

The Little Book

of



Mu f f i n s

Yasmina Ykelenstam

The
Little Book
of
Muffins

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Yasmina Ykelenstam
12 Holmefield Court
London, NW3 4TT
www.thelowhistaminechef.com

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ABOUT THE AUTHOR



Yasmina Ykelenstam is the author of ten low histamine ebooks: *The Anti-Detox*, *The Anti-Cookbook*, *The Anti-Cookbook Paleo*, *The Low Oxalate Cookbook*, *Low Histamine On the Go*, *The Low Histamine Dessert Book*, *The Low Histamine Beauty Survival Guide*, *The Low Histamine Lifestyle 101 Guide*, *The Little Book of Muffins* and *The DAO Support Cook Book*. Previously, she was an international television news producer, writer, researcher and contributing reporter for CNN and the BBC, where she spent over a decade covering conflicts, including the Iraq War.

She has covered stories ranging from Libya's renouncement of WMD, to reporting from the Saddam Hussein trial in 2005, Hezbollah's anti-government protests and a prolonged assassination campaign targeting Lebanese political figures and journalists.

In 2006 she was a member of the CNN team awarded an Edward R. Murrow for coverage of the 2006 Lebanon War.

Her first step to recovery was giving it all up.

Yasmina can now be found lugging a yoga mat, juicer and positive attitude across various continents, in search of the perfect anti-lifestyle.

*Don't forget to connect with her on [Facebook](#) and [sign up](#) to the *Low Histamine Chef* mailing list for more low histamine recipes.*

What folks are saying...

“You are providing an invaluable service to all those afflicted with mast cell disorders and histamine intolerance issues. There are very few remedies available to people struggling to cope with these conditions, and negligible resources based on natural foods, which as you and I are well aware, can and should be the basis for ensuring optimum health while remedying many of the chronic conditions associated with food sensitivities. Unfortunately the medical paradigm for management of such illnesses inevitably relies on medicinal drugs, which can and do result in unacceptable side-effects. It is work such as yours, which applies the data from scientists involved in the field (in which I humbly number myself) in a practical way so that natural remedies are available to everyone in need. I welcome the opportunity to continue to contribute to your valuable work.” - *Dr. Janice Joneja, author and immunologist* www.allergynutrition.com

(For those with histamine related conditions) "I recommend avoiding foods with high histamine. A good site with useful information is [The Low Histamine Chef]." - *NIH funded researcher Dr. Theoharides, Tuft's University.* www.mastcellmaster.com

“Histamine intolerance is a very pressing issue which is largely unknown and, therefore, needlessly plaguing countless men, women and children. It is not easy to identify histamine intolerance let alone treat it. I am constantly referring physicians and the public in general to Yasmina's amazing

resource, The Low Histamine Chef. Her information allows people to quickly understand, identify and take action against histamine intolerance. Thank you for your work – and I look forward to doing a webinar together on this important topic.”
- Dr. Ben Lynch, MTHFR.net

“I refer patients to Yasmina’s website because I know they will benefit from her balanced sensibilities on using lifestyle change to cope with their mast cell activation disorders. If you are histamine-challenged and looking for perfectly-seasoned insight, you’ll get it...” - Keith Berndston, MD
www.parkridgemultimed.com

“You can’t put this problem in a vacuum. Such as avoiding histamine containing foods, on a standard deficient and toxic diet. The body works in conjunction with thousands of complicated chemical reactions, and only with superior nutrition can the histamine sensitivity be better controlled. So exposure to thousands of phytochemicals and even to a low dose of histamine in their diet is good, not bad and can offer hope of getting better over the years to come.” - Dr Joel Fuhrman, MD
www.drfuhrman.com

[The Anti-Cookbook](#)

“I can’t believe how this book has revolutionised the way I eat.”
- Angela.

“Oh my god thank you. I can eat again now.” - Lucie.

“I had no idea there were so many beneficial foods I was completely ignoring!” - Jane.

“Wow. Just wow. You’ve changed my life. Again.” - *Marianne*.

The Anti-Cookbook (Paleo)

“Such a relief to find a low histamine Paleo book - with antihistamine foods. Bonus!” - *Mike*.

“Yes! Finally. You’ve taken the stress out of eating.” - *Anne Marie*.

Low Histamine On the Go

“As someone who struggles in the kitchen at the best of times, this book is a godsend.” - *BB*.

“The menus from the Low Histamine Chef have given me the support and guidelines to cook, grocery shop, eat at restaurants and basically get my life back with food reactions reduced to a minimum. Best of all - the recipes are delicious.” - *PD*.

“Yasmina has made understanding the low-histamine way of eating accessible and easy to understand. Her recipes are luscious and personally researched!” - *JMS*.

“The recipes in this book are delicious and really simple.” - *MAMFW*.

“...family and friends never know what to cook for me, now we can all eat together again.” - *SU*.

DAO Support

“This book is a life saver for me. I can’t cook and being on low-histamine diet meant that I ate tasteless meals. The book completely changed my life. Now people at work can’t believe how much I eat and stay skinny.” - *MM*.

“The shopping list and recipes are a godsend. I wasn’t seeing any improvement since being diagnosed but in the three weeks since using your recipes, I’m finally starting to feel better.” - *DB*.

[Click this link for more reader testimonials.](#)

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Disclaimer

Please remember we are all different in our tolerance level and sensitivities. Antihistamine and anti-inflammatory foods may still bother us, so please use your best judgement when approaching this book, and make sure to check with your doctor, nutritionist or shamanic healer before trying these recipes.

Most of all, as always, enjoy.

Why Muffins?

So some of you are thinking right now: “Wait, isn’t this the high nutrient chick who claims food heals? Then what the heck is she writing a muffin book for?!?!”

It’s simple.

My recipes are pretty much the healthiest you will find anywhere. No, I really mean that - sorry if it sounds like I’m tooting my own horn. If you’re gonna indulge, this is the way to do it. The following recipes are peppered with explanations of the healing properties of each food. Don’t believe sweetener of any kind is good for us? I kind of agree, but hey, I’m human and I like treats. You’ll find some information on how to substitute actual fruit for sweetener in the next chapter.

Ultimately, I don’t believe diets that make us hate life are ones we’ll stick in the long term. Having been on pretty much every single life destroying diet out there, I speak with some authority on the matter. This doesn’t, however, mean that I indulge in baked goods on a daily, or even weekly basis. Muffins to me are something that I’ll bake a dozen of and then

have one myself. The rest go to friends and family - anyone really who might need a little prod to understand that being healthy isn't a punishment.

And while we're on the subject - I don't believe that low histamine diets heal. I do however believe that a complete lifestyle change with a focus on a high nutrient, mostly plant-based, flexitarian, antihistamine and anti-inflammatory rich diet, combined with stress relief, meditation and (at least) moderate exercise, is the key to living a (relatively) symptom free, happy life.

I know because I've done it.

Your personal experience and tolerance should dictate what you eat, rather than a list compiled by someone who has no idea what else you're pairing the foods with. As Dr. Fuhrman said to me:

"You can't put this problem in a vacuum. Such as avoiding histamine containing foods, on a standard deficient and toxic diet. The body works in conjunction with thousands of complicated chemical reactions, and only with superior nutrition can the histamine sensitivity be better controlled. So exposure to thousands of phytochemicals and even a low dose of histamine in their diet is good, not bad and can offer hope of getting better over the years to come."

Some who write to me question my approach, telling me I'm doing it wrong. My questions to them: "How many times a

week are you able to go kickboxing and running in the middle of summer, and when was the last time you ate strawberries without any major damage? How long did it take you to go from completely disabled and out of work to running two successful companies and traveling six months of the year?”

It's not just me; thousands of people following a high nutrient antihistamine and anti-inflammatory diet are also experiencing similarly incredible results.

I'm betting that by this time next year, you will have too. It's a by-product of looking after yourself and being the healthiest you that you can be.

Let's bet a muffin on it.

Substitutions

Please don't stress the specifics. I used to pull my hair out measuring everything to the gram/ounce, and worrying over every single substitution. In the end, once I let go of the desire to have my baked goods resemble the god awful plasticine iced nonsense I drooled over in the years I was my sickest (no coincidence there really), I managed to truly enjoy the healthful treats I'd whipped up.

Regarding gluten - go ahead and use any flours you like. I'm neither coeliac nor gluten intolerant, I just find that gluten containing flours are too high oxalate for me, but more importantly, most of them cause some kind of major inflammation in the body. In this book I use mainly a baking mix of sorghum flour and tapioca starch/flour in a ratio of 2/3 to 1/3. It's simply the most pleasing low histamine, low-inflammatory, gluten free, low-medium oxalate, nut free blend I've come up with, but please remember tapioca is a latex food.

EGGS

Most commonly used to bind and add leavening to baked goods. You can substitute with:

Flax or chia seeds

For one egg: mix 1 tbsp of recently ground flax seeds (or 1 tbsp whole chia seeds) with 3 tbsp hot water and let stand for about 5-10 mins until the mixture becomes gel-like and 'eggy' looking.

Pureed fruit or vegetables

Applesauce, mashed banana, butternut squash, sweet potato or coconut yoghurt work well as binding agents. Use 3 tbsp or 1/4 cup fruit/vegetable puree and then squeeze in some lemon juice for a leavening effect. You might need to adjust the sweetener if you're using something naturally sweet.

Lemon juice / Vitamin C / Calcium

I've found that lemon juice, vitamin C powder and calcium all leaven my baked goods quite nicely, but they won't add any binding.

MILKS

You can substitute any dairy free (or not) milk for coconut milk. They're super easy to make at home: soak a handful of nuts/seeds/oats for a few hours (preferably overnight), blend

with a couple of cups of filtered water and then strain through a nut milk or jelly bag (unless you have a Vitamix!)

Oils

Just about anything will do here. My favourite, coconut oil, has been shown to prevent alzheimer's and other inflammatory neurological conditions, in addition to being heart healthy (in moderation!). Coconut oil is solid at room temperature, so lightly melt it before using it in baking! You could use cacao butter (supposedly not low histamine), sunflower, canola, and even highly refined olive oil (in moderation) can give an interesting depth of flavour.

FLOURS

Coconut

I don't recommend using this on its own as the flavour is quite overpowering. If you go for it, you'll need to use more eggs. Like...a lot more. I can't really suggest the right amount as I don't agree with using so many of them. You'll find hundreds of Paleo recipes online sharing the secret for successful coconut flour baking.

Rice

Very crumbly and dry in texture, you could add just 1/3 instead of the tapioca flour. I also recommend using sweet rice flour instead. Sadly I can't find it out here in Spain.

Water chestnut flour

While I LOVE this stuff for wraps and tortillas, I've found that it's also too crumbly and far better suited to savoury foods. You could try using 1/3 in these muffin recipes.

SWEETENERS

In this book I use primarily date syrup. It's a whole food and full of anti-inflammatory goodness. It is still, however, a sugar, and as people keep pointing out to me, dates are on some high histamine lists ([here's why I still include foods on these lists in my diet](#)). I also often use coconut sugar, which is simply dried coconut palm sap.

Agave

A decent substitute for the date syrup I'm now using. I eventually found I was reacting to it, probably because it doesn't possess as many anti-inflammatory properties as dates.

Coconut nectar

The taste of this varies hugely from brand to brand. I recommend taste testing a bunch of them before writing it off. Raw, untreated coconut nectar is made from the sap of the coconut palm. When I use it for baking, I go for the high grade raw (incredibly costly stuff) because I know it hasn't been adulterated in some way.

Going sweetener free

Though the sugars used in this book are as natural as they get, we can always be far more hardcore in our approach. For a really long time I made baked goods with only whole fruits. The trick to doing this is mashing up enough banana or using apple sauce (home made), home made blueberry jam (1 cup blobs, 1/2 lemon squeezed, and a little apple juice in a pan till thick), or dairy free coconut yogurt, to make up for the liquid sweetener. This'll take some experimentation. I can't give you an exact recipe because we're all different in our expectation of sweetness.

BERRIES

I am now fine with all berries, including strawberries and raspberries. I find that blueberries definitely help on days when I'm feeling inflamed.

Please go ahead and substitute any berry for another berry, or, cut up your chosen fruit into approximately the same size and substitute.

The Magic Formula

Gluten free flours usually work best when combined. The basic formula I've seen used over and over (that's worked for me) in gluten free baking is approx:

- 2/3 cup gf flour of choice
- 1/3 cup (different) gf flour or starch
- 2/3-1 cup granulated sweetener (coconut sugar/date sugar) or 1/2 cup date/agave syrup
- 1/4 - 1/3 cup oil (you can also use dairy free yoghurt, almond butter, or apple sauce to lower the calories)
- Squeeze of lemon juice (ascorbic acid acts as leavening to raise the batter) or 1 tsp of calcium powder (I use seaweed derived)

Muffinz

Mango Blueberry Muffins

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9



My research over the years turned up that some varieties of tropical mango have antihistamine properties (as I mention in the Anti-Cookbook), but sadly I haven't been able to confirm it in anything found in the US or Europe. I definitely feel better after mango - I've

used it to calm down bad reactions since the beginning of this crazy journey. They're super high in vitamin C, which is great for lowering histamine, and highly anti-inflammatory. Blueberries meanwhile are my quercetin rich superstars. Once on my "too scared to try" list, I got over my incredible fear of benzoates (something that can cause histamine release), by trusting my body to instead properly metabolise the histamine-lowering elements in them. Sometimes an attitude adjustment is all that's required - soon I was scarfing them down by the cup!

INGREDIENTS

1 cup sorghum flour
1/2 cup tapioca flour/starch
1/2 cup pureed mango
1 cup blueberries
1/2 cup coconut sugar
1/4 cup date syrup
2 tbsp melted coconut oil
3 eggs or 2 duck eggs
1 chunk ginger, grated
4 tbsp lemon juice
2 tbsp flax
2 tbsp chia

PREPARATION

Pre-heat oven to 180C/350F.

Combine the flours and other dry ingredients with the wet ones. Pour into muffin cups in a baking tray. Bake for 20-30 minutes (depending on oven). Enjoy!

BENEFITS

Antihistamine: blueberries, ginger, flax.

Anti-inflammatory: blueberries, ginger, flax, tapioca, mango, coconut, dates, duck eggs, chia.

Raspberry White Chocolate Muffins

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9

Ok, so, a recipe with raspberries. It's like I've tossed down a grenade in front of you, right? Here's the thing: research conducted by the Oregon Raspberry & Blackberry Commission turned up that not only are raspberries rich in histamine-lowering quercetin, but they are also blessed with a tonne of ellagic acid, a phenolic compound that has exhibited anti-carcinogenic effects, particularly in colon, as well as esophageal, liver, lung, tongue, and skin cancers (in animals). And here's the thing - I don't see the point in saving my body from the dreaded histamine beast if it means losing out on the incredible cancer-prevention properties of all these vibrant foods. I know you see raspberries on some "lists", but I encourage you to make your own decisions rather than blindly following lists. To this day, no one has managed to satisfactorily explain to me how these lists were actually put together. And of course, feel free to substitute the rasps with any other berry!

INGREDIENTS

- 1 cup sorghum
- 1/2 cup tapioca flour/starch
- 1/4 cup shaved cacao butter or melted coconut oil
- 1 cup raspberries
- 2/3 cup date syrup
- 3 eggs or 2 duck eggs
- 2 tbsp flax seeds
- 2 tbsp chia seeds
- 1/2 tsp raw vanilla powder (optional)

PREPARATION

As before, the seeds are totally optional. I just like to stuff nutrients in my treats!

Pre-heat oven to 180C/350F.

In a medium bowl, combine the sorghum, tapioca, seeds and vanilla. Crack in the eggs, followed by the cacao butter or melted coconut oil, and date syrup. Spoon into muffin cups placed in a tray.

Bake for 20-30 minutes, then allow to cool for at least 10 minutes on a baking rack before serving.

BENEFITS

Antihistamine: flax, quercetin in the raspberries.

Anti-inflammatory: tapioca, cacao/coconut, raspberries, dates, duck eggs, chia, flax, vanilla.

Coconut Surprise Muffins

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9

Coconuts are antibacterial, anti-inflammatory and posses pain killing properties. Coconut water is similar enough to our own blood that (according to NPR) it was reportedly used during World War Two and more recently on a man in the Solomon Islands. I was over the moon to be able to tolerate coconut again. As with so many other foods, there was really a time that I was convinced I would never enjoy them again. My personal favourites are young Thai coconuts. They're perfect for making dairy free yoghurt (as in the Anti-Cookbook), for adding to smoothies, or to make nut free raw ice cream cakes. I'm working on that recipe to share with all you lovely people on my mailing list!

INGREDIENTS

1 cup sorghum flour
1/2 cup tapioca
3 eggs/2 duck eggs
1/4 cup coconut milk
1/3 cup coconut butter
1/2 cup shredded coconut
1/2 cup date syrup
1/4 cup coconut sugar
2 tbsp lemon juice
4 tbsp flax seed
4 tbsp chia seed
1/2 tsp raw vanilla powder

PREPARATION

Pre-heat your oven to 180C/350F.

Mix your dry ingredients in a bowl. Add in the wet ingredients and combine well. Spoon into a muffin tray and bake for 20-30 minutes.

Allow to cool for a bit before serving.

BENEFITS

Antihistamine: flax.

Anti-inflammatory: flax, coconut, tapioca, duck eggs, vanilla, chia, lemon, dates.

Carrot Cake Muffins

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9



Yes, I know that I'm looking a little frazzled in this Instagram photo. That's probably because I'd baked about three batches of muffins by this point...in 36C/97F mid-August Spanish heat! The kitchen was basically a giant oven by the time I was done, but I got there in the end! My dream was to stuff a bumper crop of anti-ingredients into these so that I could truly indulge without guilt. To truly get there I

substituted the coconut sugar for home made apple sauce, but other than that, these are definitely my choice for a healthy breakfast.

INGREDIENTS

1/2 cup sorghum flour
1/3 cup tapioca flour/starch
1/2 cup date syrup
1/4 cup coconut sugar
2 cups carrot juicing leftovers or 1 1/2 cups grated
1/2 tsp raw vanilla powder
2 tbsp grated ginger
2 tbsp grated turmeric
2 tbsp lemon juice
2 tbsp flax seeds
2 tbsp chia seeds
2-4 tsp lemon juice, optional

PREPARATION

Pre-heat oven to 180C/350F.

In a bowl combine your dry ingredients and then fold in your wet. Spoon into muffin cups placed in a muffin baking tray.

Bake for 20-30 minutes, cool before serving.

BENEFITS

Antihistamine: ginger, turmeric, flax.

Anti-inflammatory: ginger, turmeric, flax, chia, tapioca, dates, coconut, vanilla, lemon.

Gluten Free Blueberry Coconut Muffins

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9



Hands down one of my favourite muffins! These delicious baked treats combine the quercetin-rich, histamine-lowering bonanza of blueberries, antibacterial properties of coconut and anti-inflammatory bounty of flax and chia seeds. You can omit pretty much any of these ingredients, including the flax and chia seeds, which are only there for added nutrients. Just have fun experimenting with what works for you! As with all of the muffins in this book, I often freeze what isn't eaten and then lightly "bake" them again when I want one. But really it's just easier to freeze some

batter to save time when you're in a hurry.

Raw (organic) vanilla powder can be found online in the US or from Glastonbury Herbs in the UK.

INGREDIENTS

1 cup sorghum flour

1/2 cup tapioca flour/starch

3 eggs/2 duck eggs or three flax/chia "eggs"

1 cup blueberries

1/3 cup coconut bliss (ie whole coconut in butter form, like almond butter. Subs below...)

1/2 cup date syrup/coconut nectar/your choice of liquid sweetener

1/4 cup coconut or date sugar

4 tbsp melted coconut oil/butter (optional, if your batter is too dry)

2 tbsp grated ginger

2 tbsp lemon juice no

4 tbsp flax seed

4 tbsp chia seed

PREPARATION

Pre-heat oven to 180C/350F.

You can go ahead and substitute the same amount of granulated sweetener for the liquid stuff if you prefer, just add the coconut oil to add back some moisture.

The coconut bliss can be substituted with apple puree or yoghurt for a lower calorie option, or young Thai coconut.

Mix the dry ingredients, add in the liquids and the eggs. Mix well. Spoon into muffin cups placed in a muffin baking tray.

Bake for 20-30 minutes, depending on oven. Use a toothpick to pierce one of the muffins - it should come out dry when they're ready.

Remove from oven and allow to cool on a baking rack if you have one.

BENEFITS

Antihistamine: blueberries, ginger, flax seed.

Anti-inflammatory: blueberries, ginger, flax seed, tapioca, duck eggs, coconut, dates, lemon, chia.

Butternut Squash Muffins

Prep Time: 10mins | Cook Time: 50-60mins | Servings: 6-9



This might seem like a really long time to spend making breakfast, but I'll often make a double batch and freeze half of the batter. You can even be sneaky and pour the batter into the muffin tray before freezing. Yup, I've been known to do that. ...nope, they're not as tasty, but it sure is fast!

Butternut squash is one of my favourite healing foods - it possesses antihistamine and anti-inflammatory properties and is also sweet enough to be used in desserts and baked goods.

INGREDIENTS

- 1 medium butternut squash, peeled/seeded and oven roasted until soft
- 1/2 cup coconut cream
- 3 eggs or 2 duck eggs

3/4 cup sorghum flour
1/4 cup tapioca starch/flour
1/4 cup melted coconut oil
1/2 cup coconut sugar
1/2 tsp raw vanilla powder
2 tbsp grated ginger

PREPARATION

In a medium bowl, mix the roasted butternut squash, creamy coconut, eggs, flour, sugar and vanilla.

Pour into your muffin tray and bake at 360F/180C until firm, but cooked through. This should take about 30 mins, depending on your oven.

BENEFITS

Antihistamine: butternut squash, ginger.

Anti-inflammatory: butternut squash, ginger,

Cherry Ginger Muffins

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9



One of my new things is gratitude. I spend a few minutes every day recounting the things I am grateful for. Something that comes up pretty much every day is: "I am grateful that I have a job that allows me to spend pretty much every single day researching." While writing my latest ebook - the all liquid [Anti-Detox](#) (so named because it's full of antihistamine and anti-inflammatory goodies) - I came across some studies showing that tart/sour cherries may have mast cell stabilising properties. Now, of course, we've all seen these delicious ruby fruits on a number of high histamine food lists. Again,

no one has been able to satisfactorily explain to me how foods end up in either column. I spent years terrified of my once favourite stoned fruit, only to finally try them again and realise that not only do they not aggravate my symptoms, they resolve them! We are, of course, all different, so please use your best judgement. As I share in the Anti-Cookbook, ginger is an H1 and H2 receptor antagonist - meaning it works to stop histamine binding to the respiratory and digestive systems.

INGREDIENTS

1 cup sorghum
1/2 cup tapioca
1 cup cherries, pitted and halved
1/2 cup coconut sugar
1/4 cup date syrup
1/4 cup melted coconut oil
3 eggs or two duck eggs
4 tbsp grated ginger
2 tbsp lemon juice
1/2 tsp raw vanilla powder

PREPARATION

Preheat your oven to 180C/350F.

Combine the dry ingredients in a medium bowl. Add in the melted coconut oil, eggs, ginger, lemon and cherries. Mix by hand. Transfer the batter to muffin cups and then place them in a muffin baking tray.

Bake for 20-30 minutes. Allow to cool and enjoy!

BENEFITS

Antihistamine: cherries (debated amongst the lists), ginger.

Anti-inflammatory: cherries, ginger, tapioca, duck eggs, lemon, vanilla.

Double Chocolate (or carob) Muffins

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9

Having tried for years to convince myself that carob was better for me than cacao, I finally gave in just 16 short months ago (if memory serves, and often it doesn't!) Much to my surprise, I did far better with it than with carob. Go figure. Well, I did figure...

Cacao is included in my six-page list of high nutrient antihistamine and anti-inflammatory healing foods in the [Anti-Cookbook](#) because it possesses significant anti-inflammatory activity, particularly in the thymus gland, which could potentially lower histamine in the long run. I'm not calling it a health food and telling you to run out and stuff a Cadbury's cream egg into your gullet, but rather sharing why I feel justified in adding a few spoons of unadulterated, raw cacao to my food once in a while. I can't help but think that those who made "the lists" may have been referring to the crappy processed stuff I grew up on. Please go ahead and substitute it with carob in this recipe if you prefer.

It was pointed out to me that these incredibly rich muffins would work well as brownies, which I have also done. Some mashed banana instead of sweetener works really well in this recipe.

INGREDIENTS

1/2 cup cacao butter or melted coconut oil (lower histamine)
5 tbsp cacao powder or carob
1/2 cup shredded coconut
1/2 cup date syrup
1 cup sorghum

1/2 cup tapioca
3 eggs or 2 duck eggs
1/2 tsp raw vanilla powder

PREPARATION

You can make these fluffier by adding 1/4 cup of coconut milk (or your choice of non-dairy milk).

Pre-heat your oven to 180C/350F.

Mix your dry ingredients in a bowl. Add in the wet ingredients and combine well. Spoon into a muffin tray (or brownie tin!) and bake for 20-30 minutes.

Allow to cool for a bit before serving.

BENEFITS

Anti-inflammatory: cacao, coconut, tapioca, duck eggs, vanilla.

Basil and Ginger Peach Muffins

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9



Peaches, another food I was terrified of for years. So very lovely, with potential mast cell stabilising properties (according to two studies I added to the Anti-Cookbook). It's paired here with antihistamine and anti-inflammatory basil. While holy basil is indeed a superstar (exerting antihistamine effects on both the H1 and H2 receptor as strongly as commonly prescribed antihistamines), I haven't seen any similar studies on regular Italian/sweet basil as of yet. But that doesn't stop me from including basil in pretty much every meal.

INGREDIENTS

1 cup sorghum

1/2 cup tapioca

1/2 cup coconut sugar

1 cup pureed peeled peaches (about 3-4 peaches)
1/4 cup melted coconut oil
3 eggs or duck eggs
4 tbsp grated ginger
6 tbsp very finely chopped basil
2 tbsp lemon juice
pinch of salt

PREPARATION

Pre-heat your oven to 180C/350F.

In a medium bowl combine the sorghum, tapioca, pinch of salt and coconut sugar. Crack in the eggs, followed by the coconut oil, ginger, basil, lemon juice and peach puree.

Spoon into muffin cups and bake for 20-30 minutes.

BENEFITS

Antihistamine: ginger, basil, peaches (according to studies I have found).

Anti-inflammatory: ginger, basil, peaches, coconut, tapioca, duck eggs, lemon.

Banana Blueberry Muffins (or cake)

Prep Time: 10mins | Cook Time: 20-30mins | Servings: 6-9



Who's scared of the big bad banana? Not me! Not anymore anyway. As with all these foods, it's your personal tolerance, experiences and expectations that drive your food reactions. Confused about the expectation part? Our brain is often involved in how our body reacts to foods. I had to accept, after fighting with everyone who dared suggest to me that something psychosomatic was going on, that there was a grain of truth there.

My brain eventually came to associate food with pain and so in order to protect me, began sending fear signals every time I sat down to a meal. No matter how much I eliminated, my body kept getting sicker. Eventually, nutritional starvation took hold and I became unbelievably ill. A combination of amygdala retraining, meditation, and a high nutrient diet set me on the right path again.

Please be aware that bananas are a latex food. You can substitute mashed apple for the banana if you prefer.

INGREDIENTS

1 cup sorghum
1/4 cup tapioca
1/4 cup coconut flour
1 cup coconut sugar
1/3 cup melted coconut oil
1 1/2 bananas, mashed
1 cup blueberries (or your choice of berry/chopped fruit)
3 eggs or 2 duck eggs
2 tbsp almond or sunflower seed butter
4 tbsp lemon juice
1/2 tsp raw vanilla powder

PREPARATION

Pre-heat oven to 180C/350F.

In a medium bowl mix the dry ingredients with the wet. Combine well and spoon into muffin cups and place in a tray.

Bake for 20-30 minutes.

Use a toothpick to pierce one of the muffins, it should come out dry when they're done.

BENEFITS

Antihistamine: blueberries.

Anti-inflammatory: blueberries, tapioca, coconut, duck eggs, almonds, sunflower seeds, lemon, vanilla.

Don't forget to connect with me on [Facebook](#) and [sign up](#) to the Low Histamine Chef mailing list for more low histamine recipes. You'll find high nutrient antihistamine and anti-inflammatory recipes in my [cook books here](#).