## YumUniverse BeHealthful "Spring Awakening" Goodies



When I started out on my wellness journey, I was hungry for information and answers. The more I discovered, the more I realized how much there was to learn, and the more dots that I connected, the more empowered I became. I'm sure YU can relate.

There's a lot of "health" noise out there, now more than ever. And this is why it's so important to share inspiration and information with others so they don't have to dig for it - potentially missing that one bit that could make all the difference.

In these pages, I share one of my favorite gluten-free, plant-powerful muffin recipes, some tips that will help you shop gluten-free as well as a chart to help you plan plant-protein-rich meals. I hope you enjoy it all.


## THIS DOCUMENT IS INTERACTIVE

That means that anywhere you see underlined content, you can click it and it will launch the appropriate webpage or document page for you. Many images and icons will do the same.

Helpful, right?

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This (first) edition published by Heather Crosby, YumUniverse LLC in Shepherdstown, West Virginia, USA, in 2014.

For more recipes, resources, inspiration, step-by-step photos, and tips, visit YumUniverse.com.

## CONTENTS

5| Gluten-Free, Plant-Powerful Banana Bread Muffins (free recipe from YumUniverse the book)

6| Gluten-Free 101
8 | Plant Protein Chart
9 | Stay Connected


## INGREDIENTS

Wet
2 tablespoons chia seeds $1 \frac{112}{2}$ cups warm water

1 tablespoon lime juice
1 banana
3 tablespoons coconut oil $1^{11 / 2}$ teaspoons vanilla extract

## Dry

$3 / 4$ cup almond flour 1 cup sorghum flour $1 / 4$ cup arrowroot starch/flour $11 / 2$ teaspoons baking soda 1 teaspoon baking powder
$1 / 4$ teaspoon sea salt
1 cup Sucanat

Fold-ins
$1 / 2$ cup walnuts, toasted and chopped
$1 ⁄ 2$ cup banana, chopped

## Banana Bread Muffins

MINIS: $16+$ SERVINGS, REGULAR SIZE: $8+$ SERVINGS
I brought some of these muffins for my friend Bernardine to take home after boxing training one night. After we said goodbye for the evening, I got home and saw a note on my phone from her saying, "Muffins didn't have a prayer. Gone before I hit my front door." Now that's a review!

## STEPS

1. Preheat oven to $325^{\circ} \mathrm{F}$ and line muffin tin with parchment liners or homemade ones (page 104).
2. Place all the wet ingredients in the blender and let them sit for 5 minutes so chia seeds can plumpen.
3. In a large bowl, sift together the dry ingredients, and prepare your fold-ins.
4. Blend all wet ingredients until smooth and fold into the dry ones. Once mixed, add fold-ins and mix.
5. Fill muffin tin to the top with batter and bake for 35 minutes. Remove from oven and cool in the pan.
psst! If you're cutting oil, no need to substitute here - simply omit it. The bananas contain a lot of moisture.

Use mini muffin tins for adorable bite-sized banana muffins. (If you do, shave 5-10 minutes off baking time.)
-
You can swap equal amounts of oat flour, or gluten-free all purpose flour for sorghum. -

You can reduce the amount of Sucanat or omit it completely if you like a barely sweet muffin.

## Deciphering Labels: Gluten-Free

Labels like "organic," "all natural," and "gluten-free" prove that more and more folks care about what they eat and how it arrives at their table. Unfortunately, marketers and food companies exploit this desire. It's why shopping has become so confusing. There are countless terms and misleading labels used to encourage your purchase, and many of these claims aren't verified by anyone at all. Lack of clarity creates confusion, and Big Food counts on that.

What's your best bet? Eat as much whole, clean foods as possible. Prepare recipes with whole ingredients. Grow your own food if you can. Head to the Farmers' Market and meet your local farmers. Ask them questions. Visit the farms.

When it comes to shopping for gluten-free products, here are a few tips you can use to make smart choices:

## WHAT IS GLUTEN?

Gluten (appropriately from the Latin word for "glue") is a protein found in wheat that makes pasta chewy and holds bread together. It can also be naturally found in rye, spelt, barley, faro, kamut, farina, bulgur, durum, triticale, couscous, bran, products packaged in facilities that also process wheat, and even oats that shouldn't contain gluten but are highly susceptible to crop contamination.

## What does the label "Gluten-free" mean?

Gluten-Free: According to the FDA, the term "gluten-free" means that a food is inherently gluten-free (produce for example) or must limit the unavoidable presence of gluten to less than 20 parts per million ( ppm ). The FDA also allows manufacturers to label a food as gluten-free if it doesn't contain any ingredient that is any type of wheat, rye, barley, or crossbreeds of these grains, or has been derived from these grains, or if it contains ingredients that have been derived from these grains, but have been processed to remove gluten to less than 20 ppm . Note that "wheat-free" doesn't necessarily mean "gluten-free." Gluten is present in many whole grains besides wheat (visit pages 42-43 from YumUniverse the book for more information).

A "gluten-free" label doesn't mean healthy - many gluten-free options are highly processed and contain loads of starches, chemicals, and sugars that replicate the properties of gluten.

GLUTEN-FREE GRAINS AND PSEUDograins (SEeds that have grain-like properties)
Amaranth: Great for cereals, popping like tiny popcorn, and baking when mixed with other flours.
Buckwheat: Great for cereals, pancakes and more.
Millet: Works well as a component for a gluten-free flour mixture.
Oats*: Great for cereals, granola, and baking when mixed with other flours.
Rice/Wild Rice: Great for baking when mixed with other flours.
Sorghum: Great for baking when mixed with other flours.
Teff: Great for baking when mixed with other flours, and on its own for Ethiopian Injera.
*Oats are inherently gluten-free, but are frequently contaminated with wheat during growing or processing. Look for certified gluten-free oats is you suspect that you are sensitive to gluten.

Whether you have celiac disease or a sensitivity to gluten, it's important to know the many un-intuitive names for this common allergen that food manufacturers use in ingredient listings.

## KEEP THIS LIST IN YOUR WALLET/PURSE

Print out this page and cut out these lists-keep them in your wallet to reference as you shop.


| naturally contain gluten | may contain gluten | Other names for wheat/gluten |
| :---: | :---: | :---: |
| WHEAT | NON-DAIRY BEVERAGES (Barley enzymes) | BULGUR/BULGHUR |
| KAMUT | BULK FLOURS (CROSS-CONTAMINATION) | DURUM/DURAM FLOUR |
| SPELT | LOTIONS, SHAMPOO, SOAP, MAKEUP | FARINA |
| RYE | STAMPS, ENVELOPES, LABELS | GRAHAM FLOUR |
| BARLEY (MALT, MALT FLAVORING, MALT VINEGAR) | TOOTHPASTE, MOUTHWASH | SEMOLINA |
| TRITICALE | MEDICINES/ LAXATIVES | EINKORN |
| FARRO | SAUCE MIXES (DRY OR LIQUID) | ARTIFICIAL COLORING/DYES |
| NATURALLY GLUTEN-FREE | ICE CREAM | NATURAL FLAVORING/FLAVOR |
|  | SOUPS (PACKET OR CANNED) | MONOSODIUM GLUTAMATE |
| LEGUMES/BEANS* | DRIED FOODS, GRAVIES, SAUCES | EMULSIFIER |
| SEEDS* | NOODLESIUDON | CARAMEL COLOR |
| NUTS* | RESTAURANT FOODS (CONTAMINATION) | HYDROLYZED VEGETABLE PROTEIN |
| OATS* (LOOK For "CERTIFIED GLUTEN-FREE" HERE) | SPICES (GLUTEN FOR NO-CLUMPING/THICKENING) | HYDROLYZED PLANT PROTEIN |
| FRUITS/VEGETABLES | SOUPS (PACKET OR CANNED) | textured vegetable protein |
| AMARANTH* | BEER | MALTO-DEXTROSE |
| BUCKWHEAT/GROATS/KASHA* | BAKED GOODS/CAKES/PIES/BREAD/PANKO | BINDER |
| QUINOA* | CANDY | MATZO, MATZAH, MATZOH |
| TEFF* | CEREAL/BRAN | STARCH, MODIFIED STARCH |
| MILLET* | CRACKERS/CROUTONS | MANNA |
| RICE (BROWN, WILD, FRRBIDDEN, BASMAT, ETC.)* | FRENCH FRIES | FILLER |
| CORNMEAL (NOT CORN STARCH, GET GMO-FREE)* | IMITATION MEAT (SEITAN, VEGAN BURGERS, ETC.) | THICKENER/THICKENING |
| SORGHUM* | SOY SAUCE (NAMA SHOYU, TAMARI) | ALWAYS LOOK FOR A GLUTEN-FREE LABEL When you aren't sure For example, even though certain seed-grains, like buckwheat, are naturally gluten-free, when they are processed into noodles or mixed into flours, wheat can be used as a binder or filler. |
| ARROWROOT/CASSAVA* | CONDIMENTS |  |
| JOB'S TEARS* | COFFEE SUBSTITUTES |  |
| MONTINA* | OATS (GF, BUT BUY FROM TRUSTED SOURCES) |  |
| RAGI* | SALAD DRESSINGS |  |
| TAPIOCA* | RICE MIXES/COUSCOUS/ORZO |  |
| TARO ROOT* | SNACK FOODS |  |
| KANIWA* | VEGETABLES IN SAUCE |  |
| MESQUITE* | WHITE VINEGAR |  |
| MACA* | EXtracts |  |

* try flours made from these ingredients


## Plant Protein

Here's a plant protein chart to help you plan meals and shop.

|  | NAME | AMT | PROT <br> (G) |  | NAME | AMT | PROT <br> (G) |  | NAME | AMT | PROT <br> (G) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\square$ | ALMONDS | $1 / 4 \mathrm{C}$ | 8.0 | - | COLLARDS | 1 C | 1.0 | $\square$ | NUT BUTTER (CASHEW) | $1 / 4 \mathrm{C}$ | 12.0 |
| - | AMARANTH | 1 C | 9.35 | - | CUCUMBER | 1 C | 1.0 |  | NUTRITIONAL YEAST | $1 / 4 \mathrm{C}$ | 16.0 |
| $\square$ | APPLE | 1 | 0.5 | - | DULSE | 1 C | 6.0 | $\square$ | OATMEAL | 1 C | 14.0 |
| - | APRICOT | 1 C | 2.31 | - | EGGPLANT | 1 C | 0.83 | - | OLIVES (BLACK) | 12 | 0.44 |
| - | ARTICHOKE (COOKED) | 1 | 3.47 | - | FIGS | 3 | 1.5 | - | ONION | 1 | 0.82 |
| - | ARUGULA | 1 C | 5.16 | - | FLAX SEED | $1 / 4 \mathrm{C}$ | 7.6 | $\square$ | ORANGE | 1 | 1.23 |
| $\square$ | ASPARAGUS | 1 C | 4.32 | - | FORBIDDEN RICE (DRY) | $1 / 2 \mathrm{C}$ | 10.0 | $\cdots$ | PARSLEY | 1 C | 1.8 |
| $\square$ | AVOCADO | 1 | 4.02 | - | GINGER ROOT | $1 / 4 \mathrm{C}$ | 0.44 | - | PEACH | 1 | 1.36 |
| $\square$ | BANANA | 1 C | 1.64 | - | GRAPEFRUIT | 1 | 1.45 | - | PEAR | 1 | 0.68 |
| - | BEET | 1 C | 2.19 | $\square$ | GRAPES | 1 C | 1.09 | - | PECANS | $1 / 4 \mathrm{C}$ | 5.0 |
| $\square$ | BLACK BEANS | 1 C | 15.24 | - | GREEN BEANS | 1 C | 1.83 | $\square$ | PINE NUTS | $1 / 2 \mathrm{C}$ | 9.24 |
| $\square$ | BLACKBERRIES | 1 C | 2.0 | - | GREEN PEAS | 1 C | 1.83 | - | PLANTAINS | 1 | 2.33 |
| $\square$ | BLUEBERRIES | 1 C | 1.1 | - | HEMP SEED | 3 tbsp | 9.0 | - | PUMPKIN SEEDS | 1/2C | 19.5 |
| $\square$ | BROCCOLI | 1 C | 2.57 |  | HONEY (RAW) | $1 / 4 \mathrm{C}$ | 0.0 | - | RASPBERRIES | 1 C | 1.48 |
| $\square$ | BROWN RICE | 1 C | 4.52 | $\square$ | KALE | 1 C | 2.21 | - | RED PEPPER | 1 | 1.18 |
| - | BRUSSELS SPROUTS | 1 C | 4.0 | $\square$ | KIDNEY BEANS | 1 C | 7.73 | - | ROSEMARY | 2 tbsp | 0.12 |
| - | BUCKWHEAT (COOKED) | 1 C | 5.68 | $\square$ | KIWI | 1 C | 2.05 | - | QUINOA | 1 C | 24.0 |
| - | BUTTERNUT SQUASH | 1 C | 1.84 | - | KOMBU | 1 C | 3.0 | - | SESAME SEEDS | $1 / 4 \mathrm{C}$ | 6.38 |
| - | CABBAGE | 1 C | 1.14 | $\square$ | LEMON | 1 | 0.92 | - | SPINACH | 1 C | 0.86 |
| - | CANNELLINI BEANS | 1 C | 15.3 | - | LENTILS (COOKED) | 1 C | 18.0 | - | SPIRULINA | 1 tbsp | 4.0 |
| - | CANTALOUPE | 1 C | 1.49 | $\square$ | MACADAMIA NUTS | 1 C | 10.6 | - | STRAWBERRIES | 1 C | 0.96 |
| - | CARROTS | 1 C | 1.19 | - | MACA ROOT POWDER | 1 tbsp | 4.0 | - | SUCANAT | 1 tbsp | 0.0 |
| - | CASHEWS | 1 C | 11.0 | $\square$ | MANGO | 1 | 1.06 | - | SUNFLOWER SEEDS | 1 C | 9.56 |
| - | CAULIFLOWER | 1 C | 2.05 |  | MAPLE SYRUP | $1 / 4 \mathrm{C}$ | 0.0 | - | SWEET POTATO | 1 | 2.29 |
| - | CELERY | 1 C | 0.7 | $\square$ | MEDJOOL DATES | 1/2C | 1.72 | - | TAHINI | $1 / 4 \mathrm{C}$ | 12.0 |
| - | CILANTRO | 1 C | 0.36 | $\square$ | MESQUITE POWDER | $1 / 4 \mathrm{C}$ | 4.0 | - | TEFF GRAIN | 1 C | 26.0 |
| - | CHARD | 1 C | 0.65 | $\square$ | MILLET (COOKED) | 1 C | 6.11 | - | TOMATOES | 1 | 1.08 |
| - | CHERRIES | 1 C | 1.46 | $\underline{1}$ | MISO (BROWN RICE) | 1 tbsp | 2.0 | - | WALNUTS | $1 / 4 \mathrm{C}$ | 8.0 |
| $\square$ | CHIA SEED | 1 OZ | 4.69 | - | MIXED GREENS | 2 C | 1.0 | - | WATERCRESS | 1 | 1.0 |
| $\square$ | CHICKPEAS | 1 C | 14.53 |  | MOLASSES | $1 / 4 \mathrm{C}$ | 0.0 | - | WATERMELON | 2 C | 1.74 |
| - | CHLORELLA | 40 tabs | 10.0 | - | MUSHROOMS (PORTO) | 1 C | 5.0 | - | WILD RICE | 1 C | 7.0 |
| $\square$ | COCOA POWDER | 1 C | 17.0 | --- | MUSTARD GREENS | 1 C | 4.0 | - | YELLOW SQUASH | 1 C | 1.28 |
| $\square$ | COCONUT (THAI) | 1 C | 2.7 | $\square$ | NUT BUTTER (ALMOND) | $1 / 4 \mathrm{C}$ | 16.0 | $\square$ | ZUCCHINI | 1 C | 1.87 |

HOW DO I GET ENOUGH PROTEIN ON A PLANT-BASED DIET?
A very popular, and important question. Even if you aren't on a plant-based diet, do you know how much protein you should be eating on a daily basis?

HOW MUCH PROTEIN DO WE NEED?
The important question. In the United States, the Dietary Reference Intake (DRI) for protein is 0.8 to 1.0 grams of protein per kilogram of body weight. To calculate your weight in kilograms,
$\square$ Seeds/Grain/Grass
$\square$ Nuts
$\square$ Legumes
$\square$ Vegetables/Greens/Herbs
$\square$ Fruit
C Cup

C Cup
Seeds/Grain/Grass
Nuts
Legumes
Vegetables/Greens/Herbs divide your weight in pounds by 2.2. That number is about how many grams you need each day. Approximately $15-25 \%$ of your total calories should be from protein sources.

## Stay Connected

If you want more inspiration, I'm always sharing recipes, videos, tips, news, and snippets of my day-to-day in the weekly newsletter (sign up here) and here, too (click icons to visit):


Come say "hello," ask a question, share a fun discovery or a photo. I want to hear from YU.

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