

4 Hormone balancing recipes for early Summer.

Continuing the theme from my last [blog](#) discussing how to balance your hormones during May here are 4 hormone balancing recipes for early summer. As you may remember my last article discussed the use of [herbs for vagiteams and herbal teas](#) so this time I focus on EATING!

Veggies: Asparagus, globe artichoke, broccoli, carrots, jersey new potatoes, lettuce and salad leaves, peas, radishes, rocket, spinach, spring onions, watercress, wild nettles, samphire, kale

Fruit: Bananas, kiwi fruit and rhubarb, peaches,

Herbs: Basil, chervil, chives, coriander, dill, oregano, mint, nasturtium, parsley (curly), rosemary, sage, sorrel, tarragon, dandelions

Proteins: Lamb, wood pigeon, cod, coley, crab, haddock, langoustine, plaice, prawns, salmon, sardines, sea trout, shrimp, whelks, whitebait

Daily Smoothie – Green beauty. Kale, spirulina and banana

Nutrient dense, this anti-inflammatory, mood enhancing, heart protecting, anti ageing (helps synthesis collagen) and blood sugar balancing smoothie offer a great start to your day.

Cup of kale chopped

1 banana - peeled

Half a pint milk of your choice (I like Tiger nut milk this month)

1 teaspoon spirulina

A few ice cubes

Blend all together and hey presto a great morning wake up.

Kale: It is a cruciferous vegetable like cabbage, broccoli, cauliflower, collard greens and Brussels sprouts. A super nutrient dense veggie is high in antioxidants, quercetin, vitamins A,C,K, B1, B3, B6 and the minerals potassium, manganese, magnesium, iron, calcium and copper.

Dates and peaches in orange water – serves 4



Eat fresh or make this recipe and eat in the morning for breakfast with porridge; kefir or yoghurt or crème fraîche (dairy free of course!). By the way, it also makes a fabulous evening dessert.

Dates: High in the minerals phosphorous; potassium, calcium and magnesium they are great for bone health. They also are low glycaemic which is good for blood sugar control and high in fibre which not only reduces constipation and liver burden but research indicates increases natural labour rather than

being induced. Dates are also high in antioxidants including flavonoids (reduces risk of dementia, diabetes and certain types of cancer), carotenoids (healthy heart and reduces risk of macular degeneration) and phenolic acid known for its anti-inflammatory properties.

Peaches: wonderfully hydrating fruit, tasty and rich in beta-carotene, vitamin C, iron, calcium, magnesium, zinc and bioflavonoids. They are packed with antioxidants so amazing for your skin and anti-ageing. Also high in fibre peaches provide food for good gut bacteria which are then able to produce the short-chain fatty acids acetate, propionate, and butyrate to feed the cells of your gut. (to reduce inflammation and improve symptoms of digestive disorders such as inflammatory IBS, ulcerative colitis, leaky gut etc). Did you know you can also eat the peaches flower?

½ cup (125 ml) water

½ cup (125 ml) caster sugar, or better still stevia or teaspoon [yacon](#)
Pinch saffron threads
4 cardamom pods
½ cup (80 ml) lemon juice
1 teaspoon orange flower water or use 3 drops of orange essential oil plus water to make up 1 teaspoon
6 large fresh peaches sliced thickly but de-stone
12 fresh dates quartered
280g yoghurt or crème fraîche
Optional – handful walnuts
Combine water, stevia/yacon, saffron and cardamom in a small saucepan and stir over a low heat until sugar has dissolved. Bring to boil and simmer uncovered for about 5 minutes until it thickens. Cool and then stir in lemon juice and orange flower water.
Place peaches and dates in a large bowl then add walnuts (optional) and pour syrup over the top. Refrigerate until you are ready to eat. Serve with yoghurt or crème fraîche.

Aubergine lentil butternut squash lasagne – serves 4. Takes about 45 minutes to cook and 25 minutes to prepare.

Heat oven to 180°C

This is an easy to make dinner which can be prepared in advance. Serve hot with a seasonal salad or the broccoli side dish. It is low glycaemic, full of veggie proteins (lentils) and fibre. The cinnamon gives it a delicious sweetness and butternut squash is a flavoursome alternative to pasta sheets.

1 aubergine – cut into rounds
1 onion – peeled and chopped
1 tin green or brown lentils – rinsed
Handful fresh basil or parsley chopped
Teaspoon dried mixed herbs
Teaspoon ground cinnamon
Jar passata or tin of chopped tomatoes
Salt and pepper
6-8 Butternut squash lasagne sheets
A little oil

Mozzarella cheese sliced or use vegan cheese alternative.

Begin by cutting aubergine and place on a baking tray with a little oil and sprinkle with dried herbs. Place in oven for about 20 minutes to bake. They are cooked when they are soft.

Whilst aubergine is cooking prepare the sauce. Dice up the onion with a little oil and sauté in a pan until soft. Add cinnamon, salt and a pepper plus the tomatoes/passata and warm through. Now add the drained lentils. If you think the sauce requires more water add some now or additional passata. Warm through. Finally add the handful of fresh chopped parsley or basil. I actually used coriander when I made it but choose whatever herbs you prefer.

Get yourself an oven dish and add a layer of the sauce to it. Now place sheets of butternut squash on top to cover followed by a layer of aubergine (you will probably use all the aubergine) and some mozzarella. Place another layer of lentil/tomato sauce followed by layer of butternut squash and cheese on top. If there is any more sauce left over place on top. Bake in the oven for 45/50 minutes until bubbling and tasty.

Broccoli and sesame seed stir-fry – serves 2. Takes about 10 minutes

1 head broccoli (use trunk as well). Wash and slice thinly on the diagonal.
Rice bran oil or sesame oil
Dessertspoon sesame seeds

Place tablespoon of oil in a wok and warm through. Add broccoli, turning frequently until it softens/al denté. You may need to add a dessertspoon of water to help it along a bit! When it is nearly cooked add the sesame seeds to coat and voilà a tasty side dish or add to a warm salad. As my friend Andrea says – a day without broccoli is a day wasted! Broccoli is a true superfood for hormones. Like kale broccoli is another one from the brassica family. What you may not know though is that what makes broccoli special is the way it breaks down oestrogen to support hormone balance. Most of us know that the body produces three oestrogens: oestrone, oestradiol and oestriol but actually what you may now know is that actually there are dozens of oestrogen metabolites which are rarely considered. I usually assess these through using specialised laboratory profiles to assess. Anyway, I digress - a project called “A Dietary Strategy to Reduce Breast Cancer Risk,” by Dr. Jay Fowke demonstrated that daily servings of broccoli (500 grams twice per day) can reduce your breast cancer risk!

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Disclaimer: This article has been written as personal opinion and guidance only and should not be construed as medical advice. I am not a medical doctor.