

# GUT CHECK

Unleash the Power of Your  
Microbiome to Reverse Disease and  
Transform Your Mental, Physical, and  
Emotional Health

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With Jodi Lipper



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# THE *GUT CHECK* FOOD PLAN

## **Do:** Eat Polyphenol-Rich Foods

Here's a list of common foods sorted by their polyphenol content, ranked from highest to lowest.<sup>2</sup>

Cloves  
Peppermint, dried  
Star anise  
Cocoa powder  
Mexican oregano  
Celery seed  
Black chokeberries  
Dark chocolate  
Flaxseed meal  
Black elderberries  
Chestnuts  
Common sage, dried  
Rosemary, dried  
Spearmint, dried  
Common thyme, dried  
Lowbush blueberries  
Black currants  
Capers  
Black olives  
Highbush blueberries

Hazelnuts  
Pecans  
Plums  
Green olives  
Sweet basil, dried  
Curry powder  
Sweet cherries  
Artichokes  
Blackberries  
Strawberries  
Red chicory  
Red raspberries  
Coffee, filtered  
Ginger, dried  
Prunes  
Almonds  
Black grapes  
Red onions  
Green chicory  
Common thyme, fresh  
Refined maize flour (masa made from hominy)  
Tempeh  
Apples  
Spinach  
Shallots  
Lemon verbena, dried  
Black tea  
Red wine  
Green tea

Soy yogurt  
Yellow onions  
Pomegranate juice (100% juice)  
Extra-virgin olive oil  
Black beans (pressure-cooked or fermented)  
Peaches  
Blood orange juice (100% juice)  
Cumin  
Grapefruit juice (100% juice)  
White beans (pressure-cooked or fermented)  
Chinese cinnamon  
Blond orange juice (100% juice)  
Broccoli  
Red currants  
Pure lemon juice  
Apricots  
Caraway  
Asparagus  
Walnuts  
Potatoes (pressure-cooked)  
Ceylon cinnamon  
Parsley, dried  
Nectarines  
Curly endive  
Marjoram, dried  
Red lettuce  
Quinces  
Endive (escarole)  
Pumelo juice (100% juice)

Rapeseed (canola) oil, organic

Pears

Soybean sprouts

Green grapes

Carrots

Vinegar

White wine

Rosé wine

## **THE *GUT CHECK* FOOD LISTS**

Hopefully, this all seems pretty straightforward. To make things even easier for you, I've created the following “yes” and “no” lists. You can also find this information online at [DrGundry.com](http://DrGundry.com), where you can download these lists in PDF form.

Yes, Please: Postbiotic-Boosting Foods

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### *Cruciferous Vegetables*

Arugula

Bok choy

Broccoli

Brussels sprouts

Cabbage, green and red

Cauliflower

Collards

Kale

Kimchi

Kohlrabi  
Napa cabbage  
Sauerkraut (raw)  
Swiss chard  
Watercress

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*Other Postbiotic-Boosting Vegetables*

Artichokes  
Asparagus  
Bamboo shoots  
Basil  
Beets (raw)  
Carrot greens  
Carrots (raw)  
Celery  
Chicory  
Chives  
Cilantro  
Daikon radishes  
Endive  
Escarole  
Fiddlehead ferns  
Frisée  
Garlic  
Garlic scapes  
Ginger  
Hearts of palm  
Horseradish

Jerusalem artichokes (sunchokes)  
Leeks  
Lemongrass  
Mesclun  
Mint  
Mizuna  
Mushrooms  
Mustard greens  
Nopales (cactus paddles; if you can't find them locally, buy them online)  
Okra  
Onions  
Parsley  
Parsnips  
Perilla  
Puntarelle (an Italian chicory)  
Purslane  
Radicchio  
Radishes  
Red- and green-leaf lettuces  
Romaine lettuce  
Rutabaga  
Scallions  
Sea vegetables  
Seaweed and algae  
Shallots  
Spinach (warning: contains an aquaporin lectin)  
Water chestnuts



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*Fruits That Act like Fats*

Avocado (up to a whole one per day)

Olives, all types

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*Oils*

Avocado oil

Black seed oil

Canola oil (non-GMO, organic only!)

Coconut oil (has some effect)

Cod liver oil (those flavored with lemon and orange  
have no fish taste)

Flaxseed oil (high lignan)

Macadamia oil (omega-7)

MCT oil

Olive oil, extra-virgin first cold pressed

Perilla oil (contains lots of ALA and rosemarinic acid, both uncou-  
plers)

Red palm oil

Rice bran oil

Sesame oil, regular and toasted

Walnut oil

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*Nuts and Seeds*

*Up to ½ cup per day.*

Almonds (only blanched or marcona)

Barùkas (baru) nuts

Basil seeds

Brazil nuts (in limited quantities)  
Chestnuts  
Coconut meat (but not coconut water)  
Coconut milk/cream (unsweetened full-fat canned)  
Coconut milk (unsweetened dairy substitute)  
Duckweed powder  
Flaxseeds (ground fresh)  
Hazelnuts  
Hemp protein powder  
Hemp seeds  
Macadamia nuts  
Milkadamia creamer (unsweetened and not the milk)  
Nut butters (if almond butter, preferably made with blanched  
almonds, as almond skins contain lectins)  
Pecans  
Pili nuts  
Pine nuts  
Pistachios  
Psyllium seeds/psyllium husk powder  
Sacha inchi seeds  
Sesame seeds  
Tahini  
Walnuts

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*“Energy” Bars*

*Limit to one per day, please.*

Adapt bars: coconut, chocolate

Fast Bar

Gundry MD bars

Keto Bars: almond butter brownie, salted caramel, lemon poppy seed, chocolate chip cookie dough, mint chocolate, dark chocolate coconut almond, chocolate-covered strawberry

Keto Krisp: chocolate mint, almond butter, chocolate raspberry, almond butter chocolate chip, almond butter and blackberry jelly

Kiss My Keto: cookie dough, chocolate coconut, birthday cake

MariGold: ChocoNut, Pure Joy, espresso, ginger coconut

Primal Kitchen: almond spice, coconut lime

Rowdy Bars: keto chocolaty cookie dough

Stoka: vanilla almond, coco almond

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### *Processed Resistant Starches*

*Can be eaten every day in limited quantities; those with prediabetes or diabetes should consume only once a week on average.*

Barely Bread bread and bagels (only those without raisins)

Bread SRSLY sourdough nonlectin bread and rice-free sourdough rolls

Cappello's fettuccine and other pasta

Crepini egg thins

Fulllove Foods keto hemp and linseed bread

Julian Bakery Paleo wraps (made with coconut flour), paleo thin bread, almond bread, sandwich bread, coconut bread

Lovebird Cereals (unsweetened only)

ONANA tortillas

Positively Plantain tortillas

The Real Coconut coconut and cassava flour tortillas and chips

Siete chips (be careful here; a couple of my “canaries” have reacted to the small amount of chia seeds in the chips) and tortillas (only those made with cassava and coconut flour or almond flour)

Superbloombakery.com (breads)

Terra cassava, taro, and plantain chips

Thrive Market organic coconut flakes

Tia Lupita grain-free cactus tortillas

Trader Joe’s jicama wraps, plantain chips

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### *Resistant Starches*

*Eat in moderation. People with diabetes and prediabetes should initially limit these foods.*

Baobab fruits

Cassava (tapioca)

Celery root (celeriac)

Glucomannan (konjac root)

Green bananas

Green mangoes

Green papayas

Green plantains

GundryMD Popped Superfood Crisps

Jicama

Millet

Parsnips

Persimmon

Rutabagas

Sorghum

Sweet potatoes or yams

Taro root

Tiger nuts

Turnips

Yucca

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*“Foodles” (Acceptable “Noodles”)*

*Diabetic, prediabetic, and insulin-resistant people should use with extreme moderation except for konjac-based noodles and rice or hearts of palm noodles or rice.*

Big Green millet and sorghum pastas

Edison Grainery sorghum pasta

GundryMD konjac shirataki noodles

GundryMD sorghum spaghetti

Jovial cassava pastas

Kelp noodles

Konjac noodles

Miracle Noodle kanten pasta

Miracle Rice

Natural Heaven hearts of palm spaghetti and lasagna noodles

Palmini hearts of palm noodles

Shirataki noodles

Slimdown360 sweet potato pasta elbow macaroni

Trader Joe’s cauliflower gnocchi

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*Wild-Caught Seafood*

*Use with caution owing to its microplastics content. Consume up to four ounces per day.*

Alaskan salmon (contains very few microplastics)

Anchovies  
Calamari/squid  
Canned tuna  
Clams  
Cod  
Crab  
Freshwater bass  
Halibut  
Hawaiian fish, including mahimahi, ono, and opah  
Lake Superior whitefish  
Lobster  
Mussels  
Oysters  
Sardines  
Scallops  
Shrimp (wild only)  
Steelhead  
Trout

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*Pastured Poultry*

*Consume four ounces per day.*

Chicken  
Duck  
Game birds (pheasant, grouse, dove, quail)  
Goose  
Heritage or pastured turkey  
Ostrich  
Pastured or omega-3 eggs (up to 4 daily)

Pastured chicken or turkey jerky (low-sugar versions)

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### *Meat*

*100 percent grass-fed and grass-finished; consume four ounces per week; see the previous chapter.*

Beef

Bison

Boar

Elk

Pork (humanely raised, including prosciutto, Ibérico ham, Cinco Jotas ham)

Traditionally fermented sausages (good news: they contain no Neu5Gc)

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### *Plant-Based Proteins and “Meats”*

Duckweed powder

Flaxseed protein powder

GundryMD ProPlant protein shakes

Hemp protein powder

Hemp tofu

Hilary’s root veggie burger ([hilaryseatwell.com](http://hilaryseatwell.com))

Just eggs ([ju.st](http://ju.st))

Perfect Day vegan whey and casein

Pressure-cooked lentils and other legumes (canned, such as Eden or Jovial brand) or dried, soaked, then pressure-cooked (use an Instant Pot)

Protein isolates of and/or hydrolyzed pea, soy, or other similar bean powders (not the same as regular pea protein, soy protein, lentil

protein, chickpea protein—buyer beware!

Quorn products: only meatless pieces, meatless grounds, meatless steak-style strips, meatless fillets, meatless roast (avoid all others as they contain lectins/gluten)

Textured vegetable protein (TVP)

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### *Polyphenol-Rich Fruits*

*Limit to one small serving on weekends and only when that fruit is in season, or unlimited with “reverse juicing.” The best options are pomegranate and passion fruit seeds, followed by raspberries, blackberries, strawberries, then blueberries, grapefruit, pixie tangerines, and kiwifruits. (Eat the skin for more polyphenols.)*

Apples

Apricots

Blackberries

Blueberries

Cherries

Citrus, all types (no juices)

Cranberries (fresh)

Guava

Kiwis

Nectarines

Papaya

Passion fruit

Peaches

Pears, crispy (Anjou, Bosc, Comice)

Persimmon

Plums



Pomegranates

Raspberries

Starfruit

Strawberries

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*Dairy Products and Replacements*

Aged cheeses from Switzerland

Aged “raw” French/Italian cheeses

Buffalo milk butter (available at Trader Joe’s)

Buffalo milk mozzarella: mozzarella di bufala (Italy),  
Buf Creamery (Uruguay)

Coconut yogurt (plain)

French/Italian butter (limit)

Ghee (grass-fed) (limit)

Goat milk and sheep milk kefir (plain)

Goat milk cream flakes: Mt. Capra

Goat milk cheeses: feta, Brie, mozzarella, cheddar

Goat milk ghee (limit)

Goat yogurt (plain)

Kite Hill ricotta cheese

Lavva plant-based yogurt

Organic heavy cream

Organic sour cream

Parmigiano-Reggiano cheese

Sheep milk cheeses: pecorino romano, pecorino sardo, feta,  
Manchego

Sheep milk yogurt (plain)

So Delicious vegan mozzarella, cream cheese

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*Herbs, Seasonings, and Condiments*

Avocado mayonnaise

Coconut aminos

Fish sauce

Herbs and spices (all except red pepper flakes)

MCT mayonnaise

Miso paste

Mustard

Nutritional yeast

Pure vanilla extract

R's KOSO, other KOSOs

Sea salt (iodized)

Tahini

Vinegars (apple cider vinegars, Bliss vinegars, Sideyard Shrubs vinegars, others)

Wasabi

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*Flours*

Almond (blanched, not almond meal)

Arrowroot

Cassava

Chestnut

Coconut

Coffee fruit

Grape seed

Green banana

Hazelnut

Millet

Sesame (and seeds)

Sorghum flour

Sweet potato

Tiger nut

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### *Sweeteners*

Allulose (By far the best option! Look for non-GMO)

Erythritol (Not as evil as some think. Swerve is my favorite, as it also contains oligosaccharides)

Inulin (Just Like Sugar is a great brand)

Local honey and/or manuka honey (very limited!)

Monk fruit (luo han guo; the Nutresse brand is good)

Stevia (SweetLeaf is my favorite; also contains inulin)

Xylitol

Yacon syrup (Super Yacon Syrup is available at Walmart; Sun-Food Sweet Yacon Syrup is available on Amazon)

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### *Chocolate and Frozen Desserts*

Coconut milk dairy-free frozen desserts (the So Delicious blue label, which contains only 1 gram of sugar; but be careful: may contain pea protein)

Dark chocolate, unsweetened, 72% cacao or greater (1 ounce per day)

Enlightened ice cream

Keto ice cream: chocolate, mint chip, sea salt caramel

Killer Creamery ice cream: Chilla in Vanilla, Caramels Back, and No Judge Mint

Mammoth Creameries: vanilla bean

Natural (nondutched) cocoa powder, unsweetened

Nick's vegan ice cream

Rebel Creamery ice cream: butter pecan, raspberry, salted caramel, strawberry, vanilla

Simple Truth ice cream: butter pecan and chocolate chip

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### *Beverages*

Champagne (6 ounces per day)

Coffee

Dark spirits (1 ounce per day)

Hydrogen water

KeVita low-sugar kombucha (coconut, coconut mojito, for example), other low-sugar kombuchas

Red wine (6 ounces per day)

Reverse osmosis filtered water (AquaTru)

San Pellegrino or Acqua Panna water

Tea (all types)

### No, Thank You: Major Lectin-Containing Foods

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#### *Refined, Starchy Foods*

Bread

Cereal

Cookies

Crackers

Pasta

Pastries

Potato chips  
Potatoes  
Rice  
Tortillas  
Wheat flour  
Whole wheat flour

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*Grains, Sprouted Grains, Pseudograins, and Grasses*

Barley (cannot be pressure-cooked)  
Barley grass  
Brown rice  
Buckwheat  
Bulgur  
Corn  
Corn products  
Corn syrup  
Einkorn  
Kamut  
Kasha  
Oats (cannot be pressure-cooked)  
Popcorn  
Quinoa  
Rye (cannot be pressure-cooked)  
Spelt  
Wheat (pressure cooking does not remove lectins from any form of wheat)  
Wheatgrass  
White rice (except pressure-cooked white basmati rice from India,

which contains high-resistant starch; American white basmati does not)

Wild rice

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### *Sugar and Sweeteners*

Agave

Coconut sugar

Diet drinks

Granulated sugar (even organic cane sugar)

Maltodextrin

NutraSweet (aspartame)

Splenda

Sweet 'N Low (saccharin)

Sweet One and Sunett (acesulfame-K)

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### *Vegetables*

*Most of these can be made safe foods with pressure cooking; marked with an (\*).*

All beans\* (including sprouts)

Chickpeas\* (including as hummus)

Edamame\*

Green/string beans\*

Legumes\*

Lentils\*

Pea protein (unless pea protein isolate or hydrolysate)

Peas\*

Soy\*

Soy protein (unless soy protein isolate or hydrolysate)

Sugar snap peas

Tofu\*

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*Nuts and Seeds*

Almonds, unblanched

Cashews

Chia seeds

Peanuts

Pumpkin seeds

Sunflower seeds

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*Fruits*

*Some of these we call vegetables.*

Bell peppers

Chili peppers

Cucumbers

Eggplant

Goji berries

Melons (any kind)

Pumpkins

Squash (any kind)

Tomatillos

Tomatoes

Zucchini

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*Milk Products That Contain A1 Beta-Casein*

Butter (even grass-fed), unless from A2 cows, sheep,  
goats, or buffalo  
Cottage cheese  
Cow milk  
Cow milk cheese from American cows  
Frozen yogurt  
Ice cream (most)  
Kefir from American cows  
Ricotta  
Yogurt (including Greek yogurt)

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*Oils*

All “partially hydrogenated” oils  
Corn  
Cottonseed  
Grape seed  
Peanut  
Safflower  
Soy  
Sunflower  
“Vegetable”

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*Seasonings*

Ketchup  
Mayonnaise (unless MCT or avocado)  
Red pepper flakes



Soy sauce

Steak sauce

Worcestershire sauce

Now you know about all the foods that your gut buddies do and don't want to eat. Perhaps it's a good time to remind yourself why you are doing all of this. You've learned that the complex galaxy living in your body controls just about everything that's going to happen to you. This galaxy far and away outnumbers your human cells and human genetic material. Yet you've also read about all of the ways we've ignored, abused, and outright killed these microbes. They're mad as hell, and they're not going to take it anymore.

The good news is that you have the power to rectify the situation. You can undo the damage that's been done to your inner ecosystem, and it's not all that difficult. If you still don't think that's necessary, all I have left to tell you is a quote from yet another one of my favorite movies, *Dirty Harry*: "You've got to ask yourself one question: Do I feel lucky?"

Well, do you, punk? What do you say? I say, let's eat!

# RECIPES

## Condiments

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### Miso Caesar Dressing

This is not a classic Caesar dressing (which is Gundry approved if made using olive oil), but in my opinion, it's a fun, fermented upgrade, thanks to the deep, savory flavor of the umami-rich miso paste. Serve over Not-Quite-Classic Caesar Salad or as a dipping sauce for your favorite fritters or even grass-fed grilled beef skewers.

*Serves 2.*

- 1 tablespoon white miso paste
- 1 pasture-raised egg yolk\*
- 1 clove garlic
- 1 anchovy (optional and delicious)
- 1½ tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- ¼ cup grated parmesan cheese
- Juice of ½ lemon
- 3 tablespoons extra-virgin olive oil\*

Combine the miso paste, egg yolk, garlic, and anchovy, if using, in a food processor, and pulse until well combined.

\*If you're not comfortable using raw egg yolk, omit the egg yolk and olive oil and instead fold in ¼ cup Gundry-approved mayonnaise.

Add the Worcestershire sauce, mustard, parmesan cheese, and lemon juice, and process until smooth.

With the motor running, stream in the olive oil until a creamy dressing is formed.

To make this recipe vegan, omit the anchovy, use  $\frac{1}{4}$  cup unsweetened coconut yogurt instead of the egg yolk and olive oil, and swap out the parmesan cheese for nutritional yeast.

## Black Garlic Aioli

A traditional aioli couldn't be simpler—it's mayo with garlic. This twist on the classic adds an addictive natural sweetness thanks to the fermented black garlic. It takes a little bit of time to come together, even in the food processor, but it's well worth the wait! Try this on Miso Lamb Burgers with Mint Sauce, or Sauerkraut Fritters with Leafy Greens.

*Makes 1 cup.*

2 cloves white garlic  
8 cloves black garlic  
1 pasture-raised egg yolk  
2 tablespoons white vinegar\*  
½ teaspoon salt  
¾ cup extra-virgin olive oil

In a food processor, pulse together the white and black garlic until a smooth paste is formed, scraping down the sides intermittently.

Add the egg yolk, vinegar, and salt to the mixture, and pulse until incorporated into the paste.

With the food processor running, slowly pour the olive oil into the garlic mixture, stopping occasionally to scrape down the sides. Go *slowly*; it should take a couple minutes to get all the olive oil worked into the garlic.

Continue processing until the mixture is thick and creamy.

\*This recipe also works beautifully with balsamic vinegar to highlight the sweetness of the black garlic.

## Savory Foods (Vegetarian)

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### Not-Quite-Classic Caesar Salad

Truth be told, I love a classic Caesar salad—but sometimes I want something a little different. That's why I created not one but three fun variations for you—from a mostly classic, miso-infused version to a cabbage version, which is a cross between a salad and a slaw, to a grilled version, which is perfect with a nice barbecue.

*Serves 2.*

#### Classic-ish Caesar Salad

1 small head romaine lettuce  
Miso Caesar Dressing  
¼ cup shredded parmesan cheese  
¼ cup toasted walnuts

Chop or tear the lettuce into bite-sized pieces and place in a large salad bowl. Toss with the dressing and parmesan cheese. Serve topped with walnuts.

#### Cabbage Variation

Miso Caesar Dressing  
Zest and juice of 1 lemon  
½ head red cabbage, shredded  
1 bulb fennel, shredded  
¼ cup shredded parmesan cheese  
¼ cup toasted hazelnuts

Combine the dressing with the zest and juice of the lemon. Combine the cabbage and fennel in a large salad bowl. Toss with the dressing and parmesan cheese. Top with the hazelnuts and serve.

### Grilled Kale Variation

2 bunches lacinato kale, whole leaves

2 tablespoons extra-virgin olive oil

Miso Caesar Dressing

¼ cup shredded parmesan cheese

¼ cup toasted pine nuts

Heat a grill or grill pan to medium-high heat. Toss the kale with the olive oil. Grill for 1 to 2 minutes per side, until the leaves are just charred. Let cool, and cut away the tough stems. Cut into bite-sized pieces. Toss with the dressing and parmesan cheese. Top with the pine nuts and serve.

## Kimchi Carbonara with Sorghum or Sweet Potato Pasta

I find that sorghum spaghetti is a beautiful sub for traditional (and lectin-loaded) wheat pasta. If you're vegan, look for a vegan kimchi and use half a can of coconut cream instead of the eggs and cheese for a slightly different—but equally delicious—creamy pasta.

*Serves 4.*

1 pound sorghum spaghetti  
4 tablespoons sesame seed oil  
1 small shallot, minced\*  
6 medium cloves garlic, minced  
1 tablespoon minced fresh ginger  
¼ cup dry white wine\*\*  
½ cup diced cabbage kimchi  
¼ cup kimchi juice  
3 large, room temperature pasture-raised egg yolks  
½ cup grated parmesan cheese, plus more for serving  
1 cup thinly sliced spinach  
Salt and pepper to taste

Cook the spaghetti in a large pot of water, according to the cooking instructions on the package. Drain, reserving 1 cup of the pasta water.

In a large skillet, heat the oil over medium heat. Add the shallot, and cook for 2 to 3 minutes, until translucent. Add the garlic and ginger and cook for 1 minute, until very fragrant. Deglaze the skillet with the wine or broth, stirring to loosen the browned-on bits. Add the kimchi to the skillet and cook, stirring regularly, until slightly wilted, 1 to 2 minutes. Add the cooked pasta and toss.

\*If shallots aren't readily available in your grocery store, use ¼ red onion instead.

\*\*If you prefer not to cook with wine or don't have an open bottle, feel free to use lectin-free broth, and add a squeeze of lemon.

Remove from the heat, then add the kimchi juice, egg yolks, and parmesan cheese and toss vigorously to coat the pasta. If the pasta seems dry, add some reserved pasta cooking water. Divide among four bowls and top with the spinach before serving. Add salt and pepper to taste.



## Kimchi Pancakes

Kimchi pancakes (kimchijeon) are one of my favorite Korean foods—but they're often made with wheat flour. By swapping out the wheat flour for lectin-free tapioca starch (do *not* swap in cassava flour), you get an extra crispy, delicious savory treat that's good hot, at room temperature, or cold.

*Serves 4.*

### FOR THE PANCAKES:

- ½ cup cabbage kimchi
- 3 scallions, finely chopped
- ½ teaspoon iodized sea salt
- ½ teaspoon garlic powder
- 1 shallot, minced
- 1 tablespoon kimchi juice
- 4 tablespoons tapioca starch
- 3 large pasture-raised eggs
- 1 teaspoon gochujang (fermented Korean chili sauce)
- 2 tablespoons perilla or sesame oil, divided

### FOR THE SAUCE:

- 2 tablespoons coconut aminos
- 2 tablespoons rice wine vinegar
- 1 tablespoon toasted sesame oil
- 1 small clove garlic, crushed

In a large bowl, combine the kimchi, scallions, salt, garlic powder, and shallot. Set aside.

In a separate bowl (or a blender to save time), combine the kimchi juice, tapioca starch, eggs, and gochujang. Blend until smooth. Fold the batter into the kimchi mixture.

Heat a large skillet over medium-high heat, and add 1½ tablespoons of the oil.

When the skillet is hot, add  $\frac{1}{2}$  cup of the pancake mixture and spread onto the pan as thinly as possible. Reduce the heat to medium low and cook for 2 minutes, then flip and cook for an additional minute.

Set on a wire rack to cool, and repeat steps with the remaining batter and oil.

Make the sauce by combining all the ingredients in a small bowl and mixing.

Slice the pancakes into wedges, then serve them with the sauce.

## Cabbage Slaw with Miso-Sesame Vinaigrette

I can't resist a savory slaw—but in my opinion, the best slaw needs a little bit of sweetness, too. To that end, I've worked crispy green pear and a little allulose into this tangy, sesame-forward slaw. I don't like my slaw heavily dressed, but if you prefer yours with a thicker dressing, simply double the dressing recipe and add more to your liking.

*Serves 4.*

2 cups thinly sliced red cabbage  
1 red onion, thinly sliced  
2 cups thinly sliced kale, ribs removed  
½ teaspoon salt  
1 crisp green pear, shredded (optional)  
2 tablespoons toasted sesame seeds  
1¼ cups unsweetened coconut milk yogurt  
¼ cup tahini  
2 tablespoons toasted sesame oil  
2 tablespoons miso paste  
1 teaspoon allulose  
Juice of 1 lemon

In a large bowl, massage the cabbage, onion, and kale with salt until tender. Toss in the pear, if using, and the sesame seeds. Set aside.

In a blender, combine the yogurt, tahini, sesame oil, miso paste, allulose, and lemon juice. Blend until smooth and creamy, thinning with water as needed.

Toss the vegetables with the dressing until evenly coated.

Serve chilled or at room temperature.

## Kraut and Avocado Breakfast Bowl

Some weekends call for a hearty brunch—and this delicious breakfast bowl is just the ticket. The sauerkraut adds a beautiful tang to balance out the creamy avocado and eggs. I often skip the millet for a less starchy breakfast, but it's great either way.

*Serves 2.*

1 cup cooked millet  
1½ tablespoons extra-virgin olive oil, divided  
2 cloves garlic, minced  
1 bunch kale, shredded  
½ teaspoon salt  
1 cup drained sauerkraut  
2 pasture-raised eggs  
1 avocado, minced  
Juice of 1 lemon  
Fermented hot sauce, to taste

Divide the millet into two bowls.

In a large skillet, heat half the oil over medium heat. Add the garlic and cook for 1 to 2 minutes, until fragrant. Add the kale and salt and cook for 3 to 4 minutes, until the kale is wilted. Add the sauerkraut and cook for 2 minutes, until heated through. Divide into the bowls, then wipe the pan clean.

Heat the remaining oil over medium-high heat and cook the eggs to your liking.

Put 1 egg on each bowl, along with half an avocado. Squeeze the lemon juice over the top, and add hot sauce to taste.

## Pressure-Cooked Chickpeas and Tomatoes with Sauerkraut and Crispy Garlic

Most people don't know this, but I *love* tomatoes and beans—they're honestly some of the most delicious foods on the planet. But you *have* to pressure-cook them to minimize the impact of their lectins. I suggest serving this dish over lectin-free pasta or with lectin-free bread.

*Serves 4.*

- ¼ cup sesame seed oil
- 1 medium red onion, diced
- 4 cloves garlic, minced
- 2 tablespoons fresh rosemary, minced
- 1 tablespoon fresh oregano, minced
- ½ teaspoon iodized sea salt
- 2 tablespoons tomato paste
- 1 28-ounce can peeled, seeded tomatoes\*
- 3 cups lectin-free chicken or vegetable broth
- 2 cups dry cannellini beans, soaked in three changes of water over the course of twelve hours\*\* (In a hurry? Use Eden or Jovial brand pressure-cooked beans)
- 2 cups drained sauerkraut
- ½ cup crumbled goat cheese

Heat your Instant Pot using the sauté button. Add the oil and onion and cook for 3 to 4 minutes, until the onions start to appear translucent. Add the garlic, rosemary, oregano, and sea salt and sauté, stirring occasionally, for 1 to 2 minutes, until the garlic is very fragrant. Add the tomato paste and cook for 1 minute.

\* I find it easiest to use peeled plum tomatoes and simply chop them in half, then scoop out and discard the seeds.

\*\*If you don't have time to soak the beans overnight, double the cooking time—and rinse them in multiple changes of water and soak for at least an hour before cooking.

Turn off the heat and add the tomatoes and broth. Scrape the bottom of the Instant Pot to loosen any cooked-on bits of food.

Strain the beans and add them to the Instant Pot. Secure the lid of your Instant Pot, making sure that the top dial is flipped to seal. Cook on high pressure for 20 minutes. Let the pressure release naturally. Once the pressure has released, remove the lid and stir in the sauerkraut.

Top with crumbled goat cheese and serve.

## Miso-Glazed Turnips

This miso-glazed turnip recipe was inspired by a recipe I tried in a Japanese restaurant in Los Angeles. It has a delicious sweet-and-savory flavor that's perfect as a side dish for a special meal, and here's the best part: it's shockingly easy to make! No mint in the house? Use parsley or basil. It's tasty no matter what!

*Serves 4.*

3 tablespoons white miso paste  
2 tablespoons grass-fed butter or avocado oil  
1½ teaspoons allulose  
1 tablespoon coconut aminos  
1 pound white turnips, greens removed, scrubbed well, and cut into wedges  
Juice of ½ lemon  
¼ cup fresh mint, minced

In a large sauté pan, heat the miso, butter or oil, allulose, and coconut aminos over medium heat. Add the turnips and toss to combine. Add just enough water to cover the turnips and turn the heat to medium high.

Bring to a boil, turning the turnips occasionally, until most of the liquid is evaporated and the turnips are fork tender, about 20 to 25 minutes. If the liquid evaporates before the turnips are tender, add more water.

Once the liquid has cooked down, cook for 5 to 7 minutes, stirring occasionally, until the turnips are golden brown.

Serve with a squeeze of lemon juice and a dusting of fresh mint.

## Beet Salad with Miso and Black Garlic Dressing

A lot of people find the fact that beets are included on the Gundry plan confusing, and I get it: sometimes they're okay, sometimes they're not. In a raw preparation such as this, where the sugar hasn't had a chance to cook down and concentrate, they're perfectly fine—*especially* when combined with nutrient-rich seasonal fruits, fresh vegetables, and a tangy fermented dressing.

*Serves 4.*

### FOR THE DRESSING:

2 cloves black garlic  
1 clove white garlic  
1 tablespoon white miso paste  
3 tablespoons balsamic vinegar  
½ cup extra-virgin olive oil

### FOR THE SALAD:

2 cups arugula  
2 raw beets, peeled and thinly sliced  
1 bulb fennel, shaved  
1 red onion, thinly sliced  
2 avocados, cubed  
½ cup in-season fruit (optional)\*  
¼ cup shelled pistachios  
¼ cup parmesan cheese (optional)

\*This is optional—but if you want to add in-season fruit, here are my suggestions:

Early fall: crispy pears

Late fall/winter: pomegranate

Late winter/early spring: grapefruit

Spring: blackberries

Summer: pitted cherries



First make the dressing: Blend all the ingredients in a blender or food processor until smooth.

In a large salad bowl, toss the dressing with the arugula, beets, fennel, and onion until the vegetables are coated. Top with the avocado, fruit, if using, pistachios, and parmesan cheese, if using, and serve.

## Sauerkraut Fritters with Leafy Greens

Sauerkraut is one of those foods that's hard for people to get into. It's tangy and a little bitter—and it can be pretty sour. But draining it well and panfrying it until it's crispy makes it the perfect “starter dish” for anyone looking to get into fermented foods. And yes, you can swap out the sauerkraut for cabbage kimchi if you like things a little spicier.

*Serves 4.*

2 cups well-drained sauerkraut  
¼ cup + 1 tablespoon extra-virgin olive oil, divided  
1 shallot, minced  
1 teaspoon caraway seeds  
1 tablespoon fresh rosemary, minced  
1 cup leafy greens, minced\*  
1 large omega-3 or pasture-raised egg  
½ cup unsweetened coconut milk  
½ cup tapioca starch  
½ cup millet flour

Wrap the sauerkraut in a towel and squeeze as much of the moisture out as possible. Spread the sauerkraut onto a dry paper towel and let it continue to air-dry.

In a large pan, heat 1 tablespoon of the oil over medium heat. Add the shallot, caraway seeds, and rosemary and cook until very fragrant, about 1 to 2 minutes. Add the greens, and cook until they are wilted and any liquid in the pan has evaporated, about 5 minutes. Remove from heat and transfer to a bowl. Wipe the pan clean.

In a large bowl, whisk together the egg, coconut milk, tapioca starch, and millet flour to form a thick batter. It should be thicker than pancake batter. Fold in the sauerkraut and cooked greens until a cohesive fritter

\*This recipe works with minced kale, chard, dandelion greens, or even spinach.

“dough” is formed. If the mixture feels too wet, sprinkle in additional tapioca starch, 1 tablespoon at a time.

Add the remaining olive oil to the pan over medium heat. When the oil is hot, drop tablespoon-sized balls of batter into the oil (you’ll need to work in batches so as not to overcrowd the pan). Cook for 3 to 4 minutes per side, until golden brown and crisp. Remove to a wire rack, and repeat until all dough is used up.

Serve and enjoy.

## Savory Foods (with Meat and Seafood)

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### Goat Milk Yogurt Marinated Curried Chicken Thighs with Basil Sauce

I've always loved using yogurt as a marinade for meat—it adds a delicious tang and really carries the spices in this dish beautifully, for a superflavorful finished product. I've even cooked this chicken on my barbecue grill over a medium-high flame. Be sure to turn it occasionally so it doesn't burn, and cook for about 20 minutes.

*Serves 4.*

#### FOR THE CHICKEN:

4 cloves garlic, finely grated or minced  
1 tablespoon minced ginger  
2 cups unsweetened goat milk yogurt  
Juice of 1 lime  
1 teaspoon mustard powder  
1 teaspoon ground cumin  
1 teaspoon iodized sea salt  
2 tablespoons curry powder  
6 bone-in, skin-on pasture-raised chicken thighs  
2 tablespoons extra-virgin olive oil

#### FOR THE SAUCE:

1 cup fresh basil leaves  
2 cloves garlic  
2 tablespoons fresh mint  
Juice of 1 lime  
½ teaspoon Dijon mustard  
1 ripe avocado  
½ teaspoon sea salt  
2 tablespoons apple cider vinegar  
Salt and pepper to taste

In a large bowl, combine the garlic, ginger, goat milk yogurt, lime juice, mustard powder, cumin, sea salt, and curry powder. Add the chicken, making sure that it is thoroughly coated with the marinade. Refrigerate for at least four hours or overnight.

In a blender, combine the basil, garlic, mint, lime juice, mustard, avocado, and sea salt. With the blender running, stream in the vinegar until well combined, smooth, and creamy. Taste and adjust the seasoning as necessary (if it is too tangy, add a bit of olive oil to counterbalance the acid). Add salt and pepper to taste.

Remove the chicken from the marinade, and pat dry with paper towels.

Preheat your oven to 400°F. Heat an oven-safe skillet over medium-high heat. When the skillet is hot, add the olive oil. Cook the chicken skin side down for 5 to 7 minutes, until the skin is crispy. Flip the chicken and remove from the stove. Transfer to the oven and bake for 25 to 35 minutes uncovered, until a thermometer inserted in the meatiest part of the chicken reads 160°F.

Serve with the sauce.

## Cod and Kimchi Stew

Kimchi-jjigae is the classic Korean kimchi stew, which is often made with kimchi, tofu, and pork. This variation uses the rich, savory flavor of both kimchi and miso, along with gently cooked cod or other whitefish for a really satisfying meal. I know that some people aren't a fan of the texture of kimchi but love the taste. If you're in that category, try radish kimchi instead of a cabbage-based one for a crunchier dish.

*Serves 4.*

- 3 tablespoons sesame oil
- ¼ pound (4 ounces) shiitake or cremini mushrooms, cleaned and halved
- 1 bulb fennel, minced
- 3 medium shallots, diced
- ¼ cup finely minced ginger
- 5 cloves garlic, minced
- 1 tablespoon gochujang (Korean fermented pepper paste)
- 1 tablespoon white miso paste
- 2 cups kimchi with its juice\*
- ¼ cup coconut aminos
- 1 pound boneless, skinless cod, halibut, or Lake Superior whitefish, cubed
- ¼ cup sliced scallions, for serving
- 1 diced avocado, for serving
- Toasted sesame seeds, for serving

Heat the oil in a soup pot over medium-high heat. Sauté the mushrooms and fennel until lightly browned, about 7 to 8 minutes, stirring occasionally. Reduce the heat to medium, and add the shallots, ginger, and garlic. Cook for 4 to 5 minutes, until the ginger is lightly browned and

\*If your kimchi has very large pieces of cabbage, I suggest cutting them into bite-sized chunks before starting this recipe.

the garlic is very fragrant. Stir in the gochujang and miso paste and cook until rich in color, about 1 minute.

Add the kimchi, using the juices to deglaze the pan. Scrape any cooked-on bits from the bottom of your pan and cook until most of the liquid is evaporated.

Add the coconut aminos and 5 cups of water and bring to a boil. Reduce the heat to low, then cook uncovered for about 20 minutes, until the kimchi is tender.\*

Add the fish and cook on low heat for 2 to 3 minutes, then remove from the heat and cover. Let sit for 5 minutes, while the heat from the broth delicately cooks the fish.

Divide the stew into bowls, top with scallions, avocado, and sesame seeds, and serve.

\*If you use radish kimchi, it will retain a crunch even after 20 minutes of cooking. That's totally okay!

## Tuna Salad with Sesame Oil and Sauerkraut

If you prefer a vegetarian option, you can swap the tuna for canned hearts of palm or even pressure-cooked chickpeas. You can certainly make a sandwich with this (using lectin-free bread), but it's also great with veggies or as a breakfast along with pasture-raised eggs.

*Serves 2.*

½ cup sauerkraut, drained  
1 can wild-caught tuna in water, drained  
1 shallot, minced  
1 scallion, finely chopped  
1 tablespoon tahini  
1½ teaspoons toasted sesame oil  
1 teaspoon Dijon mustard  
1 ripe avocado, mashed  
Juice of ½ lemon  
Iodized sea salt to taste

Wrap the sauerkraut in a clean kitchen towel and squeeze as much moisture from it as possible. Transfer the sauerkraut to a bowl and fold in the tuna, shallot, and scallion.

In a large bowl, whisk together the tahini, sesame oil, and mustard until combined. Add the avocado and lemon juice and whisk/mash until it is the consistency of an extra-thick mayo. Fold the “mayo” into the tuna mixture. Taste and add salt as needed.

Serve on lectin-free bread or crackers, or alongside a green salad.



## Miso “Grain” Salad with Broccoli and Wild Shrimp

I’ve always enjoyed a hearty grain salad, such as a rice salad or tabbouleh, but they can be loaded with lectins! This “grain” bowl relies on lectin-free seeds, protein-rich hemp hearts, and tons of herbs for the base. You could even leave out the broccoli and shrimp and just use this as a side dish for one of your other favorite meals.

*Serves 4.*

### Miso Caesar Dressing

2 cups cooked millet or sorghum  
1 cup hemp hearts  
¼ cup ground flaxseeds  
¼ cup minced parsley  
¼ cup minced mint  
¼ cup minced basil  
Juice of 1 lemon  
¼ cup olive oil, divided  
2 cups broccoli florets  
2 cups wild-caught shrimp, shells off  
3 cloves garlic, minced  
1½ teaspoons iodized sea salt, or to taste  
¼ cup toasted walnuts  
1 cup radish kimchi (optional)

Prepare the Miso Caesar Dressing.

In a large bowl, toss together the millet or sorghum, hemp hearts, flaxseeds, parsley, mint, basil, lemon juice, and dressing. Set aside for at least 10 minutes or as long as 2 hours for the flavors to meld.

Heat a large skillet over medium-high heat. Add half the olive oil and the broccoli. Cook, stirring frequently, until the broccoli is tender and a little charred at the edges, 7 to 10 minutes.

Transfer the broccoli to a separate bowl, and return the pan to the heat. Add the remaining oil and the shrimp, and cook for 2 to 3 minutes. Flip

the shrimp, add the garlic, and cook for an additional 2 to 3 minutes, until the shrimp are cooked through and the garlic is fragrant.

Taste the salad and add salt as needed—it's important to do this *after* the flavors have melded to get the true taste of this dish.

Divide the salad into four bowls and serve topped with the broccoli, shrimp, walnuts, and kimchi, if using.

## Miso Lamb Burgers with Mint Sauce

Adding red miso paste to these lamb burgers really brings out the meaty, gamey flavor of the lamb, thanks to the nutty sweetness of the miso. I *highly* recommend doubling the sauce recipe and storing extra in your fridge—I've used it as a salad dressing, to drizzle over eggs and avocados at breakfast, even as a dipping sauce for fritters and meat.

*Serves 4.*

### FOR THE BURGERS:

1 pound ground lamb  
2 tablespoons red miso paste\*  
1 pasture-raised egg yolk  
Salt and pepper to taste  
2 tablespoons olive oil  
Goat cheese for serving (optional)

### FOR THE SAUCE:

1 cup plain goat or coconut milk yogurt  
¼ cup tahini  
Juice of ½ lemon  
½ teaspoon coconut aminos  
¼ cup fresh mint leaves, finely chopped  
1 shallot, minced  
1 clove garlic, crushed

In a large bowl, combine the lamb, miso paste, and egg yolk and mix well. Add salt and pepper as needed. Let the mixture rest for 5 to 10 minutes while making the sauce.

\*Most of the recipes in this book call for white miso paste, as it is the most widely available, and you can use white miso in this recipe as well, but red miso paste really enhances the rich, gamey flavor of the lamb.

In a bowl, whisk together the yogurt, tahini, lemon juice, and coconut aminos until well combined. Fold in the mint, shallot, and garlic. Set aside.

Heat a large skillet over medium-high heat. While the skillet is heating, shape the lamb mixture into four patties. Add the oil to the pan and let heat for 1 minute, then add the lamb patties. Cook on the first side for 3 to 4 minutes, until a crust is formed, then flip and cook for 3 to 4 more minutes, then reduce the heat to low. Continue cooking until the burger is done to your liking (rare: 120 to 125°F; medium rare: 130 to 135°F; medium well done: 150 to 155°F; well done: 160 to 165°F).

Top with the goat cheese, if using, and a dollop of mint sauce and serve.

### Lacto-Fermented Overnight “Oats” (hemp + flax + millet)

I know that conventional overnight oats rely on soaking instead of cooking—but in this case, cooking the millet really helps the texture. This quick fermentation process is one of the easiest ways to DIY fermented food. And depending on what you add to the “oats,” it can be a great dessert or breakfast.

*Serves 4.*

1½ cups cooked millet

1 cup hemp hearts

½ cup ground flaxseeds

¼ cup plain goat or coconut milk yogurt with live active cultures

2 cups unsweetened coconut milk

Toppings of your choice (see below)

In a large bowl, mix together the millet, hemp hearts, and flaxseeds. Add the yogurt and coconut milk, making sure that the grains are covered by the liquid. Cover the bowl with a tea towel or cheesecloth and leave in a room temperature place in your kitchen for 8 to 12 hours (overnight is perfect). Enjoy as is, or strain off any liquid if you like it thicker.

To make it really special, add your favorite toppings from the list below.

#### OUR FAVORITE OVERNIGHT “OATS” TOPPING COMBOS

- The almond joy: shaved bittersweet chocolate, unsweetened toasted coconut flakes, marcona almonds
- Vacation in a bowl: unsweetened toasted coconut flakes, fresh passion fruit, macadamia nuts

- Forest fruit (only when in season):  $\frac{1}{4}$  cup in-season mixed berries, including blackberries, raspberries, and wild blueberries
- The blueberry pie (only when in season): wild blueberries, a pinch of allspice, orange zest
- The “better than a peanut butter cup”: shaved bittersweet chocolate, pistachio butter, chopped pistachios

If you prefer a warm breakfast, it's fine to heat this over low heat before serving it.

## Chocolate Goat Milk Yogurt Snack Cake with Pistachio Butter Drizzle

I think the trend of snack cakes—single-layer cakes with a fun drizzle or frosting—is fantastic. It means that you always have a dessert on hand or something to serve guests. And this snack cake bakes so easily, it's the perfect thing to make on a weeknight—or whenever a sugar craving strikes.

*Serves 8 to 10.*

### FOR THE CAKE:

Olive oil spray  
2 large pasture-raised eggs  
½ cup unsweetened goat milk yogurt  
½ cup allulose  
1½ teaspoons vanilla extract  
1½ teaspoons almond extract  
1 cup blanched almond flour  
½ cup natural unsweetened cocoa powder  
¼ teaspoon iodized sea salt  
½ teaspoon baking soda

### FOR THE DRIZZLE:

¼ cup pistachio butter  
¼ cup unsweetened goat milk yogurt  
⅛ cup allulose  
¼ teaspoon ground cinnamon  
Zest of 1 orange or tangerine

Preheat your oven to 325°F. Grease an eight-inch cake pan with olive oil spray and set aside.

In a large bowl, whisk together the eggs, yogurt, allulose, vanilla extract, and almond extract.

In another bowl, whisk together the almond flour, cocoa powder, salt, and baking soda. Fold the dry ingredients into the wet ingredients and stir until well combined. Pour the batter into the prepared cake pan. Bake at 325°F until a toothpick inserted into the center of the cake comes out clean, 30 to 35 minutes. Remove from the oven and let cool.

While the cake is cooling, make the drizzle: Whisk together the drizzle ingredients and keep stirring until the allulose has melted into the mixture and is no longer granular. Drizzle over the room temperature cake and serve.

Store the leftovers (if there are any!) in the fridge for up to 5 days.



## Spiced Frozen Goat Milk Yogurt

The problem with those trendy frozen yogurt shops is how *sugary* everything is, from the yogurt itself to the hard-to-resist candied toppings. This recipe gives you the delicious sweet-and-tangy flavor that makes frozen yogurt so great, but it's designed to love you back, rather than overload your system with sugar.

*Serves 4.*

½ cup allulose  
1 cinnamon stick  
1 piece star anise  
1 clove  
1 strip orange zest  
16 ounces unsweetened goat milk yogurt  
1 tablespoon barrel-aged whisky or rum (optional)\*  
Juice of ½ lemon  
⅛ teaspoon salt  
¼ cup toasted walnuts

If you are using an ice cream maker, make sure it is clean and any core it may need is frozen and ready to churn.

Make the spice syrup: In a small saucepan, heat ½ cup water with the allulose, cinnamon stick, star anise, clove, and orange zest over medium-low heat. Cook for 5 to 10 minutes, stirring occasionally, until the allulose is dissolved. Let cool to room temperature, then strain and refrigerate until cold, about 2 hours.

In a large bowl, mix together the spice syrup, yogurt, whisky, if using, lemon juice, and salt until smooth and creamy. Pour into a running ice

\*This is unnecessary for flavor, but the freezing temperature of the alcohol helps keep the yogurt creamy when frozen. Using a barrel-aged spiced rum (as opposed to a standard dark rum) adds a hint of spiciness to the mixture.

cream machine and process according to the manufacturer's instructions until it is the consistency of frozen yogurt. Add the walnuts, process a moment more, then serve immediately or transfer to an airtight container in your freezer.

If you don't have an ice cream machine, freeze the mixture in a shallow container with a lid, stirring every 30 minutes until it is creamy and frozen.

## Fudgy Miso Brownies

Doesn't *everyone* love a rich, fudgy brownie? If you want to really push this recipe over the top, add a scoop of Spiced Frozen Goat Milk Yogurt for an irresistible ice cream sundae.

*Makes 12 generous-sized brownies.*

1 cup powdered (not granulated) allulose or Swerve\*  
2 cups blanched almond flour  
1 cup natural (nondutched) cocoa powder  
 $\frac{3}{4}$  teaspoon kosher salt  
4 egg whites  
 $\frac{1}{4}$  cup sesame oil  
2 tablespoons white miso paste  
 $1\frac{1}{2}$  teaspoons vanilla extract

Preheat your oven to 350°F. Line a 9-by-13-inch baking pan with parchment paper, and set aside.

In a large bowl, mix together the sweetener, almond flour, cocoa powder, and salt. Set aside.

In a separate bowl, whisk together the egg whites, oil, miso paste, and vanilla extract until smooth. You can save time by doing this in a blender or food processor. Fold the wet ingredients into the dry ingredients until you form a thick batter with no dry spots. Pour the batter into the prepared baking pan and bake for 18 to 20 minutes, until a toothpick inserted into the center comes out clean.

Let cool to room temperature, slice, and serve.

\*Allulose is my current favorite sweetener, but the powdered version isn't as widely available as powdered (confectioner's) Swerve. Both work for this recipe.