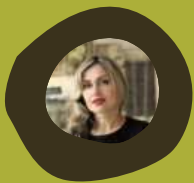


Food as Medicine



Lilia Yermak
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**The Best Gift
for Every Table**



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Lilia Yermak



About the Author

Lilia Yermak is a teacher, poetess, and specialist in Tourism and Hospitality who has spent her life exploring the world — not just through geography, but through culture, cuisine, and connection.

Her passion for travel is matched by her deep care for human health and well-being. With every recipe and reflection in this book, Lilia invites readers to see food as a form of healing, storytelling, and global unity. She writes with the heart of a poet, teaches with the soul of an explorer, and cooks with one simple belief: wellness should be beautiful, meaningful, and shared.

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Table Of Content

Introduction	05
Healing Breakdown	06
Ajiaco & Colombia	08
Mafé Legume & Senegal	14
Bubur Kacang Hijau & Malaysia	20
Tarator & Bulgaria	26
Samlor Korko & Cambodia	32
Sopa de Quinoa & Bolivia	38
Isombe & Rwanda	44
Adapted Beshbarmak & Kazakhstan	50
Wattleseed & Pumpkin Soup & Australia	56
Rugbrød & Denmark	62
Waterzooi & Belgium	68
Ndolé & Cameroon	74
Šaltibarščiai & Lithuania	80
Pepián de Verduras & Guatemala	86
Plokkfiskur & Iceland	92
Conclusion	99





Introduction

*Eat with purpose.
Heal with heritage.
Travel with every bite.*

By now, you know: food isn't just fuel — it's a form of memory, medicine, and meaning. And in every kitchen around the world, people have been using simple ingredients to nourish their bodies and protect their health for generations.

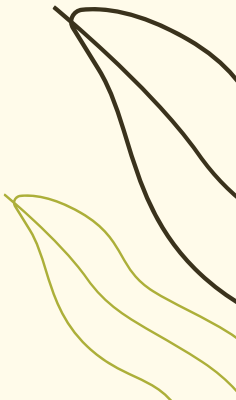
This third volume continues your global journey through food — bringing you 15 more traditional recipes from cultures that still understand the power of plants, spices, and slow cooking. Every chapter is a portal: to a country, a dish, and a healing tradition that still works today.

Here, you'll find:

- Time-tested meals rooted in daily wellness
- Ingredients that support digestion, immunity, energy, and balance
- Cultural notes, prep times, and stunning visuals that bring each place to life

This book isn't about rules. It's about remembering. About returning to food that makes you feel good — deeply, consistently, naturally. So cook slowly. Eat mindfully. And let your meals carry the wisdom of the world.

— **Lilia Yermak**





Healing Breakdown

Ingredient

Benefits

Bitterleaf	<i>Liver detox, blood sugar support</i>
Cod (white fish)	<i>Lean protein, omega-3s, brain support</i>
Kefir / Yogurt	<i>Natural probiotics, gut flora balance</i>
Beets	<i>Blood detox, folate, circulation support</i>
Dill	<i>Digestive aid, antimicrobial, calming</i>
Pumpkin seeds	<i>Zinc, magnesium, hormone support</i>
Cinnamon	<i>Blood sugar balance, anti-inflammatory</i>
Sesame seeds	<i>Calcium, skin and bone health</i>
Cumin&coriander	<i>Digestion, gas relief, gut flora</i>
Rye bread	<i>Prebiotic fiber, digestive regulation</i>
Chayote	<i>Hydration, skin and kidney health</i>
Mung beans	<i>Light protein, cooling, easy on digestion</i>
Sweet potato	<i>Beta-carotene, energy-boosting</i>
Oats / whole grains	<i>Slow carbs, cholesterol regulation</i>
Coconut milk	<i>Gut lining repair, soothing for IBS</i>
Green leafy herbs	<i>Detoxification, cooling</i>
Onion + garlic duo	<i>Immune support, prebiotic synergy</i>
Tomatoes	<i>Lycopene boost, cardiovascular health</i>
Onions	<i>Prebiotics, blood sugar regulation</i>
Parsley	<i>Detoxification, vitamin C, kidney support</i>



Healing Breakdown

Ingredient

Benefits

Salmon	<i>Omega-3s, brain health, anti-inflammatory</i>
Plantains	<i>Resistant starch, blood sugar control, gut fuel</i>
Zucchini	<i>Hydration, low glycemic, digestion support</i>
Carrots	<i>Beta-carotene for vision, immunity, and skin</i>
Leeks	<i>Prebiotics, gentle detox, anti-inflammatory</i>
Sea salt	<i>Mineral balance, adrenal support</i>
White beans	<i>Fiber, iron, steady energy, gut health</i>
Fresh turmeric	<i>Anti-inflammatory, liver support</i>
Bay leaf	<i>Aromatic digestive, gas relief</i>
Chili pepper	<i>Circulation, metabolism, pain relief</i>
Lemon juice	<i>Vitamin C, alkalizing, digestive stimulant</i>
Root vegetables	<i>Grounding energy, fiber</i>
Ginger root	<i>Warms digestion, calms nausea</i>
Fresh parsley	<i>Vitamin C, kidney and blood support</i>
Cabbage	<i>Gut repair, anti-ulcer, fiber-rich</i>
Boiled potatoes	<i>Prebiotic starch, calming on digestion</i>
Herbal teas	<i>Gut-soothing, bloat relief, digestive balance</i>
Fermentation	<i>Probiotics, digestion, nutrient uptake</i>
Quinoa	<i>Complete protein, iron, magnesium</i>
Bread	<i>Resistant starch, gut flora nourishment</i>





Colombia

Health-Focused Fun Facts



- Guasca is used traditionally to soothe stomach upset and aid digestion.
- Potatoes are native to South America and provide complex carbs and fiber.

- Chicken broth supports joint health and gut lining repair.
- Corn adds B vitamins and slow energy.

- Ajiaco is often recommended for post-illness recovery.
 - Fresh toppings like avocado and capers offer healthy fats and detox support.
- 



Ajiaco

Ajiaco is a beloved Colombian soup made with three kinds of potatoes, chicken, herbs, and corn. It's hearty, soothing, and packed with nutrients from both animal and plant sources. Traditionally served in Bogotá and the Andean highlands, it's a dish designed to restore strength, warmth, and wellness — especially in colder climates or when the body needs rebuilding.

Andean Chicken & Potato Soupl

Core Benefits

Bone and joint health, anti-inflammatory herbs, electrolyte balance, deep nourishment

Why It Heals

Ajiaco combines **collagen-rich broth, starches for energy, and medicinal herbs**. The potatoes provide potassium and electrolytes, while cilantro and guasca offer digestive and anti-inflammatory support. A filling soup that brings **comfort, hydration, and immune defense** in one bowl.

Notes

- Traditionally served with **avocado, capers, and cream** on the side.
- Guasca is native to the Andes and known for **digestive aid and anti-microbial** properties.
- Can be made with only two types of potatoes and still stay authentic.
- Naturally gluten-free and high in minerals.





Ingredients

- 2 chicken breasts (bone-in preferred)
- 8 cups water or bone broth
- 2 medium Yukon gold potatoes, diced
- 2 russet potatoes, peeled and chopped
- 4 small red potatoes, whole
- 1 ear corn, cut into chunks
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1/2 tsp cumin
- 1/4 cup chopped cilantro
- 1 tsp dried guasca (Colombian herb) or oregano as a substitute
- Salt and pepper to taste
- Optional toppings: avocado slices, capers, fresh cream



Preparing

15 Minutes



Cooking

90 Minutes



Serving

5 Minutes



Instructions

- In a large pot, bring water/broth to a boil. Add chicken, onion, garlic, and cumin. Simmer for 30 minutes.
- Remove chicken, shred, and return to pot.
- Add all three types of potatoes and corn. Simmer until potatoes break down and soup thickens (45–60 min).
- Stir in guasca (or oregano) and cilantro.
- Season and serve with toppings of your choice.



Senegal

Health-Focused Fun Facts



- Peanuts are rich in arginine, which supports circulation and heart health.
- Ginger and garlic fight inflammation and strengthen the immune system.

- Sweet potatoes offer beta-carotene and steady energy.
- Eggplant helps balance blood sugar and supports the gut.

- Mafé is traditionally used to refuel after labor or illness.
 - Tomato paste and cabbage add vitamins A and C for skin and immunity.
- 



Mafé Legume

Mafé Legume is a West African classic — a creamy, comforting peanut stew loaded with vegetables and rich in flavor. While traditional versions often include meat, this plant-based version draws its strength from peanuts, root vegetables, and warming spices. It's deeply satisfying, immune-supportive, and easy to adapt with local produce.

Peanut Vegetable Stew

Core Benefits

Nutrient-dense plant protein, healthy fats for brain and hormone health, sustained energy, blood sugar stability

Why It Heals

Peanuts provide **healthy fats and protein** that fuel the brain and support hormones. Root vegetables offer fiber and steady energy, while ginger, garlic, and paprika have **anti-inflammatory** and immune-boosting properties. This dish is hearty and grounding — ideal for recovery, nourishment, or stress support.

Notes

- Use crunchy peanut butter for texture, or smooth for a velvety finish.
- Can be made spicier with chili or hot sauce.
- Traditionally served with millet or white rice — brown rice adds more fiber.
- Rich enough to stand alone as a full meal.

Mafé Legume



**Preparing**

15 Minutes

**Cooking**

40 Minutes

**Serving**

5 Minutes



Ingredients

- 1 tbsp oil (peanut or olive)
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 inch ginger, grated
- 2 carrots, chopped
- 1 small sweet potato, cubed
- 1 small eggplant, chopped
- 1/2 small cabbage, chopped
- 1/2 cup natural peanut butter (unsweetened)
- 3 cups water or veggie broth
- 1 tsp tomato paste
- 1 tsp paprika
- 1/2 tsp cayenne (optional)
- Salt to taste
- Fresh parsley or cilantro for garnish

Instructions

- Sauté onion, garlic, and ginger in oil until soft.
- Add tomato paste, paprika, and cayenne. Stir.
- Mix in peanut butter and water until smooth.
- Add all vegetables and bring to a gentle boil.
- Cover and simmer for 30–40 minutes, until vegetables are tender and flavors are rich.
- Garnish and serve with brown rice, millet, or fonio.





Malaysia



Health-Focused Fun Facts



- Mung beans are high in polyphenols and antioxidants.
- They promote cooling energy, ideal for tropical climates.

- Coconut milk supports fat-soluble vitamin absorption.
- Palm sugar contains minerals and has a lower glycemic load.

- Mung bean porridge is used traditionally for menstrual support.
 - This dish is easy on the stomach and perfect for gut reset days.
- 



Bubur Kacang Hijau

In Malaysia, Bubur Kacang Hijau is both a nostalgic comfort food and a practical health dish — served in homes, schools, and street stalls. Often given to the sick or overheated, it reflects how sweetness and healing can coexist in one bowl.

Sweet Mung Bean & Coconut Porridge

Core Benefits

Easy-to-digest plant protein, cooling and anti-inflammatory, supports gut and liver detox, naturally energizing, hormonal balance, nourishing and grounding

Why It Heals

Mung beans are considered cooling and detoxifying in both Traditional Chinese and Ayurvedic medicine. Coconut milk provides healthy fats and supports hormonal health. This porridge is gentle on digestion, restorative after heat or illness, and naturally hydrating.

Notes

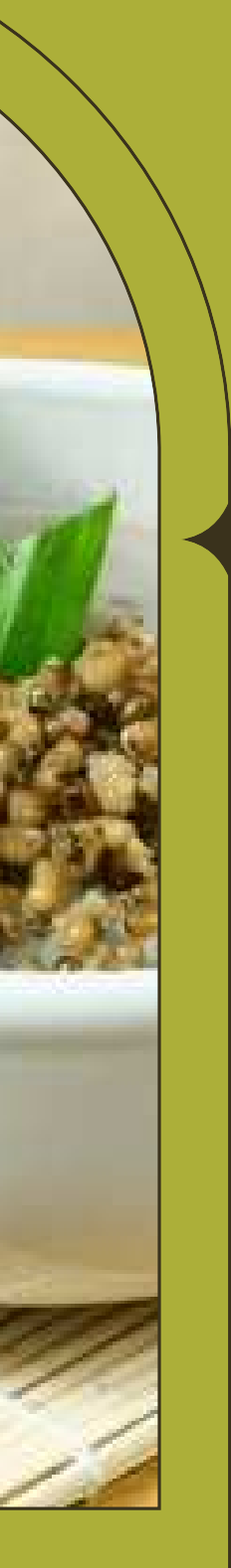
- You can substitute almond or oat milk for a lighter version.
- Pandan adds traditional fragrance but is optional.
- Mung beans don't require long soaking but cook faster if pre-soaked.
- Add chia or flax seeds for extra fiber if desired.

Bubur Kacang Hijau

Healthy recipe is a dish that uses natural ingredients that are fresh and cooked in the right way to produce healthy dishes for our bodies



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Ingredients

- 1 cup mung beans (soaked if possible)
- 4 cups water
- 1/2 cup coconut milk
- 2–3 tbsp palm sugar or coconut sugar (to taste)
- Pinch of salt
- Optional: pandan leaf or vanilla for fragrance

Instructions

- Rinse mung beans. In a pot, combine with water and bring to a boil.
- Simmer for 30–35 minutes until beans are soft but intact.
- Stir in coconut milk, sugar, salt, and pandan (if using).
- Simmer another 5–10 minutes until thick and creamy.
- Serve warm or chill for later — both are traditional.



Preparing
5 Minutes



Cooking
40 Minutes



Serving
5 Minutes





Bulgaria

Health-Focused Fun Facts



- Bulgarian yogurt is considered one of the most probiotic-rich foods in Europe.
- Cucumber provides hydration, silica, and gut-calming compounds.

- Dill aids digestion and supports liver detoxification.
- Garlic fights bacteria and supports immune resilience.

- Tarator is used traditionally to cool down the body in heatwaves.
 - Walnuts are packed with omega-3s and brain-boosting nutrients.
- 



Tarator

Bulgaria is known for its yogurt-making tradition, rooted in ancient fermentation practices and the famous *Lactobacillus bulgaricus* strain. Tarator reflects how the Balkan diet blends function with freshness, offering daily dishes that restore and refresh.

Cold Yogurt Cucumber Soup

Core Benefits

Rich in probiotics, cooling and hydrating, anti-inflammatory and alkalizing, supports digestion, balances gut flora, high in minerals and enzymes

Why It Heals

Tarator combines **gut-friendly** probiotics, hydrating cucumber, and garlic's antibacterial properties. Dill calms the digestive tract, while walnuts support brain and heart health. This light, cooling soup is ideal for **overheated, bloated, or inflamed systems**.

Notes

- Use Greek yogurt for thicker texture, or kefir for extra probiotics.
- A staple during hot Balkan summers, often served as a **starter or light lunch**.
- Traditionally paired with crusty bread or served on its own.
- Ideal after travel, heavy meals, or antibiotic use.



Tarator

Tarator is a traditional Bulgarian summer soup made with yogurt, cucumber, garlic, dill, and walnuts. Served cold, it's refreshing, tangy, and deeply healing, especially during hot weather or digestive distress. In Bulgaria, it's not just a seasonal dish — it's a go-to for gut support and daily balance.





Ingredients

- 1 cup plain unsweetened yogurt (preferably whole milk)
- 1 small cucumber, peeled and grated
- 1 clove garlic, minced
- 2 tbsp walnuts, finely chopped
- 1 tbsp fresh dill, chopped (or 1 tsp dried)
- 1/2 cup cold water (or more for thinner texture)
- Salt to taste
- Optional: splash of olive oil or lemon juice



Preparing
10 Minutes



Cooking
0 Minutes



Serving
2 Minutes

Instructions

- In a bowl, whisk together yogurt and cold water until smooth.
- Add grated cucumber, garlic, dill, and salt.
- Stir in walnuts and adjust seasoning.
- Chill briefly and serve cold, optionally drizzled with olive oil or lemon.



Cambodia

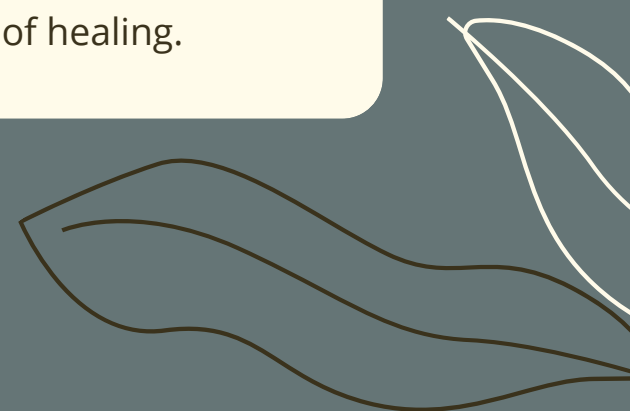


Health-Focused Fun Facts



- Green papaya contains enzymes that aid protein digestion and reduce bloating.
- Lemongrass is used in Khmer medicine for fever, flu, and inflammation.

- Long beans are rich in fiber and help stabilize blood sugar.
- Ginger and turmeric improve circulation and joint health.

- Light stews like this are eaten post-illness to rebuild gut flora.
 - Cambodian cuisine favors balance — between hot/cold, soft/crunchy, light/heavy — as a form of healing.
- 

Samlor Korko



Cambodian Vegetable Stew

Core Benefits

Gut-healing fiber and prebiotics, detoxifying herbs and greens, immune-supportive spices, antioxidant-rich vegetables, blood sugar balance, naturally anti-inflammatory

Why It Heals

Samlor Korko is **deeply restorative** — filled with fiber, minerals, and traditional herbs known for detoxification and immune support. Papaya is a digestive powerhouse, while turmeric and lemongrass reduce inflammation and aid liver function. This dish is ideal for **resetting the gut and rebuilding energy**.

Notes

- This stew is traditionally made with whatever fresh vegetables are available, making it flexible and seasonal.
- For deeper flavor, add mushroom or miso paste as a plant-based umami booster.
- Green papaya is key for digestion but can be swapped for zucchini or daikon.
- Rice helps thicken the stew and makes it more grounding.



Samlor Korko

Samlor Korko is often called Cambodia's "national comfort stew." Once reserved for royals, it's now cooked across the country to celebrate family, healing, and the power of local ingredients. Cambodians believe food should be light, warm, and balancing — and this stew embodies that philosophy.

Ingredients

- 1 tbsp oil (coconut or sesame)
- 1 onion, chopped
- 2 garlic cloves, minced
- 1-inch ginger, grated
- 1 cup green papaya, shredded
- 1 small eggplant, diced
- 1 cup long beans, chopped
- 2 cups leafy greens (spinach, water spinach, or kale)
- 1/2 tsp turmeric powder
- 1 tbsp fish sauce or soy sauce (optional)
- 4 cups vegetable broth or water
- Fresh herbs: lemongrass, kaffir lime leaves (if available)
- Salt and pepper to taste
- Optional: a handful of cooked rice stirred in to thicken



Preparing

15 Minutes



Cooking

30 Minutes



Serving

5 Minutes

Instructions

- Sauté onion, garlic, and ginger in oil until fragrant.
- Add turmeric, green papaya, eggplant, and beans. Stir well.
- Add broth, lemongrass, and lime leaves (if using). Simmer for 20 minutes.
- Add leafy greens and herbs. Simmer 10 more minutes.
- Season to taste and serve hot. Optionally stir in cooked rice for body.





Bolivia



Health-Focused Fun Facts



- Quinoa contains twice the protein of rice or barley, and it's gluten-free.
- Bolivians use soup daily to support hydration and digestion at high altitudes.

- Cumin is used in Andean medicine to stimulate appetite and improve circulation.
- Potatoes are native to Bolivia and offer potassium and fiber.

- This soup is used to replenish energy during pregnancy or after illness.
 - Bolivian cooking emphasizes simple, nutrient-dense foods with seasonal balance.
- 



Sopa de Quinoa

In Bolivia, quinoa is considered the “grain of the sun” — a sacred food from Incan tradition. This soup reflects the Andean philosophy of balance and strength. It’s still served daily in homes, schools, and markets, especially in high-altitude towns where it helps people feel grounded and fueled.

Quinoa & Vegetable Soup

Core Benefits

Complete plant protein, gut-friendly fiber, iron and magnesium support, blood sugar balance, naturally gluten-free, warming and anti-inflammatory

Why It Heals

Quinoa is a **complete protein** with all nine essential amino acids — rare for plant foods. It's also rich in **iron, magnesium, and fiber**, supporting energy, gut health, and hormonal balance. Root vegetables add **stability and grounding**, while cumin aids digestion and circulation.

Notes

- Rinse quinoa thoroughly to remove bitterness (saponins).
- Traditionally served with fresh herbs and chili for extra warmth.
- Perfect for cooler months or post-exertion nourishment.
- This version is plant-based, but you can enrich it with lentils or mushrooms.



Sopa de Quinoa

Grown high in the mountains, quinoa is a sacred seed that has fueled generations of indigenous people.



Preparing

10 Minutes



Cooking

30 Minutes



Serving

5 Minutes



Ingredients

- 1 tbsp olive oil or neutral oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, diced
- 1 small potato, cubed
- 1/2 cup quinoa (rinsed well)
- 1 tomato, chopped
- 4 cups vegetable broth or water
- 1/2 tsp ground cumin
- Salt and pepper to taste
- Fresh parsley or cilantro to garnish
- Optional: aji amarillo (mild chili pepper) for color and warmth

Instructions

- Sauté onion and garlic in oil until soft.
- Add carrots, potatoes, and chopped tomato. Cook 5 minutes.
- Stir in rinsed quinoa, cumin, and broth. Bring to a boil.
- Lower heat and simmer 20–25 minutes, until quinoa opens and vegetables are tender.
- Season and garnish with fresh herbs.



Rwanda

Health-Focused Fun Facts



- Cassava leaves are high in iron, calcium, and vitamin C — rare for leafy greens.
- Peanuts are used for both flavor and fertility support.

- Isombe is traditionally given to nursing mothers and recovering elders.
- The dish supports strong bones, steady energy, and satiety.

- Rwandan cuisine emphasizes slow cooking, plant-forward meals, and local ingredients.
 - Many East African dishes combine leafy greens and legumes for complete, healing nutrition.
- 

Isombe



Cassava Leaves with Peanuts

Core Benefits

Plant-based iron and calcium, hormonal support, high in fiber for gut and blood sugar balance, bone-building minerals, anti-inflammatory fats, deep nourishment and satiety.

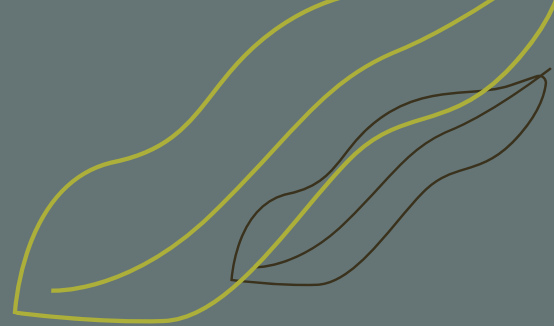
Why It Heals

Cassava leaves are rich in **iron, calcium, and fiber**, supporting **blood, bone, and gut health**. Peanuts provide healthy fats, protein, and hormone-regulating nutrients. This dish is filling, grounding, and **perfect for rebuilding energy** — especially for women, children, or anyone in recovery.

Notes

- Cassava leaves must be cooked thoroughly to remove natural toxins — do not eat raw.
- If unavailable, substitute with collard greens, kale, or spinach.
- Peanut butter gives it creaminess and anti-inflammatory fat content.
- Traditional in Rwanda, DRC, and other regions across Central Africa.





Ingredients

- 3 cups cassava leaves (fresh or frozen, finely chopped)
- 1 small onion, diced
- 1 clove garlic, minced
- 1 tomato, chopped
- 1/2 cup natural peanut butter (unsweetened)
- 2 tbsp oil (optional: red palm oil for tradition, or olive oil)
- 2 cups water or vegetable broth
- Salt to taste
- Optional: hot pepper or chili flakes for heat



Preparing
15 Minutes



Cooking
45 Minutes



Serving
5 Minutes

Instructions

- In a large pot, heat oil and sauté onion and garlic until soft.
- Add tomato and cook until slightly broken down.
- Add cassava leaves and water. Cover and simmer 30 minutes.
- Stir in peanut butter and simmer another 10–15 minutes, until thick and creamy.
- Season and serve with rice, plantains, or millet.



Kazakhstan



Health-Focused Fun Facts



- Broth supports gut lining, joint health, and mineral absorption.
- Carrots and potatoes restore potassium and steady energy.

- Parsley and dill are cleansing herbs used in Central Asian remedies.
- Lamb (optional) is rich in iron, zinc, and B12.

- Traditional dishes are built to warm the body and sustain energy in extreme weather.
 - Beshbarmak is eaten slowly, communally — which supports digestion and mindfulness.
- 



Adapted Beshbarmak

Beshbarmak ("five fingers") is Kazakhstan's national dish, traditionally made with boiled meat, root vegetables, and noodles. For this version, we've created a healing, whole-food bowl that keeps the deep nourishment and spirit of the dish — without heaviness or excess fat. Root veggies, clear broth, herbs, and optional meat make it versatile and soothing.

Root Veg & Broth Healing Bowl

Core Benefits

Collagen-rich broth for gut lining, iron and zinc for energy and immunity, gentle root vegetables for digestion, warming and grounding, hydrating and mineral-restoring, bone and joint support.

Why It Heals

This dish uses **bone broth and herbs** for gut healing and immunity, with **easy-to-digest starches** for grounding. It's ideal after stress, illness, or travel. Kazakhstan's steppe climate inspired food that restores, warms, and stabilizes.

Notes

- For a vegetarian version, use **miso broth or lentil broth** for richness.
- Easily adapted with local root vegetables.
- Keep noodles optional or replace with **buckwheat or millet** for a grain boost.
- Great for winter or post-fatigue recovery.

Adapted Beshbarmak

Beshbarmak is central to Kazakh hospitality and celebration. Originally eaten by nomadic families after long travels or harsh winters, it represents the resilience, warmth, and nourishment. Traditionally shared with guests, the dish reflects the Kazakh value of community healing through food.



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Ingredients

- 1 tbsp oil (olive, ghee, or neutral)
- 1 onion, sliced
- 2 garlic cloves, smashed
- 2 medium potatoes, peeled and cubed
- 2 carrots, sliced
- 1 turnip or parsnip, diced
- 4 cups bone broth or vegetable stock
- 1 bay leaf
- 1/2 tsp black pepper
- Salt to taste
- Optional: shredded cooked lamb or chicken
- Fresh dill or parsley to garnish
- Optional: cooked whole grain noodles or buckwheat

Instructions

- In a large pot, sauté onion and garlic in oil until fragrant and soft.
- Add chopped root vegetables and stir for 2–3 minutes.
- Pour in broth, add bay leaf, salt, and pepper. Bring to a boil.
- Reduce heat and simmer for 40–50 minutes, until all vegetables are soft and flavors meld.
- If using, add cooked lamb or chicken in the final 10 minutes.
- Serve in bowls topped with chopped dill or parsley. Add grains or noodles if desired.



Preparing

15 Minutes



Cooking

60 Minutes



Serving

5 Minutes



Australia

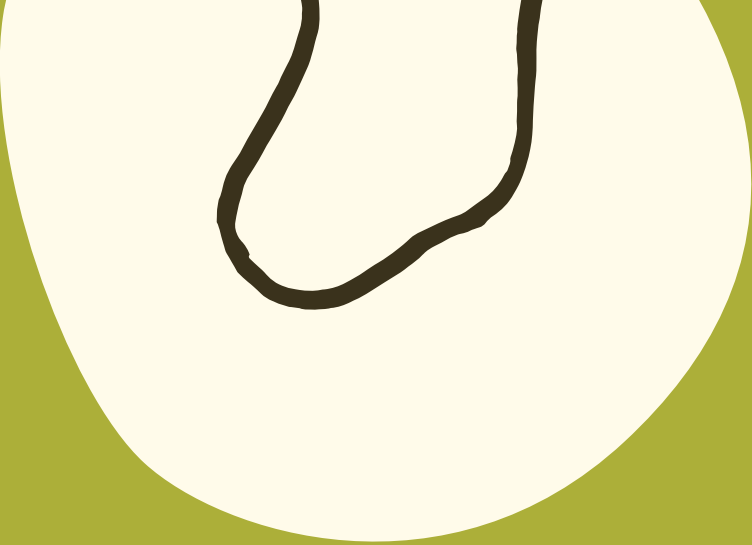
Health-Focused Fun Facts



- Wattleseed is rich in protein, iron, zinc, calcium, and magnesium.
- It has a low glycemic index, which supports blood sugar regulation and energy balance.

- Pumpkin contains beta-carotene, which supports skin, vision, and immune health.
- Coconut milk (optional) is used in modern recipes for hormone-friendly fats.

- Ginger and turmeric are both powerful anti-inflammatory and digestive aids.
 - This soup is soothing for the nervous system and perfect for grounding and emotional wellness.
- 



Wattleseed & Pumpkin Soup

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Wattleseed & Pumpkin Soup

Core Benefits

Anti-inflammatory and antioxidant-rich, supports blood sugar balance, nourishes gut and hormones, high in fiber, iron, and vitamin A, warming and grounding, deeply satisfying without heaviness.

Why It Heals

Wattleseed is a **low-GI, mineral-rich superfood** that supports stable energy and blood sugar. Pumpkin is packed with **beta-carotene, fiber, and prebiotics**, making this soup ideal for **gut repair, hormonal balance, and immune function**. With warming spices and grounding texture, this dish comforts while it heals.

Notes

- Wattleseed is available online or in specialty shops — sub with chia or flaxseed if needed.
- Coconut milk adds creaminess but can be skipped for a lighter version.
- Great for seasonal transitions, emotional reset days, or immune support.
- Try adding a spoon of tahini or toasted seeds for extra protein.

Wattleseed & Pumpkin Soup



Instructions

- In a large pot, sauté onion, garlic, and ginger in oil until softened.
- Add pumpkin, turmeric, wattleseed, and stir for 2–3 minutes.
- Pour in broth, bring to a boil, then reduce to a simmer for 25–30 minutes until pumpkin is soft.
- Stir in coconut milk, season to taste.
- Blend for a creamy texture (optional), or leave slightly chunky.
- Garnish and serve warm.



Preparing

10 Minutes



Cooking

40 Minutes



Serving

5 Minutes

Ingredients

- 1 tbsp olive oil or coconut oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1-inch ginger, grated
- 3 cups peeled and cubed pumpkin (or butternut squash)
- 1–2 tsp roasted wattleseed (ground or whole)
- 1/2 tsp turmeric (optional)
- 3 cups vegetable broth or water
- 1/2 cup coconut milk (optional, for creaminess)
- Salt and pepper to taste
- Fresh parsley or native herbs (e.g. lemon myrtle) to garnish



Denmark

Health-Focused Fun Facts



- Fermented rye is packed with prebiotic fiber that feeds beneficial gut bacteria.
- Omega-3s in fish support brain, mood, and heart health.

- Rye bread is low GI — helping with blood sugar regulation and energy stability.
- Pickled veggies add probiotics, enzymes, and digestive support.

- Smørrebrød encourages slow, mindful eating — key for digestion and satisfaction.
 - Danish cuisine emphasizes seasonal ingredients, herbal garnishes, and nutrient variety.
- 



Rugbrød

Smørrebrød is a beloved part of Danish daily life — elegant, thoughtful, and rooted in balance and beauty. Every topping is chosen with care, reflecting Nordic values of freshness, simplicity, and function. Rugbrød itself is a heritage food, fermented slowly over days — a symbol of patience, craft, and gut-friendly tradition.

Fermented Rye Bread

Core Benefits

Prebiotics for gut flora, steady blood sugar and energy, supports heart and brain function, omega-3s and healthy fats, high fiber and slow-digesting carbs, nutrient-dense and deeply satisfying.

Why It Heals

Rugbrød is naturally fermented and rich in **fiber, minerals, and prebiotics** — excellent for **gut health and blood sugar control**. Pairing it with omega-3s (like fish), healthy fats (like avocado), or antioxidant-rich vegetables creates a **synergistic meal** that's clean, complete, and anti-inflammatory.

Notes

- Most health food stores sell quality rye bread, or you can bake your own for the full probiotic benefit.
- Smørrebrød toppings can be tailored to target **gut health, hormone balance, or immune support**.
- Traditionally eaten for lunch, this is an ideal **light but sustaining** meal.
- Eat slowly, savoring each bite — Danish food culture emphasizes **presence and care**.



Rugbrød with Smørrebrød Toppings



Rugbrød, Denmark's traditional fermented rye bread, is the base for Smørrebrød — an open-faced sandwich that's equal parts meal and ritual.





Preparing
10 Minutes



Cooking
24-48 hours



Serving
2 Minutes

Dark, seeded, and dense, Rugbrød is packed with fiber and nutrients. Topped with heart-healthy proteins, pickled veggies, and herbs, it becomes a canvas for customizable healing combinations — deeply rooted in Nordic food philosophy.

Ingredients

- 4 slices Rugbrød (store-bought or homemade)
- Topping options (choose 2-3 combos):
- Pickled herring + red onion + dill
- Boiled egg + sprouts + radish
- Beetroot slices + arugula + yogurt dressing
- Smoked salmon + avocado + lemon
- Cucumber + fresh cheese + chives

Instructions

- Lightly toast Rugbrød if desired.
- Add your chosen toppings, layering textures (creamy, crisp, salty, fresh).
- Garnish with herbs, citrus zest, or seeds.
- Serve immediately — open-faced and eaten with a fork and knife.





Belgium

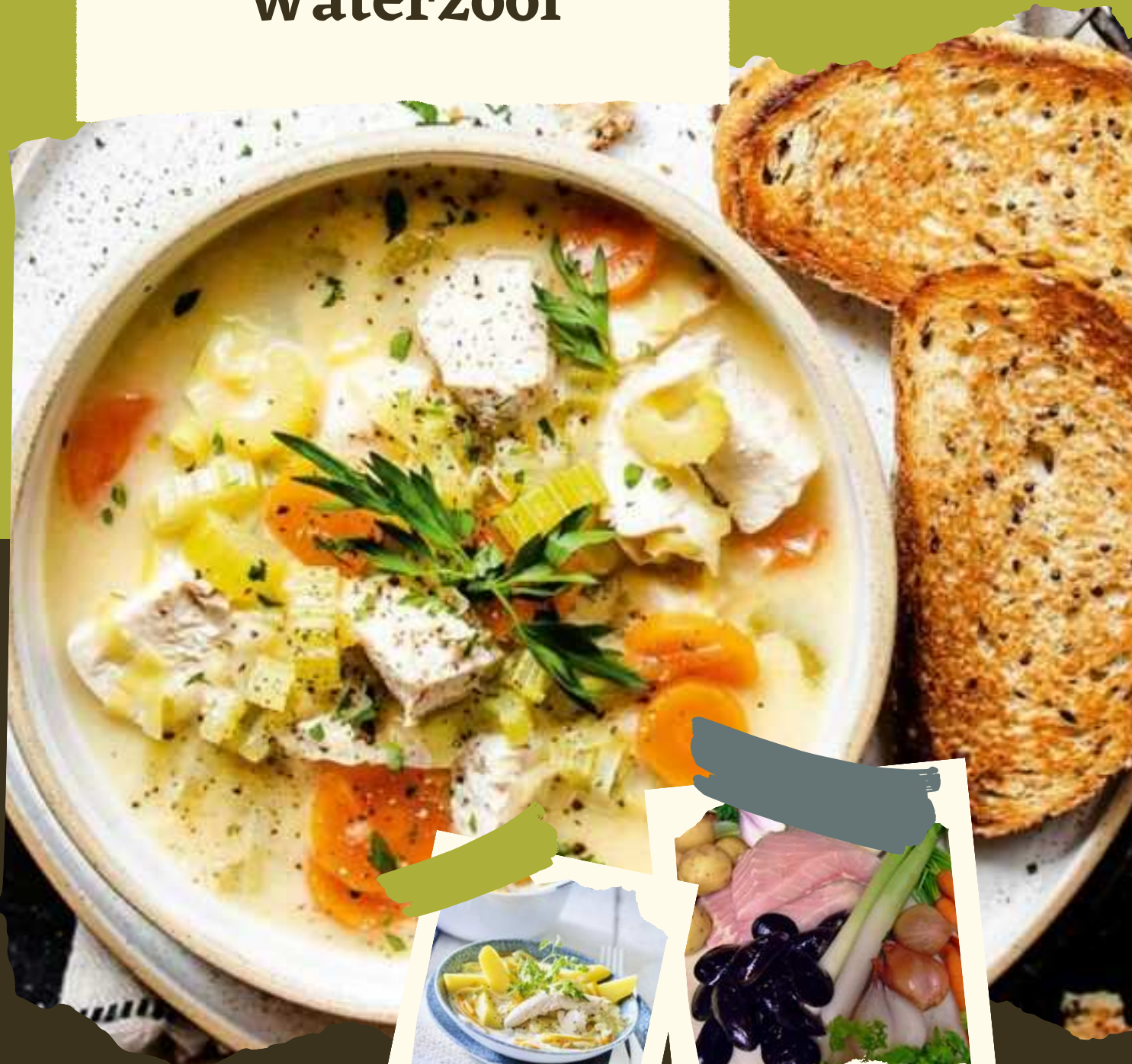
Health-Focused Fun Facts

- Leeks are rich in inulin, a prebiotic that feeds gut flora.
- Carrots provide beta-carotene, essential for skin and immune support.

- Celery acts as a natural diuretic and anti-inflammatory.
- Creamy, broth-based soups like Waterzooi are soothing for the nervous system and ideal during stress or fatigue.

- Potatoes offer resistant starch, good for blood sugar and digestion.
- Parsley is used traditionally to support kidney and liver detox.

Waterzooi



Vegetable Stew with Herbs

Core Benefits

Gut-soothing and anti-inflammatory, rich in vitamins and minerals, gentle on digestion, immune-supportive with herbs, naturally hydrating and warming, ideal for recovery and calm eating.

Why It Heals

Waterzooi's **gentle ingredients and slow-cooked method** make it a perfect meal for **digestive rest and recovery**. Leeks and celery are natural prebiotics, while carrots and potatoes provide **comforting energy and antioxidants**. Fresh herbs like parsley aid **detox and immune function**, while broth keeps the body hydrated and mineralized.

Notes

- Swap in zucchini or fennel for seasonal variety.
- For added protein, serve with lentils, white beans, or a boiled egg.
- Use oat or cashew milk for a dairy-free, creamy finish.
- Waterzooi is traditionally eaten with a spoon and bread — keep it simple and slow.





Ingredients

- 1 tbsp olive oil or butter
- 1 leek (white part), sliced thin
- 2 carrots, peeled and sliced
- 2 potatoes, cubed
- 2 celery stalks, chopped
- 1 garlic clove, minced
- 4 cups vegetable broth
- 1 bay leaf
- Salt and pepper to taste
- 1/2 cup cream or oat/cashew milk (optional)
- 2 tbsp fresh parsley or chervil, chopped



Instructions

- Cook wild rice in water until tender but chewy (30–40 minutes). Drain and cool.
- In a bowl, combine vegetables, herbs, and cooled rice.
- Drizzle with olive oil and vinegar. Toss gently.
- Season to taste and serve chilled or room temperature.



Preparing
10 Minutes



Cooking
40 Minutes



Serving
5 Minutes



Cameroon



Health-Focused Fun Facts



- Bitterleaf helps stimulate bile flow and supports natural detoxification.
- Peanuts are a rich source of plant-based protein, zinc, and healthy fats.

- This stew is traditionally given to new mothers for strength and recovery.
- Bitter herbs are used in West African medicine for cleansing and immunity.

- Ndolé offers a strong balance of macronutrients (fat, fiber, protein).
 - Traditional Cameroonian meals often pair bitter + sweet (plantains), which stimulates digestion and blood sugar balance.
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Ndolé

In Cameroon, Ndolé is more than food — it's a ceremonial dish, often served at weddings, holidays, and important gatherings. Its complex, layered flavors reflect patience and tradition, and the use of bitterleaf speaks to indigenous healing practices passed down through generations.

Bitterleaf & Groundnut Stew

Core Benefits

Iron-rich and blood-building, supports liver detox and hormone health, high in fiber and antioxidants, healthy fats for inflammation control, boosts energy and satiety.

Why It Heals

Bitterleaf (or similar greens) are known for **cleansing** the liver, aiding **digestion**, and providing **iron and calcium**. Groundnuts add protein and healthy fats that support **hormone balance** and long-lasting energy. This stew is often used for **postpartum recovery**, immune support, or stamina during hard labor. It's grounding, rich, and incredibly restorative.

Notes

- If bitterleaf is unavailable, use kale, collards, or spinach, and rinse well to reduce bitterness.
- Optional add-ins: smoked tofu, mushrooms, or beans to keep it plant-based.
- For tradition, serve with boiled plantains or fufu to balance the earthy stew.
- Let sit a few hours or overnight — flavors deepen beautifully.



Ndolé

Ndolé is Cameroon's national dish — a rich, creamy stew made with bitterleaf, peanuts, and sometimes meat or fish. Served with plantains or rice, Ndolé is a powerful, grounding meal steeped in heritage.

Ingredients

- 2 tbsp neutral oil (or red palm oil)
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 2 cups cooked bitterleaf (or kale/spinach, chopped and rinsed well)
- 1 cup natural peanut butter (unsweetened) or ground peanuts
- 1/2 cup water or broth
- 1 hot pepper (optional), minced
- Salt and pepper to taste
- Optional: cooked white beans, mushrooms, or tofu for added texture
- Served with: steamed plantains or rice



Preparing

15 Minutes



Cooking

45 Minutes



Serving

5 Minutes

Instructions

- Heat oil in a pot. Sauté onion and garlic until golden and fragrant.
- Add chopped bitterleaf and stir for 5 minutes.
- In a bowl, whisk peanut butter with water until smooth. Add to pot.
- Stir in pepper, salt, and optional ingredients.
- Simmer gently on low heat for 30–40 minutes, stirring occasionally.
- Serve hot with plantains, yams, or rice.



Lithuania

Health-Focused Fun Facts



- Beets support liver detox and blood pressure balance.
- Kefir/yogurt delivers gut-healing probiotics and calcium.

- Dill aids digestion and reduces gas and bloating.
- Cucumber cools and hydrates — rich in silica and water.

- This meal is ideal for post-heat fatigue, gut recovery, or light fasting days.
 - Eggs add B12 and brain-boosting choline.
- 



Šaltibarščiai

Šaltibarščiai is a summer staple in Lithuanian households, often served bright pink, with love, and with laughter. It's a symbol of simplicity, thrift, and the power of local foods — combining homegrown beets, herbs, and fermented dairy. Locals say it brings "cool calm" to the body and mind.



Chilled Beet & Yogurt Soup

Core Benefits

Probiotics from kefir or yogurt, liver detox from beets, cooling and anti-inflammatory, rich in potassium and folate, supports skin, gut, and circulation, great for summer digestion.

Why It Heals

This vibrant soup delivers **probiotics** for gut flora, **antioxidants** from beets for **detox** and circulation, and herbs that calm digestion. The cold temperature makes it cooling and **anti-inflammatory**, especially helpful in hot climates or post-workout recovery. It's light, energizing, and loaded with **electrolytes and vitamins**.

Notes

- Use **plant-based kefir** for a dairy-free version.
- Roast or steam beets ahead for easier prep.
- Ideal for **hot weather, after sun exposure, or gut reset days**.
- Pairs beautifully with boiled new potatoes or rye crispbread.

Šaltibarščiai

Išaltibarščiai (shahl-tee-BARSH-chay) is Lithuania's beloved summer soup, made from grated beets, fermented dairy, and fresh herbs.



@lilia_yermak



Ingredients

- 2 medium beets, cooked and grated
- 2 cups plain kefir or unsweetened yogurt
- 1/2 cup cold water (adjust for texture)
- 2 hard-boiled eggs, chopped (optional)
- 2 tbsp fresh dill, finely chopped
- 2 green onions or chives, sliced
- Salt and pepper to taste
- Optional: 1 small cucumber, diced
- Serve with: boiled potatoes or rye bread

Instructions

- In a large bowl, combine grated beets, kefir/yogurt, water, dill, onion, and cucumber.
- Mix well and season to taste.
- Chill in the fridge for at least 1 hour (or overnight).
- Serve cold, topped with chopped egg and a side of potatoes.
- Chilling: 1-2 hours (or overnight)



Preparing
15 Minutes



Cooking
20 Minutes



Serving
5 Minutes





Guatemala

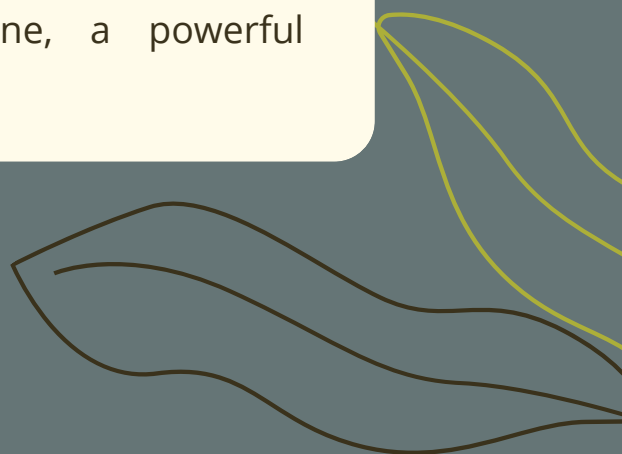


Health-Focused Fun Facts



- Pepián is often served during seasonal changes to strengthen and balance the body.
- Pumpkin seeds are rich in zinc, magnesium, and tryptophan.

- Cinnamon and cumin support metabolism and blood sugar control.
- Squash and root vegetables soothe the gut lining and nervous system.

- Sesame seeds offer calcium and heart-healthy fats.
 - Tomato paste is high in lycopene, a powerful antioxidant.
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Pepián de Verduras



Spiced Vegetable Stew

Core Benefits

Anti-inflammatory, packed with vitamins and plant-based minerals, warming and grounding, excellent for gut repair and energy balance, deeply satisfying without heaviness.

Why It Heals

This stew uses slow-roasted seeds and warming spices to support **digestion, blood sugar regulation, and immune strength**. Pumpkin seeds are high in **zinc and magnesium**, while sweet vegetables offer steady energy and gut-soothing fiber. The thick texture and spice blend create a deeply comforting and **anti-inflammatory** meal.

Notes

- Use chayote or green beans for variety.
- Add beans or lentils for a protein boost.
- Excellent for cold weather, low-energy days, or post-travel meals.
- Traditionally eaten with tortillas or rice — keep it simple and slow.



Pepián de Verduras

Pepián dates back to pre-Columbian Mayan cuisine, originally made with sacred seeds, seasonal vegetables, and open-fire cooking. Today it remains a symbol of connection to the land, ancestors, and ritual healing — often served during festivals and family gatherings. It's one of Guatemala's oldest continually prepared recipes.

Ingredients

- 1 tbsp oil (olive or avocado)
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tomatoes, chopped
- 1/4 cup pumpkin seeds (pepitas), toasted
- 1 tbsp sesame seeds, toasted
- 1 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1 tsp dried oregano
- 2 cups squash or sweet potato, cubed
- 2 carrots, sliced
- 1 zucchini, sliced
- 3 cups vegetable broth or water
- Salt and pepper to taste
- Optional: chili or hot sauce
- Fresh cilantro or parsley to garnish



Preparing

20 Minutes



Cooking

45 Minutes



Serving

5 Minutes

Instructions

- In a dry pan, toast pumpkin and sesame seeds until golden. Set aside.
- In a pot, heat oil and sauté onion and garlic. Add tomatoes and cook until soft.
- Blend tomato mixture with toasted seeds and spices into a thick paste.
- Return paste to pot and add broth, squash, carrots, and zucchini. Simmer for 35–40 minutes.
- Season to taste and garnish with herbs. Serve with corn tortillas or rice.



Iceland

Health-Focused Fun Facts



- Cold-water fish are rich in EPA and DHA, key omega-3s for brain and mood health.
- Potatoes contain potassium and prebiotic starch, great for gut flora and energy.

- Iodine in white fish supports thyroid and metabolism.
- Gentle texture makes it ideal for healing digestion or low appetite.

- Icelandic diets are among the highest in omega-3s globally.
 - This dish is often used to warm and restore the body after harsh weather or fatigue.
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Plokkfiskur

In Iceland, food is rooted in survival — simplicity, warmth, and nourishment. Plokkfiskur is a reflection of that mindset: resourceful and sustaining, eaten in homes, schools, and coastal towns. It's a go-to comfort food in harsh winters and a quiet celebration of the sea's healing bounty.

Mashed Fish & Potato Stew

Core Benefits

High in omega-3s for brain and heart health, rich in iodine and minerals for thyroid support, grounding, warming, and easy on digestion, protein-packed and sustaining.

Why It Heals

Fish like cod are rich in **omega-3s, B vitamins**, and iodine, which support the **brain, nervous system, and thyroid**. Potatoes offer resistant starch for **gut health**, and the soft, mashed texture makes this dish perfect for **digestion and energy recovery**. It's a naturally comforting, clean, and strengthening meal.

Notes

- Can be served hot, room temp, or cold — it's versatile.
- Make a large batch — it tastes even better the next day.
- Pairs well with brown rice, lentils, or crusty whole grain bread.
- Naturally vegan, gluten-free, and low-calorie.
- A beautiful example of **simple food done with care**.





Ingredients

- 1 tbsp butter or oil
- 1 onion, finely chopped
- 2 cups cooked white fish (cod or haddock), flaked
- 3 cups potatoes, peeled and boiled
- 1/2 cup milk or oat milk
- Salt and pepper to taste
- Fresh parsley or chives to garnish
- Optional: rye bread on the side



Preparing

10 Minutes



Cooking

25 Minutes



Serving

5 Minutes

Instructions

- In a skillet, sauté chopped onion in butter or oil until translucent.
- Add flaked fish and cooked potatoes. Stir gently.
- Pour in milk, mash mixture slightly until thick and creamy.
- Season with salt and pepper. Heat through, but don't overcook.
- Garnish with herbs and serve warm with rye bread.



Conclusion

Your Table. Your Tools. Your Time.

In this third volume, you've continued your journey — not through borders, but through flavors passed down through generations. Each of these 15 dishes opened a door to a culture, a healing tradition, and a way of eating that honors the body without overcomplicating it.

What we've seen again is clear:

Food doesn't need to be reinvented. It needs to be remembered.

Health isn't hidden in trends — it's been sitting on family tables all along. From fermented stews to fiber-rich grains, from bitter greens to healing spices — these recipes were made to nourish, not impress.

You don't need to chase the next best thing.
You need what lasts. What's seasonal.
What's rooted. **What works.**

So take what speaks to you. Make it yours.
Keep listening to your body.
Keep honoring your heritage — and others'.

Because food doesn't just heal the body.
It connects you to something bigger.

Thanks for being here.
Now go cook like it counts.

— **Lilia Yermak**



Notes

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Notes

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