

The Yeast Free Cooking Manual

More and More research is being done about yeast, and other food allergies and intolerances. And, more and more symptoms are being identified. Symptoms that for years were attributed to other causes. Eliminating Yeasty foods will improve your health and could lessen or even eliminate some or all of these symptoms and diseases:

Sugar cravings
Weight Gain
Food allergies
Headaches
Diarrhea &/or Constipation
Abdominal pain
Bloating and gas
Swollen joints
Aches and pains
Brain fog
Sluggishness
Depression

Skin problems such as rashes,
eczema and psoriasis
Attention Problems
Memory & Concentration
Problems
Asthma
Autism
Arthritis and other autoimmune
diseases
Chronic Vaginal Yeast
Infections
Chemical Sensitivities

Crohn's Disease and other
abdominal difficulties
Fibromyalgia
Thrush
"Hangover" symptoms
...and more added all the time!

Broccoli Soup

Origin: The Cooking Diva – Lori Winders

Prep Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 tbsp. Extra Virgin Olive Oil or Ghee
- 1 head Broccoli, chopped
- 4 cups Chicken Stock, homemade or without added yeast
- to taste Salt & Pepper
- 1/3 cup white bean flour (see note), optional

Directions:

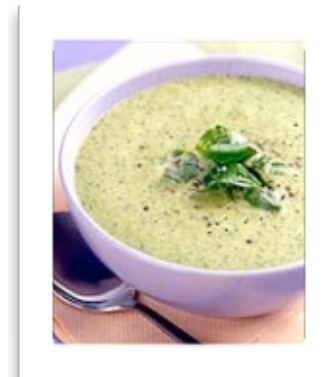
Place a large saucepan over low heat. Add the ghee or oil and stir until just melted. Add the broccoli and sauté until tender, about 7 minutes.

Add the chicken stock and bring to a boil... Lower the heat and simmer for 20 minutes.

Use a hand blender and carefully use to puree the soup to the consistency that you like. If you use a blender, be very careful. Hot liquids added to a blender can explode. This is why I prefer the hand blender.

Add the salt and pepper to taste. Serve immediately. You can garnish with a sprinkling of fresh chives, parsley or chopped broccoli.

**For a Creamy Broccoli Soup, simply take a 1/3 cup of dry white beans (lima, northern...) and pulse in a blender until it looks like flour. Add this flour into a small amount of the soup until it is well mixed. Then stir the bean mixture into the pot of soup. Yummy!



Lori Winders, "The Cooking Diva," is an international cookbook author, online entrepreneur, speaker and founder of [Cooking What's Left](#).

She knows what it is like to sit across from a doctor telling her what all she can't eat any more because she is "allergic." And, asking the question, "What's Left?"

She also knows that America is killing itself slowly with our fast-food, unhealthy, toxic laden diet. There are too many people young and old being diagnosed with auto-immune disorders, diabetes, Alzheimer's, lupus, fibromyalgia, cancer, and the list goes on. Something has to change.

Her goal is to make healthy eating quick, easy and available to anyone who wants to make the change. Keep up to date on the latest from Lori here at her blog...[The Cooking Diva](#).

Send us your favorite recipes and give the Diva a chance to convert it into a healthy, quick and easy recipe that you and your whole family will enjoy. Also, let us know of any allergies and ingredients that you need substitutions for. And, share your healthy recipes with us. Contact Us by [Clicking Here](#).