

# Healthy Anti-Inflammatory Diet Recipes

## Turmeric Latté

This is a perfect nighttime or anytime tea. It not has not only anti-inflammatory properties but is high in antioxidants and helps with depression.

Serves 1 | Prep. time 2 minutes | Cooking time 5 minutes

### Ingredients

- 1 cup homemade or unsweetened almond milk
- 1–2 teaspoons coconut sugar / honey / other sweetener
- ½ teaspoon turmeric
- ½ teaspoon cinnamon
- ¼ teaspoon ground ginger / small piece of fresh ginger, grated
- Pinch black pepper
- Optional but recommended if using store bought almond milk: ½ tablespoon coconut oil

### Directions

1. In a small saucepan on the stove, warm up the almond milk for about 2 minutes.
2. Whisk in the remaining ingredients and heat until it becomes frothy, then pour it into a cup and enjoy.

### Nutrition (per serving, with coconut oil)

Calories 158, fat 12 g, carbs 14 g, protein 1 g, sodium 171 mg

## Chocolate Chia Seed Pudding

Chia seeds and chocolate are both high in antioxidants. Add the benefits of turmeric, and you have either a healthy breakfast or a flavorful dessert!

Serves 2 | Prep. time 3 minutes | refrigeration time 4 hours

### Ingredients

- 1 can coconut milk (full fat)
- ⅓ cup chia seeds
- ¼ cup unsweetened cocoa powder
- 1 teaspoon ground turmeric
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- Pinch salt
- 2 tablespoons maple syrup
- Toppings: berries or nuts

### Directions

1. In a high-powered blender or food processor, blend all the ingredients until they become smooth.
2. Cover and refrigerate for at least 4 hours, or until thick. Overnight is best.
3. Divide into single portions and top with whatever you would like.

### Nutrition (per serving)

Calories 284, fat 17 g, carbs 36 g, protein 10 g, sodium 82 mg

# Curried Cauliflower Bites

These healthy bites are perfect for a snack, as part of a healthy lunch or dinner, and are full of anti-inflammatory properties.

Serves 4 | Prep. time 10 minutes | Cooking time 30 minutes

## Ingredients

- 1 head cauliflower, cut into florets
- 1 cup almond meal
- 2 eggs
- 2 tablespoons tapioca flour
- 2 tablespoons organic natural yogurt
- 1 clove garlic, crushed
- ½ teaspoon sea salt
- 1 ½ teaspoons curry powder
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- Handful fresh cilantro

## Tzatziki Sauce

- 1 small cucumber, diced finely
- ¼ cup organic natural yogurt
- 1 clove garlic, crushed
- Juice of 1 lemon

## Directions

1. Blend the cauliflower in a food processor until it is completely ground up.
2. Add the almond meal, eggs, tapioca flour, yogurt, garlic, salt, curry powder, cumin, turmeric, and cilantro. Pulse until all the ingredients are well combined. Transfer to a bowl and chill for at least 3 hours.
3. Preheat the oven to 400°F.
4. Prepare a cookie sheet or baking tray by lining it with parchment paper. You can also spread a very fine layer of olive oil on the paper if you want.
5. Take about 2 tablespoons of the cold mixture at a time and form patties. They should be approximately 3 inches across, and ½ to ¾ inch thick.
6. Place the patties on the prepared baking tray and transfer to the oven for 25 to 30 minutes.
7. In a small bowl, mix together the ingredients for the sauce.
8. Serve cauliflower patties with sauce.

## **Nutrition (per serving)**

Calories 279, fat 17 g, carbs 21 g, protein 15 g, sodium 352 mg

# Spicy Pumpkin Hummus

This hummus is full of fiber, healthy fats, and anti-inflammatory spices. Paired with veggies it is perfect for lunch, or a snack any time.

*Serves 7 | Prep. time 10 minutes*

## **Ingredients**

- 1 (15 ounce) can chickpeas, rinsed and drained
- ½ cup canned pumpkin
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 small clove garlic
- 1 teaspoon ground smoked paprika
- ¾ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon ground turmeric
- ½ teaspoon sea salt or to taste
- Optional garnish: Drizzle with olive oil and sprinkle additional spices, plus pumpkin seeds on top.

## **Directions**

1. In a blender or food processor, pulse together all the ingredients until smooth.
2. Transfer the hummus to a serving dish and garnish as you desire.
3. Serve with vegetables.

## **Nutrition (per serving)**

Calories 98, fat 5 g, carbs 10 g, protein 3 g, sodium 336 mg

# Sweet Turmeric Chicken with Asparagus

Asparagus provides a variety of nutrients which are anti-inflammatories. Add in the turmeric, and this is a great gluten free dinner for fighting inflammation.

*Serves 4 | Prep. time 5 minutes | Cooking time 25 minutes*

## **Ingredients**

- 2 tablespoons olive oil
- ⅓ cup coconut flour
- 1 teaspoon ground turmeric
- 4 skinless chicken thighs or breasts
- 2 cloves garlic, minced
- Pinch red pepper flakes
- 1 pound asparagus, trimmed
- ¼ cup honey
- Salt and pepper to taste

## **Directions**

1. Preheat the oven to 375°F.
2. In an ovenproof skillet, heat the olive oil over medium-high heat.
3. In a mixing bowl, stir together the flour and turmeric and dredge the chicken in the mixture, making sure to cover both sides adequately.
4. Gently place the chicken in the hot oil and fry on both sides for about 3 minutes, or until chicken has browned.
5. When the chicken is brown, add the garlic, red pepper flakes, and asparagus, and drizzle everything with honey. Season with salt and pepper. Transfer the skillet to the oven and bake for 20 minutes, flipping the chicken and asparagus halfway through.
6. When the chicken has finished and the juices run clear, remove the skillet from the oven and serve.

## **Nutrition (per serving)**

Calories 302, fat 11 g, carbs 30 g, protein 24 g, sodium 64 mg

# Salmon with Zoodles and Avocado Pesto

Avocado and zucchini are both great for fighting inflammation, and when you add the Omega 3 fatty acids from the salmon, this makes a healthy and beneficial dinner.

Serves 2 | Prep. time 10 minutes | Cooking time 20 minutes

## Ingredients

- 2 (6 ounce) salmon steaks
- Salt and pepper to taste
- 2 cloves garlic, minced
- 1 teaspoon lemon zest
- 1 medium zucchini
- 1 avocado
- 1 tablespoon pesto
- Juice of half a lemon
- 1 teaspoon black pepper
- 2 tablespoons Parmesan

## Directions

1. Preheat the oven to 350°F and cover a baking tray with parchment paper.
2. Place the salmon on the tray and season it with salt and pepper.
3. In a small mixing bowl, combine the minced garlic with the lemon zest. Rub it onto the surface of the fish.
4. Transfer the tray to the oven, and bake until the salmon flakes easily with a fork (about 20 minutes).
5. Meanwhile, using a mandolin slicer, a spiralizer, or a sharp knife, cut up the zucchini.
6. In a small mixing bowl, mash together the avocado, pesto, lemon juice, and pepper. You can use more pepper if desired.
7. Blanch and plate the zoodles, and top them with the avocado mixture.
8. When the salmon is done, lay a piece of salmon on top of the zoodles and avocado. Sprinkle with Parmesan.

## Nutrition (per serving)

Calories 502, fat 26 g, carbs 19 g, protein 48 g, sodium 244 mg

# Chocolate Dipped Frozen Bananas

Bananas contain lots of rutin, a compound that has antioxidant, anti-inflammatory and anti-cancer properties. The nuts and the dark chocolate also have anti-inflammatory effects.

Serves 6 | Prep. time 20 minutes | Cooking time 5 minutes

## Ingredients

- 8 ounces dark chocolate
- 1 tablespoon coconut oil
- 4 large bananas, cut into thirds
- ½ cup chopped pistachios (salted)
- ½ cup chopped almonds (salted or smoked)
- ½ cup cocoa nibs
- Popsicle sticks

## Directions

1. Prepare a baking tray with parchment paper and set it aside.
2. Place the chocolate and coconut oil in a double boiler over medium-high heat. Cook and stir until the mixture is melted, about 5 minutes. Remove the pot from the burner, but leave the bowl over the hot water.
3. Insert a popsicle stick in the end of each piece of banana. Dip the bananas into the warm chocolate, shaking off any excess and placing them on your prepared baking sheet as you go.
4. While the chocolate is still wet, sprinkle with pistachios, almonds, or cocoa nibs. You can also add whatever toppings you like.
5. Freeze until the chocolate hardens. You can then wrap the bananas with plastic wrap or serve immediately.

## Nutrition (per serving)

Calories 471, fat 29 g, carbs 56 g, protein 8 g, sodium 37 mg

\*\*\*These recipes and more are found in Madison Miller's Anti-Inflammation Cookbook: Reduce and Manage Inflammation with Healthy Anti-Inflammatory Diet Recipes. To get your copy, click on the cover below or click [here](#).

