



50 ACID REFLUX DIET RECIPES

**50 Unique and Tasteful Recipes
Specifically Designed and Optimized
For Acid Reflux Sufferers**

By Jeff Martin

Heartburn No More™

Bonus Book: 50 Acid Reflux Diet Recipes

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Introduction

Each of the recipes in this book has been carefully designed, tested and optimized specifically for acid reflux sufferers. The majority of recipes are easy to prepare and with little time and practice you will be able to quickly pick the recipes that appeal to you or suit your requirements and easily incorporate them into your diet.

Like everything worthy, it takes time and persistence to shift from old eating habits to new more healthy and digestion friendly eating style. But choosing low calorie foods with high nutritional value and avoiding foods that can trigger problems or aggregate your existing condition, along with adhering to the 10 dietary principals outlined in the Heartburn No More book, can be extremely rewarding. In most cases, you may experience positive results, feelings of well-being and relief from previous health problems almost immediately.

Bear in mind that eating at least 3 meals a day is the basic rule of thumb for healthy nutrition. Try to break your meals into small portions, never drink while eating and remember to chew your food slowly to optimize digestion.

Important note: Although all recipes and especially the last section of the book (listing the deserts) were carefully designed not to include refined carbohydrates (white sugar, white flour, white rice) and moldy or yeasty foods that feed candida, weaken the LES and trigger digestive problems that may aggravate acid reflux, most of the desert recipes obviously contain brown sugar, honey and whole wheat.

Therefore, especially if you have gluten intolerance or have failed the candida test, it is important to carefully choose the recipes that suit your condition and avoid the deserts outlined in the book or at least consume in strict moderation and in small portions until you have successfully eliminated candida.

Bon Appetite,

Jeff Martin.

Breakfast Dishes



Dried Fruit Porridge

Ingredients:

2oz porridge oats
2oz cranberries and raisins
2 tablespoons honey
1-teaspoon ground cinnamon
2 cups boiling water

Preparation:

Except from the cinnamon, place all ingredients in a flask and leave overnight.
Pour into a bowl in the morning and top with cinnamon.

Fruit Cup

Ingredients:

1 medium unpeeled apple diced
1 medium unpeeled peach diced
1 banana, peeled and sliced
1/2 cup melon
1/2 cup fresh or frozen blueberries
1/4 cup fresh lemon juice
3/4 cup plain low-fat 100% natural sheep or goat's milk yogurt

Preparation:

Place the prepared fruits in a large bowl. Mix the lemon juice with the yogurt and pour over the fruit.

Hot Buckwheat Cereal

Ingredients:

5 cups water
1.5 teaspoons minced orange peel
2 apples, unpeeled, diced
1 cup whole buckwheat
1.5 teaspoons ground cinnamon
1.5 teaspoons minced orange peel
2 apples, unpeeled and diced

Preparation:

Use a 3-quart saucepan to bring water to boil. Add the buckwheat and stir. Reduce heat to medium and cook for about 8 minutes uncovered, stirring occasionally.

Add the diced apples, cinnamon and orange peel. Continue to cook about 3 to 5 more minutes. Serve.

Brown Rice Cereal

Ingredients:

4 cups cooked brown rice
1 cup skim sheep or goat's milk
2 tablespoons maple syrup
Peaches in their own juice
2 peaches, sliced,

Preparation:

Place all ingredients in medium saucepan, boil the water and then turn heat to medium. Cook for about 7 minutes. Serve warm.

Frosted Melon Cooler

Ingredients:

1 cup ice
1/4 cup water
1 cup fresh cantaloupe
1/4 cup apple juice concentrate

Preparation:

Place all ingredients in blender and whip until frothy. Serve.

Muesli (2 serves)

Ingredients:

100-150gr oats
chopped nuts
raisins, cranberries
500ml Soya milk
1 tbsp honey
1 grated apple

Preparation:

Mix all dry ingredients in a small bowl, add the Soya milk, honey and apple and leave in the fridge over night.

Tropical Fruit Salad

Ingredients:

Passion fruit
papaya
pineapple
mango
kiwi fruit

Preparation:

Chop these fruits to small chunks while spooning the

Passion fruit flesh on top.

Melon and Ginger

Ingredients:

1 inch of ginger peeled
1 cantaloupe melon
½ teaspoon of ground ginger

Preparation:

Slice the ginger and add to a bowl with a sliced melon and sprinkle the ginger powder on top.

Salads & Dressings



Cold Barley Salad

Ingredients:

1 cup raw barley
1 diced celery stem
2 cups organic chicken stock
2 tablespoons olive oil
3 small carrots sliced thinly
1 medium red onion, diced
2 tablespoons apple cider vinegar
1 1/2 cups water

Preparation:

Cook the barley in the organic chicken broth and water until the liquid is absorbed and the barley is tender. 2 Stir the apple cider vinegar and olive oil into the mix. Chill the mixture. Stir the celery, carrot, and onion into the cooled barley mixture. Serve.

Rice Salad

Ingredients:

2.5 cups cooked brown rice
1 cup cooked wild rice
1/4 cup parsley, chopped
2 carrots sliced on diagonal
1 large green pepper sliced

Dressing

2 teaspoons Dijon-style mustard
5 tablespoons red wine vinegar
1/4 teaspoon dried tarragon
Pinch of basil
Pinch of thyme
3 tablespoons olive oil

Preparation:

Mix the salad ingredients in large serving bowl. Mix dressing ingredients and pour over the salad. Cool the salad for several hours before serving.

Veggie Salad

Ingredients:

1 avocado
1/2 tsp. honey
1/4 cup water
1 clove garlic
2 tsp. flax oil
1 tsp. dill
1/2 tsp. sea salt
1/2 lemon, juiced

Preparation:

Blend until creamy and let sit in refrigerator for half an hour allowing the flavors to harmonize. Pour over salad and toss well.

Veggie-fruit and nuts Salad

Ingredients:

Diced celery
Diced apples
Halved grapes
Chopped walnuts

Preparation:

Cover the mixture with pureed bananas, stir and enjoy.

Tomato, avocado and celery salad

Ingredients:

5tomatoes, chopped
1avocado, chopped
3sticks celery, chopped
2cloves garlic, crushed
Juice and rind of a lemon
2tbsp olive oil

Preparation:

Combine all the ingredients in a bowl. Serves 2 people.

Lemon Garlic Dressing

Ingredients:

2 tablespoons powdered flax seeds
2 cloves garlic
Pinch salt
1/4 cup cider vinegar
1/4 tsp. pepper
1 large tomato
1/2 tsp. celery seed
1 lemon
1/2 cup water

Preparation:

Place all ingredients in blender and blend until smooth.

Citrus Tahini Dressing

Ingredients:

1 cup of sesame seeds
1 lemon
Cup of water
2 Tbs. of flax
1 tsp. of garlic powder
Few drops cider vinegar
1 tsp. of sea salt

Preparation:

Grind the sesame seeds into fine powder in your coffee grinder. Add all other ingredients and blend well until smooth.

Main Courses



Mediterranean Monk Fish

Ingredients:

1 1/2 pounds monk fish drained
1 tablespoon capers
15 black olives, chopped
2 tomatoes, sliced
2 teaspoons dried basil
3 teaspoons olive oil

Preparation:

Preheat oven to 350°. Cut a square of aluminum to hold the monk fish. Brush oil over the foil. Place fish in center of foil. Rub basil into fish and Top the fish with olives, capers, and tomatoes. Seal the aluminum foil. Bake the fish for about 20 minutes. Serve.

Stuffed Bell Peppers

Ingredients:

5 large bell peppers
1/2 cup bulgur wheat (dry)
2 cups tomato puree
3 tablespoons chopped onion
1/2 pound tofu, cut into small cubes
1 tablespoon grated carrots
1 cup cooked brown rice
1 tablespoon olive oil
2 tablespoons green pepper, finely chopped
2 tablespoons celery, finely chopped
1 tablespoon brown sugar
1 tablespoon oregano

Preparation:

Preheat oven to 350°. Wash the peppers, core them and steam the peppers for 20 minutes and set them aside. Soften the onion in large skillet and add the tofu cubes until browned. Add 1 1/2 cup of tomato puree, celery, brown sugar, diced green pepper and the spices and herbs. Cook for about 10-15 minutes and add the rice and bulgur. Stir the mixture. Fill the peppers with the mixture and place in casserole. Top the stuffed peppers with 1/2 cup tomato puree and pour ¹/₄ inch water in bottom of pan.

Bake for 25-30 minutes. Remove from oven and top the peppers with grated carrots. Serve.

Lemonade Organic Chicken

Ingredients:

3 pounds organic chicken pieces, skinned
3/4 cup natural lemonade
1/4 teaspoon ground ginger
1/4 cup reduced-sodium soy sauce

Preparation:

Place the skinned organic chicken in glass ovenproof pan. Combine lemonade, ginger and soy sauce and pour over the chicken. Leave overnight. In the morning, remove chicken from marinade. Broil the chicken for about 15 minutes per side and serve.

Yogurt Crust Salmon

Ingredients:

4 salmon steaks.
(2/3 cup) low fat natural sheep's milk yogurt,
1 garlic clove, crushed (optional)
3cm piece root ginger, peeled and grated,
1/2 teaspoon ground cumin (for each)
sweet paprika
small bunch fresh coriander, leaves and stalks finely chopped,

Preparation:

Preheat oven to 350°. Mix the crust ingredients and top the salmon steaks. Cook for about 15-20 minutes, until fish is cooked through. Serve.

Baked Salmon Steaks with Ginger Ratatouille

Ingredients:

4 salmon steaks
1 tablespoon olive oil
1 small onion, sliced thinly
2 tablespoons finely chopped fresh ginger
1 large tomato, seeded and diced
1 Salt and freshly ground pepper, to taste
2 Tbsp chopped fresh parsley
1/2 cup each diced eggplant, zucchini and red pepper
2 garlic cloves, minced

Preparation:

Preheat oven to 350°F. Heat oil in a large skillet; add the onion, and ginger, and stir until onions are soft. Add the eggplant, zucchini and peppers. Reduce heat to minimum and cook for another 7 minutes until vegetables are tender; pour the tomatoes and season the mixture with salt and pepper.

Place salmon steaks in a baking dish pour lemon juice over the salmon stakes. Spoon reserved ratatouille over the salmon steaks; add the vegetable mixture, cover the dish and bake for 20 minutes. Garnish with parsley.

Cedar Plank Salmon

Ingredients:

1 salmon fillet, about 1 1/2 lbs (750 g)
1/3 cup olive oil
1 tsp freshly ground black pepper
1/2 tsp salt
1 lemon or orange, juice and zest
1 tablespoon chopped fresh basil

Preparation:

Mix the olive oil, black pepper, salt, lemon juice and fresh basil and marinate the salmon in the mixture. Soak a piece of untreated cedar plank in cold water for about 2 hours and place in a 450°F heated oven for 10 minutes. Remove the salmon from the marinade and bake on the cedar plank until cooked. Serve.

Vegetable stir-fry

Ingredients:

Small broccoli
1 red pepper
1 carrot
100g/4oz bean sprouts
Bunch spring onions
1tbsp sesame seeds
1tbsp vegetable oil
1tsp sesame oil
2tbsp tamari
1tbsp honey
3tbsp vegetable stock

Preparation:

Peel and chop the carrot into thin slices, chop the broccoli into small pieces. Thinly slice the pepper. Slice the spring onions into inch long lengths. Heat the vegetable oil in a wok or frying pan. Add the carrots and broccoli and stir-fry for 2-3 minutes. Add the pepper and cook for 2 minutes. Add the spring onion and cook for a further minute. Mix together the sesame oil, tamari, honey and stock and pour into the pan. Cover and cook for 2 minutes. Serve and sprinkle the sesame seeds on top.

Soups



Parsley Soup

Ingredients:

5 medium tomatoes
1/2 cup of nuts (ground)
1 bunch parsley
1-teaspoon marjoram
1/2 teaspoon thyme
3 stalks celery
3 lemons freshly squeezed
2 Chinese water chestnuts
1 tablespoon of honey

Preparation:

Blend the parsley, celery and tomatoes and strain the mixture. Add lemon juice, honey, nuts, herbs and the water chestnuts. Stir well. Serve.

Lava Soup

Ingredients:

4 avocados
5 cloves garlic
2/3 quart of carrot juice
2 Tbsp. of tamari

2 inch ginger root
1 tsp. paprika
Pinch of cayenne (optional)

Preparation:

Blend all ingredients using a blender until smooth. Serve cold or at room temperature.

Vegetable Bean Soup

Ingredients:

16cups water
1/3cup long grain brown rice
1/2cup dried kidney beans
2cloves garlic, chopped
2tomatoes, cut in wedges
1tsp. oregano
1onion
1tsp. basil
2sweet potatoes
1/4cup parsley
1carrot
1/8tsp. celery seeds
1zucchini
1/4tsp. marjoram
1/4lb. cabbage

Place beans in pot with 2 quarts of water. Bring to boil, remove from heat and let stand for one hour. Pour off water and add 3 cups of water. Cook for 30 minutes. Add cooked vegetables except tomatoes and seasoning and simmer for 20 minutes. Chop peeled sweet potatoes in large chunks. Add tomatoes in last 10 min. of cooking.

Carrot and Coriander Soup

Ingredients:

2 tbsp olive oil
2 chopped carrots
2 chopped leeks
1 tbsp ground coriander
1-pint vegetable stock

Preparation:

Stir-fry the carrots and leeks in olive oil add the stock and the ground coriander for 30 minutes.

Gazpacho Soup

Ingredients:

1/2 Cup red pepper
1/2 Cup cucumber
1/4 Cup zucchini
1/4 Cup onion
2 Tbsp parsley
1 Tbsp cilantro
1/2 clove garlic, chopped
1/2-teaspoon water

Preparation:

Blend the red pepper and strain it in a blender. Add the cucumber and corn, blend until smooth. Add the rest of the ingredients and blend thoroughly. Place handful of sunflower sprouts in a large bowl with some corn and diced red pepper. Pour the soup over. Garnish with parsley.

Beet Soup

Ingredients:

6 beets
1 tomato
1/2 tsp. oregano
1 Tsp. cumin
2 cloves garlic
1/2 tsp. black pepper
1 onion
Pinch sea salt
1 stalk celery
1/2 tsp. sweet basil
1 Tbs. Worcestershire sauce

Preparation:

Juice beets and tomatoes. Process garlic, onion and celery till fine. Add all ingredients to juice and simmer for 7 minutes. Whisk froth into soup.

Side Dishes



Cinnamon Rice

Ingredients:

2 cups raw brown rice
6 cups water
1 tablespoon lemon juice
2 cinnamon sticks

Preparation:

Use a 3-quart and mix all ingredients together. Bring to a boil. Reduce heat to low and cover the mixture. Cook for about 40 minutes or until all the liquid is absorbed. Serve

Italian-Style Couscous

Ingredients:

1 cup whole wheat couscous
1/2 cup water 1 tomato, peeled and chopped
1/2 cup dry Vermouth
1 teaspoon dried basil

Preparation:

Blend basil, Vermouth, water and tomatoes and bring to boil. Remove from heat and add the couscous. Cover and let stand for 5 minutes. Serve.

Broiled Tomato Halves

Ingredients:

2 large tomatoes
4 tablespoons whole wheat bread crumbs
1 teaspoon oregano
2 teaspoons Apple Cider vinegar

Preparation:

Preheat broiler. Cut the tomatoes in half. Mix the breadcrumbs, apple cider vinegar and oregano and spread over the tomato halves. Broil the tomato halves 4 inches from heat source for about 5-7 minutes. Serve.

Green Beans Italian Style

Ingredients:

2 cups green beans
1/2 cup chicken stock
1 cup chopped tomato
1/2 cup chopped onion
1 teaspoon oregano

Preparation:

Mix all ingredients in saucepan. Cook over medium heat, for about 10 minutes, or until the green beans are tender. Serve.

No Bean Humus

Ingredients:

3/4 cup sesame seeds
2 medium zucchini
1 cup tahini
2 teaspoon Celtic salt
1/2 cup lemon juice
1 teaspoon ground cumin
1 teaspoon paprika
1/4 cup olive oil

Preparation:

Process the zucchini and olive oil in a food processor. Add the tahini and then all remaining ingredients. Process until smooth. Serve.

Zucchini Rolls

Ingredients:

Squash or zucchini
Lemon
Olive oil
Garlic
Basil
Oregano

Preparation:

Mix lemon, oil and spices together. Slice lengthwise, into flat bacon strips. Marinate squash in lemon oil. Dehydrate with arrugula. Pin roll with toothpick.

Hummus

Ingredients:

1 cup chick pea sprouts
Juice of 1 lemon or lime
2 tbsp fresh orange juice
1 clove garlic
2 tbsp raw tahini
Optional seasonings: ground cumin, spike or sea salt to taste, chives, paprika,

Preparation:

Blend all of the ingredients. Add water to thin to desired consistency

Oriental Lettuce Wraps

Ingredients:

Oriental Lettuce Wraps
dice small or grate: carrots, celery, broccoli stalks, cauliflower or any variety of veggies that you prefer.

Preparation:

Toss with a good oyster sauce or an organic tamari. Add fresh bean sprouts and toss. Spoon veggies into fresh, washed lettuce leaves of your choice. Roll cabbage roll style and enjoy.

Nut Pate

Ingredients:

1/4 cup sesame seeds (soak the seeds for 8 hours and rinse)
1 cup sunflower seeds (soak the seeds for 8 hours and rinse)
1 cup almonds, soaked 12-48 hours and blanched
1 red bell pepper, finely chopped
3 stalks celery, finely chopped
1 small leek, finely chopped
2 tablespoon lemon juice
1-2 teaspoons powdered kelp

Preparation:

Process almonds, sunflower seeds, sesame seeds in a juicer. Add celery, red bell pepper, leek, lemon juice, kelp and Bragg. Mix well and serve.

Greek Lettuce Wraps

Ingredients:

2 Tomatoes diced small
2 Cucumbers diced small
1 small onion diced small
1/4 cup olive oil
2 tablespoons lemon juice
Romaine Lettuce
10-pitted olives
Fresh basil
Grated firm tofu

Preparation:

Mix the tomatoes, cucumbers, onions and lemon oil. Add fresh basil, olives and the grated tofu and spoon the mixture into the washed romaine lettuce leaves. Roll cabbage roll style and serve.

Tomato cups

Ingredients:

6 medium tomatoes
1/2 cucumber
2 celery sticks
2 spring onions
1/2 cup fresh parsley
1 tablespoon fresh mint
2 teaspoons kelp
1/2 cup sunflower seeds
1 tablespoon lemon juice
1 tablespoon olive oil

Preparation:

Cut tomatoes in half scoop out center
add tomato pulp to the other ingredients
finely chop all ingredients ,mix well and
fill tomato halves, great for a side dish
or for finger food use cherry or small tomatoes .

Smoothies and Nut Milks



Carrot Lemonade

Ingredients:

1/2 medium lemon
4 medium carrots
1 small red cabbage
1 mildly tart apple
1 round of ginger

Preparation:

Juice all ingredients and serve.

Almond Milk

Ingredients:

2 cups raw almonds soaked in water overnight
1 liter mineral water
3 large strawberries

Preparation:

Drain the almonds and mix with the water until the mixture becomes milky. Strain the almond milk into a jug using muslin. Add the strawberries and blend until smooth. Serve.

Sesame Milk

Ingredients:

2 cups raw unhulled sesame seeds soaked overnight
1 liter mineral water
3 tablespoons berries

Preparation:

Drain the sesame seeds and mix with the water until the mixture becomes milky. Strain the sesame milk into a jug using muslin. Add the berries and blend until smooth. Serve.

Sesame, Dates and Banana Smoothie

Ingredients:

2 cups raw unhulled sesame seeds soaked overnight
1 1/2 pints still mineral water
8 chopped medjool dates
2 bananas

Preparation:

Drain the sesame seeds and mix with the water until the mixture becomes milky. Strain the sesame milk into a jug using muslin. Blend the sesame milk, bananas and dates using a blender until smooth.

Deserts



Fig-Raisin Pudding

Ingredients:

- 1 cup sprouted whole wheat
- 1 cup sprouted whole rye
- 1 cup raisins soaked in fig water for 1 hour
- 1 cup black mission figs soaked overnight

Preparation:

Place all ingredients in a blender, and puree until smooth. Serve

Cinnamon Walnut Turtles

Ingredients:

- 2 cup walnut
- 1 teaspoon vanilla
- 1 cup honey
- 1/2 cup cinnamon

Preparation:

Mix honey, cinnamon and vanilla in a large bowl until the mixture becomes paste. Stir in the walnuts until thoroughly coated. Form small clusters from the mixture and dehydrate for 24 hours. Serve.

Apple Raisin Cookies

Ingredients:

2 Fuji apples, grated
2 large bananas
1 cup walnuts, soaked 2 hours, chopped
1/2 cup dates
2 cup sunflower seeds soaked 4 hours and rinsed.
1 cup raisins
1 teaspoon cinnamon
1 teaspoon flax oil

Preparation:

Process the sunflower seeds and bananas using a juicer. Mix remaining ingredients together in a large bowl. Spoon dough and form into small round cookie. Place cookies close together and cook at 250 degrees for 15-20 minutes. Serve.

Fudge

Ingredients:

1 cup pitted dates
2 tablespoons carob powder
2 cups soaked cashews drained
1 cups chopped walnuts
1 cups natural raisins
1 cup flaxseed meal
1/2 cup fresh pineapple juice
1/2 cup distilled water

Preparation:

Place cashews, dates, raisins, carob, juice and water in blender and whiz to thick paste. Stir flaxseed meal and water. Press the paste onto cookie sheet and freeze for 2 hours. Cut into squares. Serve.

Raw Apple-Kiwi Pie

Ingredients for crust:

3 cups almonds
1 cup honey dates
1 teaspoon vanilla

Ingredients for filling:

1/3 apples (shred and run through Cuisinart)
1/3 dates (chopped)
1/3 raisins
1 tsp. vanilla
1/4 - 1/2 tsp. cinnamon

Ingredients for topping:

Sliced kiwi

Preparation:

Mix almonds, dates and vanilla in food processor. Spread out in circular pie pan and form crust. Mix the filling, and place into the crust.

Halvah

Ingredients:

About 1 dozen 1-inch cubes
1Cup Sesame Seeds or tahini
2Tbsp Honey
1Tsp Vanilla
1Tbsp Raw Carob Powder

Preparation:

Grind sesame seeds past meal stage into a nut butter. Scrape out into a bowl and dribble in the honey. Mix well until you get one sticky mass. For a "chocolate" halvah, mix in raw carob powder - don't mix will; allow it to become marbled. For more vanilla flavor, add 1 teaspoon of vanilla with the honey.

Line a small (about 4x3 inches) box with waxed paper and press in the mixture. Put in the refrigerator to chill for an hour or so, take out, and slice into cubes.

Raw Brownies

Ingredients:

1cup date paste
1/4 1cup raw almond butter
1/4 1cup raw carob powder
1/3cup honey

Preparation:

Mix and press into 9 x 9x square (Pyrex) pan. Refrigerate at least one hour. Cut into squares. Serve.