

# Menopause for Modern Life



[Anna Pelzer](#) on [Unsplash](#)

## Recipes from Gabriella Espinosa

The recipes here are from Gabriella Espinosa and offer inspiration so you can eat nourishing and supportive food through perimenopause, menopause and beyond. During menopause, your body will need different nutrients. Gabriella's recipes make it easy for you to get the nutrients you need and offer the inspiration to experiment with supportive ingredients. We're offering recipes here to address specific areas and symptoms but will be sharing more through our [menopause for modern life facebook group](#). You will find the following here:

Digestive Bitters Salad for Gut Health

Phytoestrogen Muffins for Phytoestrogens

Mackerel and Mushroom pate for Healthy Fats

Quinoa Pancakes for Unrefined Carbohydrates

Chicken and Chickpea Stew for Protein

Easy Peasy Soup for Veggie boost

Broccoli Soup to Love your Liver

# Digestive Bitters salad

For Gut Health

Serves 4

## For the dressing

2 tbsp Dijon mustard

½ tsp apple cider vinegar

1 tsp honey

1 tsp chopped fresh parsley

100ml cold pressed walnut oil

## To serve

75g/2¾oz rocket leaves

2 heads of chicory, separated into individual leaves

100g/3½oz walnuts, roughly chopped

Shavings of pecorino cheese (optional)

1. In a bowl whisk together the mustard, apple cider vinegar, honey and parsley.
2. Gradually add the walnut oil, whisking all the time, until an emulsion is formed.
3. Place the rocket, whole chicory leaves and walnuts in a large bowl, drizzle on the dressing and toss to coat. Season, to taste with freshly ground black pepper.
4. Serve immediately topped with a few pecorino shavings.

# Phytoestrogen muffins

## Phytoestrogens

These muffins are low GI, packed with beneficial minerals and rich in natural phytoestrogens which help balance hormones.

**Makes 6 large breakfast muffins or 8-10 cupcake sized snack muffins.**

40g ground almonds

60g ground flax seeds

2 tsp gluten free baking powder

50g xylitol

3 eggs

30g coconut butter

60ml water

30g sesame seeds

40g sunflower seeds

90g roughly grated carrot

1. Preheat the oven to 180C.
2. In a food mixer blend the xylitol, eggs, coconut butter and water on high speed until very smooth.
3. Add the ground almonds, flax meal and baking powder and blend until well combined.
4. Add the sesame seeds, sunflower seed and grated carrot and pulse the blender a few times to ensure all the ingredients are evenly mixed.
5. Spoon the batter into muffin or cake cases.
6. Bake at 180°C for 20-25 minutes for full sized muffins or 15-20 minutes for cupcake sized snack muffins.
7. Cool and serve.

# Mackerel and mushroom pate

## Healthy Fats

### **Serves 4 as a starter**

2 smoked, peppered mackerel fillets

250g pack of organic chestnut mushrooms

1/2 white onion

2 cloves garlic

Olive oil

1. Finely dice the onion & garlic and sauté in a little oil in a frying pan till softened.
2. Dice the mushrooms and add them to the frying pan.
3. Once the mushrooms are browned, tip all of the mixture into a blender and blend.
4. Take the mackerel fillets, remove the skin and flake into the blender with the mushroom mix.
5. Blend all ingredients together until smooth.
6. Scoop into 4 serving dishes and chill before serving.

# Quinoa pancakes

## Unrefined Carbohydrates

### **Makes 8**

120g quinoa flakes

2 medium eggs

½ tsp gluten-free baking powder

120ml of milk or milk alternative

Coconut oil

1. Place all the ingredients except the coconut oil in a tall jug and process with a hand blender until a thick mixture of dropping consistency develops.
2. Warm a small amount (about ½ a tsp) of coconut oil in a heavy bottomed frying pan over a medium heat.
3. Carefully drop spoonfuls of the mixture into the hot pan to form individual pancakes about 8cm across.
4. This amount of mixture will make 8 pancakes so you will probably need to cook them in 2-3 batches. Remember to add a small amount of coconut oil to the pan between batches to prevent sticking.
5. As the pancakes cook, bubbles will rise to the surface. Once golden on the underside (about 4-5 minutes) turn over using a fish slice and cook for a further 1-2 minutes.
6. Keep the pancakes warm in a low heat oven until you are ready to serve.

Great served with blueberries, honey cinnamon and cashew nut cream as a dessert or delicious breakfast.

# Chicken and chickpea stew

## Protein

### **Serves 2-4**

1 heaped tsp of plain coconut oil

2 onions, diced

4 cloves of garlic, crushed

2 cans chopped tomatoes

300ml water

½ tsp xylitol

2 tbsp paprika

Large pinch of cayenne pepper

Bay leaf

1 large green pepper cut into 1.5 cm chunks

1 red pepper cut into 1.5 cm chunks

6 chicken thighs, diced

Black pepper

Pinch of sea salt

1. Heat the oil in a large saucepan over a medium heat and then gently fry the onion for 3-5 minutes until softened.
2. Add in the crushed garlic and fry for 2-3 minutes more.
3. Then, pour in the chopped tomatoes and water, then add the xylitol, paprika, cayenne and bay leaf. Turn up the heat and bring the sauce to a gentle simmer.
4. When the sauce is simmering, add the diced chicken, green and red pepper and chickpeas to the pan and stir them around so they are covered with the sauce. Bring back to a gently simmer

cook uncovered for 30-40 minutes, stirring occasionally. If the stew becomes too dry then add a little extra liquid.

5. Season to taste with salt and freshly ground black pepper then serve with brown rice and vegetables

# Easy Peasy Soup

Eat your Veggies

## **Serves 4-6**

1 large white onion

1 tbsp coconut oil

1kg bag of frozen peas

Boiling water

4 tsp vegetable bouillon powder

1 spring of fresh garden mint

Freshly ground black pepper

1. Finely dice the onion
2. Place the coconut oil in a very large saucepan over a medium heat
3. Gentle sweat the onion in the oil for 3-5 minutes until it become soft and translucent.
4. Pour the whole bag of peas into the pan and add boiling water until the level is about 1-2cm above the original height of the peas
5. Add the bouillon powder to the pan then cover and bring back to the boil.
6. Simmer the peas for about 5 minutes and then remove the pan from the heat.
7. Roughly rip the mint leaves and add to the soup.
8. Blend to an almost smooth consistency using a hand blender and season to taste with freshly ground black pepper.

# Broccoli Soup

Love your liver

Serves 2 - 4

For the soup:

1 small head of broccoli

2 Leeks

1 clove garlic

200 ml can coconut milk (1/2 can)

400 ml Vegetable broth

Optional toppings:

crushed almonds

parsley, chopped

avocado

Instructions

1. Saute Leeks and garlic in low heat in 1 tablespoon coconut oil in a saucepan until soft.
2. Add the broccoli (broken into florets) and the coconut milk, bring to a soft boil.
3. Let simmer for about 5 minutes until the broccoli softens. Remove from heat.
4. After letting it cool a bit, transfer to a blender and process until smooth.
5. Transfer back to the saucepan.
6. Reheat and season to taste with salt, pepper, and nutmeg.
7. Serve with optional toppings.