

Estrogen promoting recipes

Recipe Sources:

Shandler, Nina. 1997. Estrogen the Natural Way. Villard Books

Shandler, Nina. 1998. Hot Flash Foods. Natural Health.

Cinnamon-coffee shake

1 Tbsp grain coffee
 ½ tsp cinnamon
 ½ cake silken tofu
 ½ tsp molasses
 2/3 cup soy milk
 1 tsp maple syrup

- Place all ingredients in a blender and blend until smooth and frothy.
- Taste, if necessary, add more flavor.
- Serve.

Estrogen: 2.5 portions

Sesame salt

¼ cup unhulled sesame seeds
 ¼ cup flaxseed
 1 tsp salt

- Grind the sesame seeds and flax seeds in an electric coffee grinder.
- Add to shaker with salt
- Refrigerate between uses

Estrogen: 4 portions per recipe

Flax salt

1/3 cup flaxseed
 1 tsp salt

- Grind flax seeds in an electric coffee grinder.
- Add to shaker with salt
- Refrigerate between uses

Estrogen: 5 portions per recipe

Date Nut Granola

2 cup old fashioned rolled oats
 1 cup flaxseed
 ½ c chopped dates
 1/2 cup chopped nuts
 2 Tbsp cinnamon
 2/3 cup barley malt
 1 tsp vanilla extract

- Preheat oven to 350 F.
- Place oats in large bowl. Grind ¾ cup flaxseed in coffee or spice grinder in 2 batches. Add all flaxseed (ground and whole) to bowl with oats, along with dates, almonds, and cinnamon. Mix well.
- Bring barley malt to boil in heavy saucepan over medium heat. Simmer gently for 1 minute. Stir in vanilla and pour mixture over

Serves 4

dry ingredients. Stir, coating oat mixture completely.

- Spread cereal over baking sheet. Bake, stirring every 5 minutes. Immediately loosen granola from baking sheet with spatula and transfer to container. When cool, seal container and refrigerate up to 1 week.

Estrogen: 4 portions per serving

Maple Nut Crunch

1 cup flaxseed
1/3 cup maple syrup
1/4 cup chopped nuts

Serves 4

- Preheat oven to 300 F
- Grind flaxseed in coffee grinder, 1/3 cup at a time. Place ground seeds in bowl.
- Add maple syrup and walnuts and stir to combine.
- Spread mixture over baking sheet. Bake, stirring once, until lightly toasted, about 10 minutes.
- Immediately loosen mixture from baking sheet and transfer to container. When cool, seal container and refrigerate for up to 1 week.
- Serve with soy milk for a tasty breakfast. Add cinnamon or nutmeg

Estrogen: 4 portions per serving

Veggie Scramble

1 garlic clove, minced
½ small onion, chopped
¼ cup broccoli
¼ cup chopped green or red bell pepper
½ cake silken, soft or firm tofu
1/8 tsp tumeric
salt and pepper

1 serving

- Spray a heavy fry pan with oil and place over medium high heat.
- Saute the garlic, onion. Add the broccoli, when it can be pierced with a fork, add the pepper.
- Mash tofu, add the tumeric, salt and pepper. Add tofu mixture to veggies.
- Cook, stirring occasionally until heated.
- Serve

Estrogen: 2 portions per serving

Guacamole

2 garlic cloves, quartered
1 Tbsp fresh cilantro
¼ cake silken tofu
1 avocado, peeled and quartered
1 tsp lemon juice
Salt

- Mince garlic, add cilantro, tofu and lemon juice. Mince with fork, or food processor until smooth. Salt to taste. Serve.

Estrogen: 1 portion per recipe

Hummus

3 garlic cloves
½ cake soft tofu
1/3 cup tahini
1 Tbsp lemon juice
2 Tbsp unsweetened soy milk
Salt

- Mince garlic. Add remaining ingredients except salt, and mince with fork or food processor until smooth. Salt to taste. Serve with rice crackers or raw vegetables.

Estrogen: 2 portions per recipe

Blueberry shake

1 cup frozen blueberries
½ cake silken tofu or ¼ cup protein powder
1/3 cup soy milk
2 tsp vanilla extract
1 small banana

- Place all ingredients in blender and blend until smooth. Taste.

Estrogen: 2.5 portions