil.

Chop mushrooms, leek and bell pepper.

Beat the eggs with the herbs and spices.

Combine all the ingredients in a bowl. Divide them between the muffins.

Place the muffin pan in the oven for 20 minutes or till the eggs are cooked.

You can also stir fry mushrooms, leek and bell peppers for 5 minutes with coconut oil prior to baking too.

These can be made ahead and reheated or served cold.

13. Apple pie spread (sugar free)



Ingredients:

- 3 Apples
- 2/3 cup Raisins
- 1 teaspoon Cinnamon
- 1 teaspoon Lemon zest
- 1 tablespoon Lemon juice
- 1 teaspoon Vanilla (optional)
- 1 teaspoon Flax seeds

Directions:

Peel the apples. Cut them into small pieces.

Place them in a sauce pan and let them become soft on a low heat. If needed add a tablespoon of water. They should not become caramelized. Add the lemon zest. If you prefer a sweeter taste add the vanilla.

When you can easily press the back of a fork in them, then they are ready. Add the cinnamon, flax seeds, raisins and the lemon juice.

If you like a smoother texture you can puree them in the food processor.
You can also use pears instead of apples.

14. Raw Chocolate hazelnut spread (Without added sugar, milk or oil)



Commercial chocolate spreads contain harmful vegetable oils and sugar. Hazelnut naturally contains good fatty acids.

Ingredients:

- 3 tablespoons unsweetened Cacao powder (preferably raw)
- 1 cup pitted Dates
- half a cup raw Hazelnuts
- 1 tablespoon Flaxseeds

Directions:

Soak the hazelnuts in water over night. Empty the water and roughly crush the nuts in a food processor.

Soak the dates for one night till they become soft. Add them to the food processor with the water they were soaked in. Add the cacao and the flaxseeds and mix them till they turn into a creamy texture. You can keep it in the refrigerator for 5 days.

15. Apricots marmalade (without added sugar, additives or cooking)



Dried apricots are already sweet and contain fiber and protein, therefore they are a better choice than cooked marmalade or jam with added sugar for beginning the day in this way. (It also helps to prevent constipation too).

Ingredients:

- 1 cup Dried apricots
- 1 teaspoon Fresh lemon juice

Directions:

In case you are sensitive to sulfide choose the dark colored ones (often without sulfide) and check the pack that it does not contain sulfide. Soak the apricots overnight.

In the food processor mix the dried apricots with the soaked water and lemon juice. In case you prefer consistency of jam add more water. Some fresh orange juice or pineapple juice or pieces of pineapple will go just as good with it too.



16. Easy Oat flat bread without yeast



Ingredients:

- 3/4 cup Pitted dates
- 1 cup Ground oats*
- 1/2 cup Raw almond or sesame seeds
- 2 tablespoons Flaxseeds
- 1 teaspoon Cumin powder
- *In case of gluten sensitivities make sure the oats are gluten free.

Directions:

Soak the dates for a couple of hours to become very soft.

Soak the nuts to make it easier to digest for a couple of hours and then drain them.

Preheat the oven to 200 degrees Celsius. Cover the baking tray with baking sheet.

Pour all the ingredients in a food processor or blender with the water that the dates were soaked in and blend everything.

Lay the batter on the baking sheet on the baking tray. Make it a thin square layer. With a knife gently divide it into 16 squares by making shallow lines. This way it is easy to separate them after they are baked.

Bake them for 20-25 minutes till it turns golden brown.

Let it cool and then cut them from the places you marked.

Keep them in an airtight container.

These can be also a satisfying snack.

17. Quince jam



Ingredients:

- 400 grams Quince
- 2 ripe Apples
- 1 tablespoon Fresh lemon juice
- a pinch Cardamom powder

Directions:

Cut the apples and place them in a sauce pan and cook them till they get soft. Puree them in food processor. This is used instead of sugar to make the jam sweeter.

Cut the quince with skin and discard the pit.

Place them in pot. Add water to cover the quince.

Let it come to boil, then lower the heat.

When it turns red add the lemon juice and cardamom, remove it from the heat after 15 minutes. Combine it with apple puree.

This is enough for one jar. If you prefer marmalade, puree it in a food processor.

18. Carrot jam



Ingredients:

- 500 grams Carrots
- 5 dried Apricots
- ¼ teaspoon Cardamom powder
- 2 tablespoon Fresh lemon juice
- 2 tablespoons silvered or powdered pistachio (optional)

Directions:

Soak dried apricots over night in water then puree it in food processor.

Rasp the carrots by a grater or in the cooking machine.

Add water to the carrots in a pan to cover the carrots.

After the water bubbles (starts cooking), add cardamom. Lower the heat. Depending on how thick you like your jam to be, let it cook. Less cooking is always better.

After removing from the heat combine it with the lemon juice, pureed apricots and pistachio if using.

19. Cacao chili oatmeal (sugar and lactose free)



Soaking grains in general and oats in particular helps better digestion and assimilation of nutrients.

Raw cacao is a good source of magnesium, iron, manganese, vitamin C, zinc and copper. Heat takes all these benefits away which is the case in making commercial chocolates and cacao powder. Ginger and turmeric in combination with cayenne pepper helps to boost the anti-inflammatory. Cinnamon adds a sweet taste and comforting aroma and balances blood sugar.

Starting the day with this oatmeal containing coconut oil, dried fruits, pepper and ginger also prevents constipation.

Ingredients:

- 1 teaspoon unsweetened Cacao powder (preferably raw)
- 3 tablespoons gluten free Oats
- ¼ teaspoon Cayenne/ black pepper
- 1 teaspoon extra virgin Coconut oil/ raw nut butter
- 1 tablespoon Raisins/currants / chopped dates /dried apricots/ dried plums/ dried white mulberries

- 1 tablespoon freshly ground Flax seeds
- ½ teaspoon Turmeric
- 1/3 teaspoon Cinnamon
- 1 teaspoon rasped fresh Ginger
- 1 tablespoons Pumpkin/ sunflower seeds
- 1 tablespoon chopped raw Nuts (walnuts/ pecan/ Brazilian/ cashews)
- ½ - 1 cup Nut milk

Directions:

Bring 1 liter of water to boil. Let it cool for a while till it`s almost 70-80 degrees Celsius. Add it to the oats, pepper, ginger and flax seeds in a bowl.

Store it in the refrigerator till the next morning.

In the morning add the rest of the ingredients and stir well. Add warm or cold nut milk to get the desired consistency.

* You can use quinoa instead too.

20. Thank you

Dear Reader,

I hope you enjoyed *Breakfast Recipes* in this book. Please stay tuned because I am working on new recipes series related to different health conditions.

As an author I like the interaction with my audience, therefore your feedback on amazon means a lot to me. I would be happy to hear what you liked, what you loved, even what was not appealing to you.

You can leave your review behind by visiting this link: [Breakfast Recipes](#)

Thank you for choosing *Breakfast Recipes*.

In gratitude,

Katayoun Pakatchi

21. See also

- **Delicious & Healthy Recipes Series: Main dishes**
- **Delicious & Healthy Recipes Series: Desserts & sweet treats**
- **Delicious & Healthy Recipes Series: Drinks**
- **Delicious & Healthy Recipes Series: Starters and side Dishes**

You can find these series and stay updated for more of my new series on my Amazon page, click here for the link:

[Katayoun's Amazon Page](#)

Here are a few links to important books relating to health and food which you can find on amazon:

- [It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways](#)
- [The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity](#)
- [Happy Belly: A Woman's guide to feeling vibrant, light, and balanced](#)