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Recipes to manage constipation

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Figs & Yogurt with Flax

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 tbsp Ground Flax Seed
- 3 Fig (sliced)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	288
Fat	5g
Carbs	50g
Fiber	6g
Protein	14g
Calcium	333mg

Directions

- 1 In a small bowl, mix together yogurt and flax. Top with figs and drizzle syrup overtop. Enjoy!

Notes

No Greek Yogurt: Use any yogurt alternative or coconut cream.

No Maple Syrup: Use honey instead.

Leftovers: Refrigerate in an airtight container up to 5 days.



Grain-Free Flax Bread

10 servings

1 hour

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 3/4 tsp Sea Salt
- 5 Egg (room temp)
- 1/2 cup Water (room temp)
- 1/3 cup Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	209
Fat	16g
Carbs	7g
Fiber	5g
Protein	8g
Calcium	128mg

Directions

- 1 Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
- 2 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.

Notes

Leftovers: Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

Serving Size: One serving is one slice of bread.



Veggie Basmati Rice

4 servings

25 minutes

Ingredients

- 1 cup Brown Basmati Rice (soaked for at least 10 minutes)
- 2 cups Water
- 1 1/2 tsps Cumin Seed
- 1 tbsp Lemon Juice (optional)
- 1 Carrot (small, peeled and grated)
- 1/8 tsp Sea Salt
- 1/2 cup Frozen Peas (thawed)

Nutrition

Amount per serving	
Calories	186
Fat	1g
Carbs	40g
Fiber	2g
Protein	4g
Calcium	29mg

Directions

- 1 Rinse the soaked rice well using a fine mesh strainer under cold water until the water runs clear.
- 2 To a pot add the rinsed rice, water, cumin seeds, lemon juice (if using), grated carrot, and salt. Bring the rice to a boil over high heat then cover and reduce the heat to low and cook for about 20 to 25 minutes or until the liquid has just been absorbed.
- 3 Turn the heat off, add the peas and allow the rice to sit covered for about five minutes, or until the peas are warmed through and the rice is tender. Fluff with a fork and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Fresh cilantro or additional lemon juice.

No Brown Basmati Rice: Use white basmati rice, white rice, brown rice, or quinoa.



Butternut Squash Chili

3 servings
40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 4 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1/2 cup Red Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 tsp Cumin
- 1 1/2 tsps Chili Powder
- 3/4 tsp Sea Salt
- 2 cups Black Beans (drained, rinsed)
- 3/4 cup Vegetable Broth
- 1 1/2 cups Diced Tomatoes

Nutrition

Amount per serving	
Calories	329
Fat	6g
Carbs	59g
Fiber	16g
Protein	14g
Calcium	159mg

Directions

- 1 Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
- 2 Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
- 3 Season with salt to taste and divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days, or freeze for up to two months.

Serving Size: One serving is equal to about 1 1/2 cups of chili.

More Flavor: Add more spice such as cayenne.



Roasted Chickpeas, Cauliflower & Brussels Sprouts

4 servings
40 minutes

Ingredients

- 1 1/2 cups Chickpeas
- 1/2 cup Dried Unsweetened Cranberries
- 2 cups Brussels Sprouts (trimmed and halved)
- 1/2 head Cauliflower (medium, cut into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	247
Fat	9g
Carbs	36g
Fiber	9g
Protein	8g
Calcium	68mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, toss all of the ingredients together except for the dill. Spread them out on the baking sheet. Cook for 20 minutes or until nicely browned, tossing halfway through.
- 3 Top the cooked mixture with lemon juice and dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Chopped walnuts and/or sunflower seeds.