



Top
10!

TOP 10 QUICK AND EASY
ANTI-CANDIDA RECIPES
(THAT TASTE DELICIOUS!)

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Welcome!



Congratulations! You did it—you took the first step to begin your anti-candida journey!

No matter what stage you're at, whether just starting out or if you've attempted an anti-candida program before, these recipes will change the odds for you. Even when you know the anti-candida diet ("ACD" for short) inside and out, if you can't find recipes that make you feel happy, that make your taste buds sing, that **really taste amazing**—well, no amount of knowledge in the world will keep you on that diet.

As a lifelong lover of good food, a former pastry chef and caterer, I knew that I had to find ways to re-create my favorites when I first started an ACD. And since my hubby can eat whatever he darn well pleases, I knew that the food had to be stellar or he wouldn't share (and I just refused to cook up two different meals every day!).

These recipes represent the top picks for quick and easy creations so you don't have to spend half your day in the kitchen. And they're also appropriate for all stages of the diet.

So, dig in and enjoy.

Yes, I said it--you can actually **enjoy** your anti-candida protocol!

Hugs,

A handwritten signature in cursive script that reads "Ricki Heller".

PS - Done with Stage One, or looking for even more great recipes? Check out the full selection of [700+ anti-candida diet recipes on my blog!](#)

Following an Anti-Candida Diet can feel lonely... meet some of my clients who've successfully navigated the journey.

"You can win your family over with Ricki's recipes! My kids are adults but when we get together, **it's only candida-friendly desserts and to be honest, no one knows the difference; I've even had people ask me for the recipe!"** - Brenda N.

"I just had to take a moment to tell you that **the Toronto sandwich with the creamy Asian greens is a ridiculous combination! My husband wants to marry you! LOL!** I made the Key lime tart yesterday, and he ate half of it!" - Holly O.

"Every recipe I've tried of yours has **knocked my socks off."** - Liz W

"I just want to thank you from the bottom of my heart and stomach. **I have made many of your recipes and they are amazing.** I have had such a hard time sticking to eating right to keep my candida under control for years, but have never been able to stick to anything because I could never find food that tasted as good as the crap that was causing the issue. Now I do and **I see success in my future. Thank you so much."** - Jan V.

"I have **to be honest, I would not have been happy eating this way without your recipes.** I'm a good cook, but I *need* clear recipes!! And I can't believe how TASTY they are. I have to say I am actually shocked every time I make something and it is so GOOD!!! . . . I can't thank you enough for writing these books and testing/developing these recipes! **THANK YOU, RICKI HELLER!!! I am shouting from the rooftops!!"** - Ashara S.

Grain Free Breakfast Porridge



Grain-Free Breakfast Porridge

This porridge is quick and easy, and infinitely variable: use sunflower or hemp instead of the pumpkin seeds; substitute another favorite nut instead of the walnuts; include the coconut or omit it, as you wish. It's also a great all-year round breakfast as you won't have to heat up the kitchen cooking it on the stovetop. The original recipe from Andrea Nakayama is one of the most popular on my site.

INGREDIENTS

- 2 Tbsp (30 ml) unsweetened coconut flakes or shredded coconut
- 1 Tbsp (15 ml) raw pumpkin seeds
- 1 Tbsp (15 ml) [raw flax seeds](#)
- 2 tsp (10 ml) [chia seeds](#)
- 1 Tbsp (15 ml) raw walnuts (about 6 walnuts)
- 1/2 tsp (2.5 ml) [ground cinnamon](#)
- 1/2-3/4 cup (120-180 ml) very hot water
- 7-10 drops plain or vanilla [stevia liquid](#)
- 2-4 Tbsp (30-60 ml) coconut or nut milk, to your taste
- 1/2 cup (120 ml) blueberries or other fresh berries, or chopped fresh apricots

INSTRUCTIONS

In a coffee grinder, grind the coconut, pumpkin seeds, flax seeds, chia seeds, walnuts and cinnamon. Transfer to a bowl and cover with water. Let sit for a few minutes to thicken.

Add stevia, coconut milk and blueberries and stir well. Makes one serving.

Note: you can make a large batch of this cereal in advance and store it in single servings in the freezer so it's ready to go when you need it: defrost overnight in the refrigerator and enjoy!



Rutabaga Hash Browns

Potato-Free Rutabaga Hash Browns

Although this dish takes some time to cook fully, I'd still categorize it as a "flash in the pan" (i.e. quick and/or easy) dish. Once you plop all the ingredients in the pan, you can more or less forget about it while it cooks, stirring only occasionally while you putter around in other parts of the house. As the vegetables begin to brown and caramelize, you'll find that the tantalizing aroma draws you back to the kitchen.

INGREDIENTS

- 1 medium rutabaga, peeled and grated
- 1 large zucchini, trimmed and grated (you can leave the skin on)
- 1 medium parsnip, peeled and grated
- 1 large onion, chopped
- 1/2 cup chopped fresh herbs (I used a mix of parsley and fresh dill; cilantro is also nice)
- 6 cloves garlic, chopped
- 2 Tbsp (30 ml) [extra virgin olive oil](#), preferably organic
- 1/2 cup (120 ml) [vegetable broth](#) or stock
- fine sea salt, to taste

INSTRUCTIONS

If you have a food processor, now is the time to use it: grate the rutabaga, zucchini, parsnip and onion using the medium grater blade. Otherwise, grate all the vegetables on the medium holes of a box grater.

Place the grated vegetables, herbs, garlic and oil in a large nonstick frypan (a cast iron pan is great for this recipe). Pour the broth evenly over the top and stir to mix. Turn the heat on to medium-high and allow to cook until the mixture begins to sizzle and cook on the edges, 10-15 minutes. Stir the vegetables to distribute any browned bits evenly throughout.

Cover the pan and lower the heat to medium-low. Allow to cook undisturbed another 10-15 minutes, then check to see if the veggies have begun to form a brown crust on the bottom. If they have, stir once more and then cook again another 10-15 minutes, until cooked throughout and crusty in spots. Scoop and serve. Makes 6-8 servings. May be frozen.

BRILLIANTLY BEET SMOOTHIE



Brilliantly Beet Smoothie

If you've got ready-baked beets in the house, this is an amazingly quick and nutritious breakfast. I'm sure raw beet would be equally (perhaps more) healthful; I just haven't tried it yet. Let me know if you do!

INGREDIENTS

1 medium beet, baked until soft, peeled and cut in chunks (or keep it raw for an all-raw smoothie)

1 cup (240 ml) mixed fresh or frozen berries (I used blackberries, blueberries, raspberries and strawberries)

3 large or 4 medium kale leaves (in keeping with the color scheme, I used purple kale)

1/2 medium cucumber, peeled and cut in chunks

juice of 1/2 lime

1 scoop of your favorite plain or vanilla protein powder (I used [Vanilla SunWarrior](#))

1 cup (240 ml) plain or vanilla unsweetened [alternative milk](#) of choice (I like almond, rice or hemp)

5-10 drops pure plain or vanilla [stevia liquid](#)

INSTRUCTIONS

Place all ingredients in a high powered blender and blend until smooth. (Note: if you use fresh berries, you may wish to add 1-2 ice cubes for a cold smoothie). Drink immediately. Makes 1 large or 2 small servings.



**Anti-
Inflammatory
LATTE**

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Anti-Inflammatory Latte

Looking at the list of ingredients, you'll understand why chai tea, with its cloves, cinnamon and black pepper, is so good for you; this latte is reminiscent of that aromatic beverage without tasting like chai. It's one of the most soothing, comforting drinks you'll have, and a perfect sipper to help you relax after a busy day. For a summertime variation, this is also lovely served cold over ice.

INGREDIENTS

1 cup (240 ml) unsweetened [alternative milk](#) of choice, plus additional if desired

1 cup (240 ml) water

1/2 tsp (2.5 ml) [ground turmeric](#)

1/2 tsp (2.5 ml) [cinnamon](#)

1 tsp (5 ml) grated fresh ginger

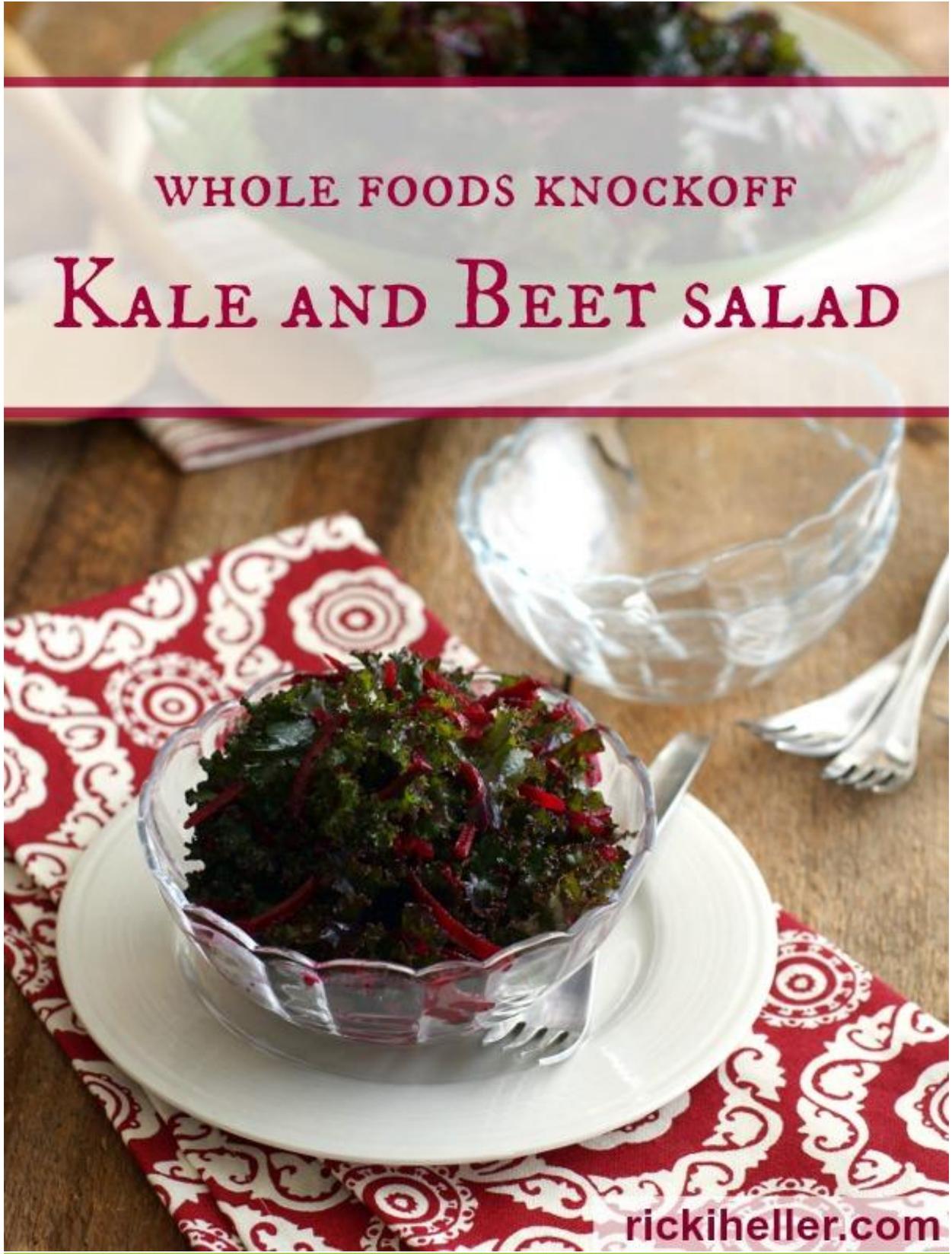
1/4 tsp (1 ml) [dried rosemary](#) (10-15 sprigs, crushed slightly, or pinch of ground rosemary)

pinch cayenne (optional)

15-20 drops [vanilla](#) or [English Toffee](#) stevia liquid, or more, to taste

INSTRUCTIONS

In a medium pot, whisk together the one cup (240 ml) milk, water, turmeric, cinnamon, ginger, rosemary and cayenne, if using. Bring to a boil over medium heat, then immediately turn down heat and allow to simmer 5 minutes. Strain into a large mug and top up with additional water, if desired. Makes one large or two snack servings.



WHOLE FOODS KNOCKOFF
KALE AND BEET SALAD

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Kale and Beet Salad

When you're looking for a salad that's incredibly quick to prepare, bursting with superfood goodness and beautiful to boot—this is your recipe. In fact, you'll want to make it in any case, simply because it's delicious.

INGREDIENTS

Juice of one large lemon (about 4-5 Tbsp or 60-75 ml)

6 Tbsp (90 ml) [extra virgin olive oil](#), preferably organic

1 clove garlic, minced

8-12 drops [plain pure liquid stevia](#), or to your taste

salt and pepper to taste

1 medium head curly red kale, stems removed and torn into bite-sized pieces (I have a big mouth, so my pieces are fairly large; chop them smaller if you prefer)

1 large raw red beet, peeled and coarsely shredded

Optional add-ins: nuts, seeds, or [goat cheese](#)

INSTRUCTIONS

In a small glass jar, combine the lemon juice, olive oil, garlic and stevia. Cover tightly and shake until emulsified and smooth. Add salt and pepper to taste; shake once more; set aside.

Place the kale and beets in a large bowl. Drizzle with about 2/3 of the dressing and toss. If it seems too dry, add more dressing and toss again. Serve. Leftovers will keep, covered in the refrigerator, for one day. Makes 4-6 servings.

ALMOND-CRUSTED ROOT VEGETABLE FRIES



Almond-Crusted Root Vegetable “Fries”

This recipe couldn't be simpler. The only caveat is to be sure to bake the fries long enough, so that the coating becomes somewhat crispy; this isn't the time for mushy, just-done fries. When properly baked, the almond coating crisps up nicely, the fries themselves begin to caramelize and sweeten, and the whole package is entirely irresistible.

INGREDIENTS

1 medium rutabaga, 3 medium parsnips, 2 medium sweet potatoes, or other root vegetables of your choice, peeled and cut into thin fry-like strips (or use a combination of those listed)

3 Tbsp (45 ml) smooth [natural almond butter](#)

1 Tbsp (15 ml) [extra virgin olive oil](#), preferably organic

1/2 tsp (2.5 ml) fine sea salt

other spices of your choice: garlic salt, curry powder, cumin, garam masala, Chinese 5 spice powder, etc. (about 1 tsp/5 ml total)

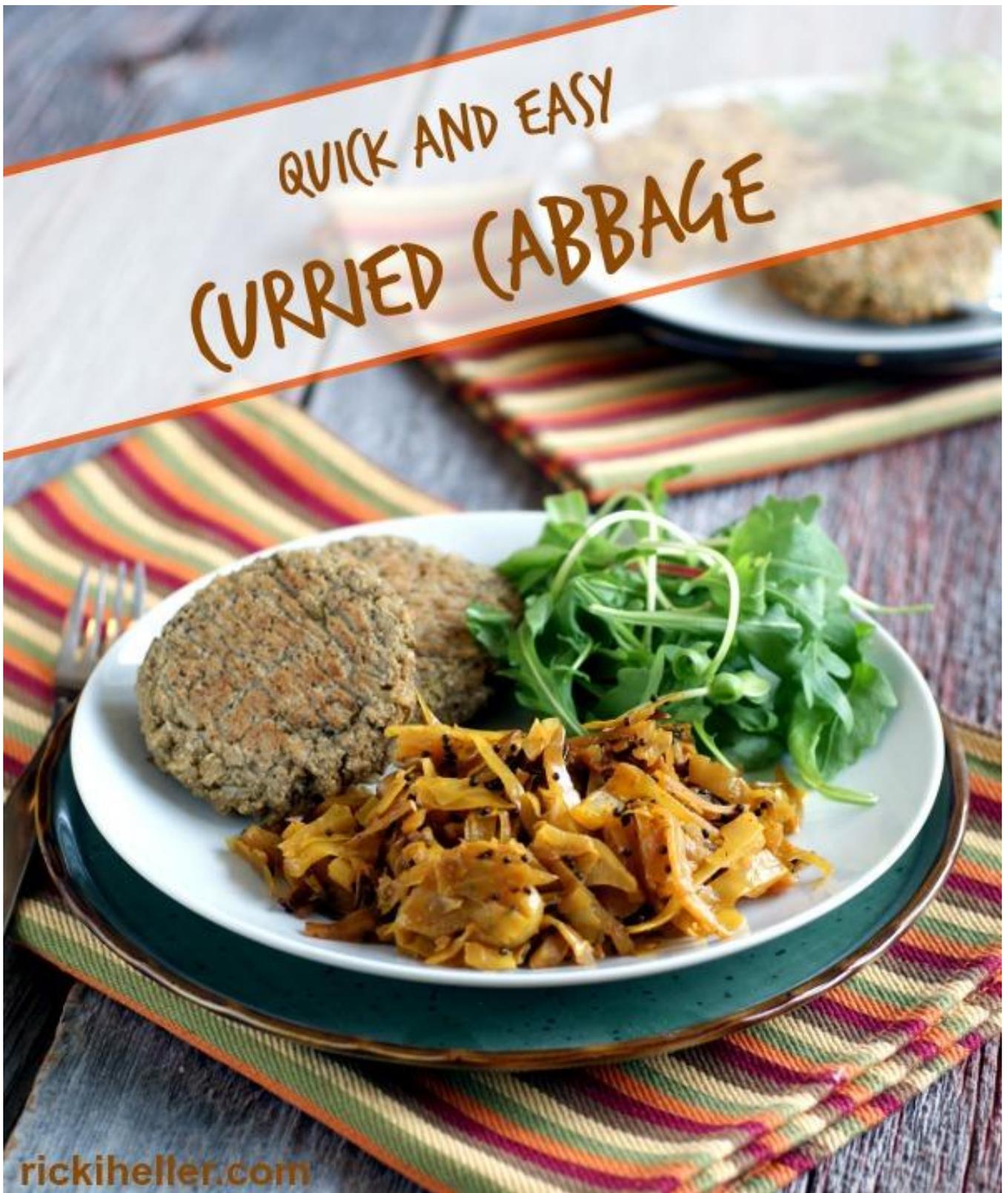
INSTRUCTIONS

Preheat oven to 400F (200C). Line a large baking tray with parchment paper, or spray with nonstick spray.

Place the “fries” in a large bowl. In a small bowl, combine the almond butter, oil, and spices. Drizzle the coating over the fries, and toss the mixture with a large spoon (or even better, your hands) until they are all evenly coated.

Line the fries up on the cookie sheet in a single layer. Bake 35-50 minutes (depending on thickness of your fries), until the coating is browned and a bit crispy, and the fries are fully cooked. Makes 3-4 servings. Will keep, refrigerated, up to 3 days.

QUICK AND EASY
CURRIED CABBAGE



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Quick and Easy Curried Cabbage

I first discovered this recipe in a local newspaper, and have adapted it to my own tastes over the years. The ease and simplicity of this recipe belies its amazing flavor and texture. The mix of mild Indian spices and caramelized cabbage is simply stellar.

INGREDIENTS

2 Tbsp (30 ml) extra virgin olive oil, preferably organic

1 Tbsp (15 ml) black mustard seeds

4-6 cups (1-1.5 L) finely sliced cabbage (about one small cabbage)

1/4-1/2 cup (60-120 ml) vegetable broth or stock, as needed (use more if it scorches)

1/2 tsp (2.5 ml) ground turmeric

1/2 tsp (2.5 ml) chili powder

Fine sea salt, to taste

INSTRUCTIONS

In a large nonstick frypan or wok, heat the oil over medium heat. Add the mustard seeds and cook, stirring occasionally, until they begin to pop.

Add the cabbage and broth and stir to coat the cabbage as much as possible with the oil. Lower heat to medium-low, cover and cook, stirring occasionally, until the cabbage begins to brown in places. Add the remaining ingredients and stir to coat the cabbage evenly. Cover and continue to cook, stirring occasionally, until the cabbage reaches your desired level of doneness (I like mine really brown, so cook for up to 40 minutes). Serve. Makes 4-6 servings. May be frozen.

Toronto Sandwich



Toronto Sandwich

This quick, easy, and as-you-like-it meal provides 5 grams of protein in the "bread" wrap itself, boosting the protein content of whatever filling you decide to use. I combined half chickpea flour and half pea flour, since I had a big bag of the latter I wanted to use up; but feel free to use all chickpea flour. Naturally fermented sauerkraut is the best choice if you have it, as it offers healthful probiotics to keep your digestive tract healthy and functioning optimally.

INGREDIENTS

Wrapper:

- 2 Tbsp (30 ml) chickpea flour
- 2 Tbsp (30 ml) pea flour (or more chickpea flour)
- Pinch fine sea salt
- 3 Tbsp-1/4 cup (45-60 ml) water

Fillings:

- 1/2 avocado, sliced, OR 1/4 cup (60 ml) hummus, OR 1/4 cup (60 ml) creamy dip of choice (eggplant, bean dip, guacamole, etc.) OR about 2 Tbsp (30 ml) Daiya cheese* or "cheese" sauce
- 2-3 slices baked marinated tempeh or tofu, optional
- Handful shredded lettuce or salad greens, optional
- 2-3 Tbsp (30-45 ml) well drained sauerkraut, preferably homemade (use homemade for earlier stage of the diet)
- 1-2 tsp (5-10 ml) sriracha or other hot pepper sauce (for earlier stages of the diet), to your taste

INSTRUCTIONS

Make the wrapper: In a small bowl, whisk together the chickpea flour, pea flour and salt. Add the water and whisk until smooth and pourable but not watery (like pancake batter).

Spray a small nonstick frypan with nonstick spray, or brush with a little olive or coconut oil and heat over medium heat. Add the wrapper batter and allow to cook until the top appears dry and the color has darkened, 5-7 minutes. Flip and continue to cook for another 3-4 minutes on the other side.

While the wrapper cooks, prepare the fillings: Peel and slice the avocado if using, or heat the tempeh or tofu in a nonstick pan and set aside. Drain the sauerkraut and set aside. If using lettuce, chop it now.

Once the wrapper is cooked, top one half of it with the avocado or other choice; the tempeh/tofu, if using; then the greens and sauerkraut. Finally, drizzle with sriracha. Fold the wrapper over the fillings and consume immediately. Makes one sandwich.

*NOTE: Neither Daiya nor sriracha are recommended for anyone in the early stages of the anti-candida diet. For Stage One, use avocado or hummus rather than Daiya, and finely chopped jalapeno or a pinch of cayenne instead of the sriracha.

Creamy Spicy Chickpeas



Creamy Spicy Chickpeas

This recipe was one of those "throw-together" meals I concocted one night when I was in need of a yummy dinner quickly. If you already have cooked chickpeas on hand, you'll have dinner on the table in less than 20 minutes.

INGREDIENTS

- 1 Tbsp (15 ml) [extra virgin olive oil](#)
- 2 cups (240 ml) cooked chickpeas, canned or homemade (rinse well if canned)
- 1 large onion, chopped
- 3 cloves garlic, finely chopped
- 3 Tbsp (45 ml) [tahini](#)
- 4-5 whole sundried tomatoes (8-10 halves), chopped, soaked in 1 cup (240 ml) boiling water for 5-10 minutes; save the soaking water
- 1/2 cup (120 ml) [vegetable broth](#) or stock
- 1/4 tsp (1 ml) chili flakes
- 1/4-1/3 cup (60-80 ml) fresh basil, chopped (to your taste)
- 1/3 cup (80 ml) oil-cured black olives, sliced
- Cooked brown rice, if desired

INSTRUCTIONS

Heat the oil in a large skillet over medium heat, and add the chickpeas, onion and garlic. Cook and stir until the onion and chickpeas are beginning to brown, 5-8 minutes.

Meanwhile, combine the tahini, sundried tomatoes with about half their soaking liquid (save the rest in case you need more), vegetable broth and chili flakes in a blender or food processor (I used a hand-held blender) until you have a relatively smooth sauce. It's okay if there are still a few chunks of tomato here or there.

Pour the sauce over the chickpea mixture and add the basil and olives. Cook and stir until warmed through, another 5 minutes or so. Serve as-is or over rice, if desired. Makes 4 servings. May be frozen.

Carob Coconut Bark



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Carob Coconut Bark

Super simple to make, this bark is reminiscent of chocolate, without providing all the caffeine or triggering cravings in the same way. The added cashew butter allows for a creamy smooth texture, but feel free to swap out with sunflower or sesame seed butter (tahini) if you can't have nuts.

INGREDIENTS

6 Tbsp (45 g) [carob powder](#) (can be raw or toasted)
1/4 cup (60 ml) [virgin coconut oil](#)
1 Tbsp (15 ml) [smooth natural cashew butter](#)
1/4 cup (60 ml) shredded unsweetened coconut, toasted
1/2 tsp (2.5 ml) pure plain or vanilla [liquid stevia](#), or to your taste

INSTRUCTIONS

Line a small square container with 2 layers of plastic wrap (this will prevent the bark from sticking so you can get it out easily for cutting). My container was about a 4-inch (10 cm) square.

In a small pot over lowest possible heat, melt the coconut oil and cashew butter together. Stir to combine well.

In a mini food processor (I love [this one](#)) or [Magic Bullet](#), quickly whir the carob powder to break up any lumps. Add the oil mixture and stevia and blend to combine. Add the coconut and stir well, but don't blend again.

Pour the mixture into the container and refrigerate until firm, at least 2 hours. Remove from the container, peel off plastic, and cut into pieces. Store, covered, in the refrigerator. The carob bark will keep, refrigerated, up to 2 weeks, but can also be served at room temperature (it will begin to soften, so don't keep it out too long!). Makes 9 pieces.

About Ricki

Ever since being diagnosed with candida in 1999, Ricki has made it her mission to help people continue to love their food and continue to live their best lives, *even on an anti-candida diet protocol.*

Ricki studied Holistic Nutrition at the Canadian School of Natural Nutrition and later taught nutrition and alternative medicine at the college level for 12 years. These days, she works full time as a blogger, health educator, recipe developer and food transition coach with clients from around the world.

Ricki lives north of Toronto with her husband and two furry Girls, Elsie and Chaser. Learn more about Ricki on her site, rickiheller.com, or how you can work with her, [here.](#)

