

Table of Contents

Recipe 1: Banana Oat Pancakes	4
Recipe 2: Soft Scrambled Eggs with Avocado	4
Recipe 3: Soothing Rice Porridge with Honey & Cinnamon.....	5
Recipe 4: Gut-Healing Kefir Smoothie (Banana & Blueberry)	6
Recipe 5: Creamy Mashed Sweet Potatoes with Cinnamon	6
Recipe 6: Baked Apples with Honey & Coconut Oil.....	7
Recipe 7: Soft Boiled Eggs with White Toast Soldiers	8
Recipe 8: Almond Butter & Banana Oatmeal.....	8
Recipe 9: Homemade Applesauce with Cinnamon	9
Recipe 10: Warm Golden Milk (Turmeric & Almond Milk)	10
Recipe 11: Steamed Pears with Honey & Ginger	11
Recipe 12: Low-Fiber Yogurt Parfait with Honey & Chia Seeds	11
Recipe 13: Gentle Rice Cereal with Almond Milk.....	12
Recipe 14: Fluffy Scrambled Tofu with Herbs	13
Recipe 15: Gut-Soothing Chamomile & Mint Tea	14
Recipe 16: Healing Bone Broth (Chicken or Beef)	14
Recipe 17: Creamy Carrot & Ginger Soup.....	15
Recipe 18: Easy Chicken & Rice Soup	16
Recipe 19: Zucchini & Potato Purée Soup.....	17
Recipe 20: Gut-Healing Pumpkin Soup with Coconut Milk.....	17
Recipe 21: Mild Butternut Squash Soup	18
Recipe 22: Nourishing Miso Soup with Soft Tofu	18
Recipe 23: Simple Cauliflower & Broth Soup	19
Recipe 24: Homemade Chicken Broth with Rice Noodles	20
Recipe 25: Cucumber & Yogurt Cold Soup.....	21
Recipe 26: Baked Salmon with Lemon & Olive Oil	21
Recipe 27: Tender Chicken Breast with Steamed Carrots	22
Recipe 28: Ground Turkey & White Rice Bowl	23
Recipe 29: Simple Baked Cod with Mashed Potatoes	24

Recipe 30: Soft Tofu & Steamed Vegetables.....	24
Recipe 31: Gentle Stir-Fried Shrimp with Zucchini.....	25
Recipe 32: Mild Chicken & Rice Stir-Fry (No Spices).....	26
Recipe 33: Soft Baked Tilapia with Lemon & Butter.....	27
Recipe 34: Scrambled Egg Wrap with Soft Cheese.....	27
Recipe 35: Turkey Meatballs with Mashed Sweet Potato	28
Recipe 36: Mild Chicken & Coconut Milk Curry	29
Recipe 37: Steamed White Fish with Olive Oil Drizzle.....	30
Recipe 38: Easy Avocado & Tuna Rice Bowl.....	31
Recipe 39: Boiled Chicken & Rice Casserole	31
Recipe 40: Baked White Fish with Soft Mashed Cauliflower	32
Recipe 41: Simple Chicken & Zucchini Skillet.....	33
Recipe 42: Tender Ground Chicken Patties.....	34
Recipe 43: Baked Soft Tofu with Mild Ginger Sauce	35
Recipe 44: Egg Drop Soup with Soft Rice Noodles	35
Recipe 45: Mild Steamed White Fish with Rice.....	36
46. Steamed Carrots with Olive Oil	37
47. Simple Mashed Potatoes with Ghee.....	38
48. Roasted Butternut Squash with Cinnamon	39
49. Zucchini & White Rice Medley.....	39
50. Steamed Spinach with Olive Oil Drizzle	40
51. Soft-Boiled Sweet Potatoes with Coconut Oil	41
53. Rice with Soft Steamed Green Beans.....	42
54. Baked Sweet Potato with Honey	42
55. Mild Boiled Pumpkin with Butter	43
56. Carrot & Potato Purée	43
57. Rice Cakes with Mild Avocado Spread	44
58. Soft Roasted Eggplant with Olive Oil	45
59. Mashed Butternut Squash with Nutmeg	45
60. Boiled Rice with Coconut Milk.....	46
61. Banana & Almond Butter Bites.....	47
62. Homemade Applesauce with No Sugar	47

63. Soft Yogurt with Honey – Ulcerative Colitis-Friendly Version	48
64. Rice Cakes with Avocado – Ulcerative Colitis-Friendly Version.....	48
65. Steamed Pears with Coconut Sugar – Ulcerative Colitis-Friendly Version.....	49
66. Boiled Egg with Soft White Bread – Ulcerative Colitis-Friendly Version.....	49
67. Mild Cottage Cheese with Banana – Ulcerative Colitis-Friendly Version.....	50
Recipe #80: Mild Ginger Tea for Digestion – Ulcerative Colitis-Friendly Adaptations	58
Recipe #81: Banana & Kefir Smoothie – Ulcerative Colitis-Friendly Adaptations.....	59
Recipe #82: Soft Melon & Coconut Water Juice – Ulcerative Colitis-Friendly Adaptations	60
Recipe #83: Rice Milk & Honey Shake – Ulcerative Colitis-Friendly Adaptations	60
Recipe #84: Warm Peppermint Tea for Gut Health – Ulcerative Colitis-Friendly Adaptations	61
Recipe #85: Blueberry & Almond Milk Smoothie – Ulcerative Colitis-Friendly Adaptations.....	62
Recipe #86: Lemon & Coconut Water Hydration Drink – Ulcerative Colitis-Friendly Adaptations.....	62
Recipe #87: Soft Baked Apples with Cinnamon – Ulcerative Colitis-Friendly Adaptations	63
Recipe #88: Yogurt & Honey Parfait – Ulcerative Colitis-Friendly Adaptations.....	64
Recipe #89: Banana & Oat Muffins – Ulcerative Colitis-Friendly Adjustments.....	65
Recipe #90: Coconut Rice Pudding – Ulcerative Colitis-Friendly Adjustments	65
Recipe #91: Dairy-Free Vanilla Pudding – Ulcerative Colitis-Friendly Adjustments.....	66
Recipe #92: Baked Peaches with Honey & Coconut Oil – UC-Friendly Adjustments	67
Recipe #93: Soft Pear & Yogurt Mash – UC-Friendly Adjustments	68
Recipe #94: Almond Milk Chia Pudding – UC-Friendly Adjustments.....	68
Recipe #95: Mild Mango & Coconut Cream Dessert – UC-Friendly Adjustments	69
Recipe #96: Steamed Pears with Nutmeg – UC-Friendly Adjustments.....	70
Recipe #97: Simple Banana Ice Cream – UC-Friendly Adjustments.....	71
Recipe #98: Rice Flour Pancakes with Honey – UC-Friendly Adjustments	71
Recipe #99: Mild Coconut Yogurt with Berries – UC-Friendly Adjustments	72
Recipe #100: Soft-Baked Oat Cookies with Almond Butter – UC-Friendly Adjustments	72
Recipe #101: Soothing Warm Applesauce with Cinnamon – UC-Friendly Adjustments.....	73

Recipe 1: Banana Oat Pancakes

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Oats: If whole oats cause discomfort, use oat flour or substitute with white rice flour for easier digestion.
- Banana: If bananas trigger symptoms, try well-cooked and mashed apples or pear purée.
- Egg: If eggs are not well tolerated, use a flax egg (1 tbsp ground flaxseed + 2.5 tbsp water, let sit for 5 minutes).
- Cinnamon & Vanilla Extract: Omit if sensitive to spices. Stick with mild flavors.
- Almond Milk: Swap for lactose-free milk, rice milk, or diluted coconut milk if nuts are problematic.
- Olive/Coconut Oil: Use ghee if tolerated, as it is easier to digest for some with UC.

Preparation Tips:

- Blend well: Ensuring a smooth batter reduces rough oat texture, making digestion easier.
- Cook on low heat: High heat can cause browning, which may be harder on sensitive digestion.
- Smaller portions: Start with a small serving to test tolerance.
- Toppings: Stick to gentle toppings like smooth almond butter (if tolerated), plain coconut yogurt, or a drizzle of maple syrup instead of honey.

Recipe 2: Soft Scrambled Eggs with Avocado

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Eggs: If eggs cause discomfort, try using only egg whites, as they are often easier to digest. Alternatively, substitute with soft tofu (blended with a little broth for a similar texture).
- Butter or Olive Oil: Use ghee if tolerated, as it is often easier to digest than butter and can be soothing to the gut.
- Milk: Stick to lactose-free milk or substitute with rice milk if nut-based options are problematic.
- Turmeric: If spices trigger symptoms, omit turmeric. If tolerated, use a smaller amount and mix it with a little warm water before adding.
- Avocado: If avocado is not well tolerated, replace it with a small amount of mashed, well-cooked zucchini or peeled cucumber for a mild, soothing alternative.
- Parsley: If fresh herbs cause issues, omit or use a small pinch of dried parsley.

- Bread: If sourdough or gluten-free bread is difficult to digest, skip it or opt for a plain rice cake instead.

Preparation Tips:

- Cook eggs on very low heat: Slow cooking keeps them soft and gentle on digestion. Avoid browning or overcooking, as firmer textures can be harder to digest.
- Keep portions small: If reintroducing eggs, start with a small serving to test tolerance.
- Pair with a mild side: Instead of bread, serve with steamed white rice or mashed potatoes for an easily digestible option.
- Hydration tip: Sip warm chamomile or ginger tea with this meal to support digestion and reduce bloating.

Recipe 3: Soothing Rice Porridge with Honey & Cinnamon

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- White Rice: Stick to well-cooked white rice (avoid brown rice, as it is higher in fiber and harder to digest). If rice is problematic, try well-cooked quinoa or millet.
- Water: Use bone broth instead of water for added gut-healing benefits if tolerated.
- Milk: Use lactose-free milk, rice milk, or diluted coconut milk for gentler digestion. Skip if dairy alternatives cause discomfort.
- Honey: If honey is too strong, use pure maple syrup or omit entirely.
- Cinnamon: If spices trigger symptoms, omit cinnamon or replace it with a tiny pinch of nutmeg.
- Vanilla Extract: If not well tolerated, leave it out or use a small amount of vanilla bean paste.

Preparation Tips:

- Cook rice until very soft: A longer cooking time with extra water helps break down the rice, making it easier on digestion.
- Blend if needed: For an even smoother texture, blend the porridge after cooking to reduce any grainy bits.
- Eat warm, not hot: Let the porridge cool slightly before eating to avoid irritating the digestive tract.
- Small portions: Start with a small serving to test tolerance, and avoid eating large amounts at once.
- Pair with gentle additions: Try adding mashed banana or peeled, stewed apples for extra natural sweetness if tolerated.

Recipe 4: Gut-Healing Kefir Smoothie (Banana & Blueberry)

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Kefir: If dairy-based kefir is not tolerated, use coconut kefir or lactose-free yogurt with live probiotics. For a non-fermented option, try diluted coconut milk.
- Banana: If bananas cause bloating, replace with peeled, cooked, and cooled apple slices or a small portion of well-ripened papaya for gentle digestion.
- Blueberries: If fresh blueberries cause discomfort, use a smaller amount or swap for peeled and steamed pears.
- Cinnamon: If spices trigger symptoms, omit cinnamon or use a tiny pinch of ginger for its soothing properties.
- Honey/Maple Syrup: Avoid sweeteners if they worsen symptoms; the banana should provide enough natural sweetness.
- Almond Milk: Substitute with rice milk or coconut water if nut-based milk causes digestive issues.

Preparation Tips:

- Use room temperature ingredients: Cold drinks can sometimes trigger digestive discomfort. If sensitive, avoid ice and let the smoothie sit for a few minutes before drinking.
- Start with small portions: Fermented foods like kefir can be powerful for gut health but may cause bloating in some people. Start with ½ cup and gradually increase as tolerated.
- Blend thoroughly: Ensure a smooth consistency to reduce any fiber-related irritation. Strain if necessary.
- Drink slowly: Sip slowly rather than gulping to aid digestion and absorption of probiotics.
- Pair with a mild meal: If drinking this smoothie as a meal replacement, pair with a small serving of well-cooked rice or oatmeal to keep it gentle on digestion.

Recipe 5: Creamy Mashed Sweet Potatoes with Cinnamon

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Butter: Replace with coconut oil, avocado oil, or ghee (if tolerated) for a gentle, dairy-free option.

- Lactose-Free Milk/Almond Milk: Opt for rice milk or coconut milk if nut-based milk is problematic. Water can also be used for an even lighter option.
- Cinnamon: If spices trigger symptoms, omit or use a very small amount of fresh grated ginger for a gentler flavor.
- Sea Salt: Skip salt if sodium sensitivity is a concern or if it causes bloating.
- Maple Syrup/Honey: Leave out the sweetener if the sweet potatoes are naturally sweet enough, or use a small amount of mashed ripe banana for natural sweetness.

Preparation Tips:

- Peel the sweet potatoes well: The skin can be difficult to digest, so ensure it is fully removed.
- Steam instead of boiling: Steaming sweet potatoes retains more nutrients and results in a softer texture that's easier to mash.
- Mash thoroughly: Use a food processor or hand mixer for a smoother consistency, reducing the chances of fibrous pieces causing irritation.
- Test portion size: Start with a small portion if unsure of tolerance, as some people with UC may find sweet potatoes more digestible than others.
- Eat warm, not hot: Allow the mashed sweet potatoes to cool slightly before eating to prevent irritation from hot foods.
- Pair with a simple protein: Serve with well-cooked chicken, turkey, or fish to create a balanced and soothing meal.

Recipe 6: Baked Apples with Honey & Coconut Oil

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Apples: If raw apples trigger symptoms, peeling them before baking may make them easier to digest. Pears can also be a gentler alternative.
- Honey: Swap for maple syrup or leave out completely if sweetness is not needed.
- Coconut Oil: Replace with avocado oil or ghee if coconut oil isn't well tolerated.
- Cinnamon: If spices cause irritation, omit or use a pinch of fresh ginger instead.
- Vanilla Extract: Skip if sensitive to flavoring agents.

Preparation Tips:

- Peel the apples if needed: Apple skins contain insoluble fiber, which may be difficult to digest for some with UC. Baking softens them, but peeling ensures a gentler texture.
- Slice for easier digestion: Instead of leaving apples whole, slice them into wedges before baking to reduce fiber density.
- Use extra moisture: Adding a little more water to the baking dish (around 2-3 tablespoons) creates a softer, more soothing texture.

- Pair with gut-friendly toppings: Serve with plain dairy-free yogurt or lactose-free Greek yogurt for a protein boost. A drizzle of coconut milk can also enhance creaminess.
- Eat warm, not hot: Let the apples cool to a lukewarm temperature before eating to avoid irritating the gut lining.

Recipe 7: Soft Boiled Eggs with White Toast Soldiers

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Eggs: If whole eggs cause discomfort, try just using the yolks, as they are easier to digest. Scrambled or poached eggs may also be gentler.
- White Bread: If sensitive to gluten, opt for a soft gluten-free bread. Avoid whole wheat or seeded bread, which may irritate the gut.
- Butter: Use a lactose-free alternative, such as ghee or a mild olive oil spread, if dairy is problematic.
- Salt: Skip if salt triggers bloating or discomfort.

Preparation Tips:

- Gentle cooking for easier digestion: Soft-boiled eggs are typically easier to digest than fried or hard-boiled eggs. Stick to a 6-minute cook time for the most soothing texture.
- Let toast cool slightly: Eating very hot foods can sometimes trigger symptoms, so allow the toast to cool slightly before eating.
- Eat slowly & mindfully: Chew well and eat at a relaxed pace to minimize digestive stress.
- Pair with a mild beverage: Enjoy with warm chamomile tea or a soothing herbal infusion to support digestion.

Recipe 8: Almond Butter & Banana Oatmeal

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Oats: Opt for quick oats instead of rolled oats, as they have a softer texture and are easier to digest. Avoid steel-cut oats, which can be too fibrous.

- **Milk Alternative:** Stick with unsweetened almond milk or lactose-free milk, as full-fat dairy may trigger symptoms in some individuals.
- **Banana:** Use a fully ripe banana—overripe bananas are gentler on digestion. If bananas cause bloating, try applesauce instead.
- **Almond Butter:** If nuts are problematic, swap for tahini (sesame seed paste) or sunflower seed butter. Ensure it's smooth and free from added sugars.
- **Cinnamon & Sweeteners:** Omit cinnamon if it causes irritation. Skip added sweeteners if the banana provides enough natural sweetness.

Preparation Tips:

- **Cook thoroughly for a smoother texture:** Softer, well-cooked oatmeal is easier to digest than chewy oats. Let it simmer until very soft.
- **Blend for extra smoothness:** If experiencing a flare, blend the cooked oatmeal for a porridge-like texture.
- **Serve warm, not hot:** Very hot foods may aggravate symptoms, so let the oatmeal cool slightly before eating.

Recipe 9: Homemade Applesauce with Cinnamon

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- **Apples:** Stick with mild, sweet varieties like Fuji, Gala, or Golden Delicious to avoid excess acidity. If raw apples cause discomfort, thoroughly cooking them makes them easier to digest.
- **Water:** You can use a mild herbal tea (such as chamomile) instead of water for added soothing properties.
- **Cinnamon:** If sensitive to spices, omit cinnamon or replace it with a small amount of ginger for added digestive support.
- **Vanilla Extract:** Use alcohol-free vanilla if alcohol-based extracts cause irritation.

Preparation Tips:

- **Peel the Apples:** Apple skins contain fiber that may be hard to digest, so always peel them for a gentler applesauce.
- **Cook Until Extra Soft:** Simmer the apples longer if needed to ensure they break down completely. A softer consistency is easier on the gut.
- **Blend for a Smooth Texture:** A pureed applesauce is gentler on digestion compared to a chunky version.

Serving Suggestions:

- Enjoy warm or chilled on its own.
- Mix with lactose-free yogurt for a soothing snack.
- Use as a topping for soft oatmeal or mashed sweet potatoes.

Recipe 10: Warm Golden Milk (Turmeric & Almond Milk)

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- **Almond Milk:** If nuts are not well tolerated, substitute with lactose-free milk, oat milk, or coconut milk.
- **Turmeric:** Use in small amounts if new to turmeric, as it can be strong for some digestive systems. You can start with ½ teaspoon and gradually increase.
- **Black Pepper:** If black pepper causes discomfort, omit it. While it enhances turmeric absorption, the milk's fat content can still help.
- **Ginger:** If fresh ginger is better tolerated than powdered, use ½ teaspoon of finely grated fresh ginger.
- **Sweeteners:** If avoiding honey or maple syrup, try a dash of stevia or leave it unsweetened.

Preparation Tips:

- **Warm, Don't Boil:** Boiling almond milk may cause it to separate, so keep the heat low and gently simmer.
- **Strain for Smoothness:** If the texture of ground spices is irritating, strain the golden milk before drinking for a smoother consistency.
- **Add a Healthy Fat:** A teaspoon of coconut oil or ghee can enhance turmeric absorption while adding a soothing effect on digestion.

Serving Suggestions:

- Drink warm before bedtime for a calming, anti-inflammatory boost.
- Pair with a soft snack like mashed banana or well-cooked oatmeal.
- Store extra in the fridge and reheat gently the next day.

Recipe 11: Steamed Pears with Honey & Ginger

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Pears: If pears are too fibrous during a flare, substitute with peeled apples or cooked peaches, which may be gentler on digestion.
- Honey: If honey is not well tolerated, swap it for pure maple syrup or omit entirely for a naturally sweet dish.
- Ginger: If fresh ginger is too strong, use a pinch of ground ginger or omit it altogether.
- Cinnamon: This is optional; if it triggers sensitivity, leave it out or use vanilla extract for a subtle flavor boost.
- Lemon Juice: Can be skipped if citrus is a trigger, though it helps preserve color.

Preparation Tips:

- Peeling Is Key: The skin of pears can be tough on digestion, so always peel them for a smoother, gentler texture.
- Steam Until Soft: Cooking the pears until very tender makes them easier to digest, especially during an active flare.
- Mash If Needed: If whole slices are difficult to tolerate, mash the steamed pears with a fork for a soft, puree-like consistency.

Serving Suggestions:

- Serve warm as a light dessert or snack.
- Pair with a small serving of dairy-free yogurt for extra creaminess.
- Blend into a mild compote to mix with oatmeal or soft rice.

This dish is a naturally soothing and gentle option for those managing digestive discomfort, offering warmth, sweetness, and anti-inflammatory benefits. □✦✧

Recipe 12: Low-Fiber Yogurt Parfait with Honey & Chia Seeds

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Yogurt: If dairy is a trigger, opt for lactose-free yogurt or a non-dairy alternative like coconut yogurt.
- Honey: Can be replaced with maple syrup or omitted if sweetness is not needed.

- Chia Seeds: If whole chia seeds cause discomfort, try ground chia or soak them longer for a smoother texture. Alternatively, use flaxseed meal for a gentler option.
- Fruits: Use mashed bananas and canned peaches (without skin) as they are lower in fiber and easier to digest. If peaches are not tolerated, swap for cooked apples or papaya.
- Nut Butter: If nut butters are too heavy, consider using a small amount of coconut cream or omitting them entirely.

Preparation Tips:

- Pre-Soaking Chia Seeds: Always soak them well to prevent any digestive discomfort and make them easier to absorb.
- Smooth Texture: If needed, blend the entire parfait into a smooth, pudding-like consistency for easier digestion.
- Temperature Consideration: Serve slightly chilled or at room temperature, as very cold foods may sometimes trigger digestive issues.

Serving Suggestions:

- Enjoy as a gentle breakfast or snack.
- Pair with a soothing herbal tea like chamomile for added gut relief.
- If tolerated, top with a drizzle of coconut oil for extra healthy fats.

Recipe 13: Gentle Rice Cereal with Almond Milk

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Rice: White rice is easiest to digest, but if extra softness is needed, try overcooking it slightly or blending the final mixture for a smoother consistency.
- Milk Alternative: Almond milk can be replaced with lactose-free milk, oat milk, or coconut milk for variety.
- Sweeteners: Maple syrup or honey can be omitted if avoiding sugars, or replaced with a small amount of mashed banana for natural sweetness.
- Flavor Enhancements: Vanilla extract and cinnamon are optional; for very sensitive stomachs, keep the recipe plain or add a mild spice like nutmeg instead.

Preparation Tips:

- Extra Creamy Texture: Blend the final mixture if needed for an ultra-smooth porridge-like consistency.
- Gentle Sweetening: If sweetness is preferred but honey or maple syrup isn't well tolerated, try adding a tiny amount of coconut sugar or monk fruit sweetener.

- Serving Temperature: Serve warm, as very hot or cold foods may irritate sensitive digestion.

Serving Suggestions:

- Enjoy on its own or top with a drizzle of coconut oil for extra healthy fats.
- Serve with stewed apples or mashed bananas for added nutrition without excess fiber.
- Pair with chamomile or ginger tea for a soothing meal.

Recipe 14: Fluffy Scrambled Tofu with Herbs

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Tofu Choice: If firm tofu feels too dense, try silken tofu for a softer, more easily digestible texture.
- Oil: Olive oil is gentle, but avocado oil or coconut oil can be used if preferred.
- Milk Alternative: Almond milk can be swapped for oat milk, coconut milk, or lactose-free dairy milk.
- Seasonings:
 - Turmeric provides anti-inflammatory benefits, but can be omitted if not well tolerated.
 - Cumin is optional—leave it out if spices trigger symptoms.
 - Garlic & onion powder are gentler than fresh versions, but if these are irritating, use mild alternatives like chives or omit them entirely.

Preparation Tips:

- For a Softer Texture: Mash the tofu slightly more or add an extra splash of almond milk to create a smoother consistency.
- Extra Creaminess: Stir in a teaspoon of dairy-free yogurt at the end for a richer texture.
- Gentle Cooking: Cook on low to medium heat to avoid browning, as crispy or overcooked tofu may be harder to digest.

Serving Suggestions:

- Serve with a slice of low-fiber toast for a balanced meal.
- Pair with mashed avocado (if tolerated) or a small portion of well-cooked, peeled zucchini for added nutrition.
- Enjoy with a soothing herbal tea, such as chamomile or peppermint, to aid digestion.

Recipe 15: Gut-Soothing Chamomile & Mint Tea

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Chamomile: If unavailable, try dried lavender or lemon balm for similar calming effects.
- Peppermint: Can be replaced with fennel or ginger if peppermint causes reflux or discomfort.
- Sweetener: Honey adds a natural touch of sweetness, but for a lower glycemic option, use pure stevia or skip it entirely.
- Lemon Juice: While refreshing, lemon can sometimes irritate sensitive stomachs—omit if unsure.

Preparation Tips:

- Steeping Time:
 - For a milder tea, steep for 4–5 minutes.
 - For stronger medicinal benefits, steep up to 10 minutes.
- Temperature Control: Avoid boiling herbs directly, as this can make the tea bitter. Instead, pour hot water over them and let steep gently.
- Cover While Steeping: This helps retain essential oils and active compounds for maximum benefit.

Serving Suggestions:

- Enjoy warm before bed to promote relaxation and aid digestion.
- Pair with a light snack like a banana or toast if drinking on an empty stomach.
- Serve over ice for a refreshing, gut-friendly cold tea.

Recipe 16: Healing Bone Broth (Chicken or Beef)

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Bones: If beef or chicken bones are unavailable, try turkey or fish bones for similar benefits.
- Vegetables: Omit onions and garlic for a FODMAP-friendly broth. Replace with leeks (green parts only) or additional celery for mild flavor.

- Apple Cider Vinegar: Can be replaced with lemon juice (if tolerated) to help extract minerals from bones.
- Herbs & Spices: Skip black pepper if too strong on digestion; replace with mild spices like thyme or rosemary for added flavor.

Preparation Tips:

- Roasting Bones:
 - Roasting beef bones enhances richness—highly recommended for deeper flavor.
 - Roasting chicken bones is optional but adds a golden hue.
- Simmering Time:
 - Chicken: 12–24 hours
 - Beef: 24–48 hours for full mineral extraction.
- Gentle Cooking: Keep heat low to avoid boiling, which can make the broth cloudy and harsh on digestion.

Serving Suggestions:

- Drink warm as a gut-healing elixir.
- Use as a base for gentle soups or rice dishes.
- Sip before meals to aid digestion and soothe inflammation.
- Freeze in small portions for easy reheating.

Recipe 17: Creamy Carrot & Ginger Soup

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Onion & Garlic: If sensitive to FODMAPs, omit and replace with the green tops of leeks or a pinch of asafoetida for a mild onion-like flavor.
- Vegetable Broth: Use bone broth for extra gut-healing benefits. If broth is too strong, dilute with water.
- Coconut Milk: Swap for lactose-free cream or oat milk if coconut is not tolerated.
- Black Pepper: Omit if it triggers sensitivity, or replace with a pinch of cumin for warmth.
- Lemon Juice: If acidity is an issue, reduce or omit and add a little extra coconut milk for balance.

Preparation Tips:

- Sautéing First: Cooking the aromatics in oil enhances flavor while keeping the soup gentle on digestion.

- **Blending Smoothly:** Use an immersion blender for convenience or blend in batches to ensure a creamy texture.
- **Adjusting Consistency:** Add extra broth or water if the soup is too thick.

Serving Suggestions:

- Enjoy warm with a drizzle of extra coconut milk.
- Pair with a slice of soft sourdough or gluten-free toast for a gentle meal.
- Store leftovers in an airtight container for up to 4 days or freeze for later use.

Recipe 18: Easy Chicken & Rice Soup

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- **Chicken:** Use ground turkey or tofu if chicken is not tolerated.
- **Rice:** White rice is gentle on digestion, but if more fiber is needed, try well-cooked quinoa or millet.
- **Carrot & Zucchini:** Omit if vegetables are triggering or replace with peeled, well-cooked potatoes for extra starch.
- **Garlic:** Omit for FODMAP sensitivity or replace with a pinch of asafoetida for a mild flavor boost.
- **Turmeric:** Helps with inflammation, but can be omitted if not well tolerated.
- **Herbs:** Dried thyme and oregano are generally gentle, but if herbs cause irritation, reduce the amounts or use fresh versions.

Preparation Tips:

- **Shredded Chicken vs. Pre-Cooked:** Shredding freshly cooked chicken keeps the texture tender and easier to digest.
- **Broth Choice:** Homemade bone broth is best for gut healing, but a diluted store-bought version works well.
- **Rice Texture:** Ensure rice is well-cooked and soft to avoid digestive discomfort.

Serving Suggestions:

- Serve warm with a drizzle of olive oil for added healthy fats.
- Pair with a slice of soft, low-fiber bread if tolerated.
- Store leftovers in an airtight container in the fridge for up to 3 days or freeze for easy meal prep.

Recipe 19: Zucchini & Potato Purée Soup

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Zucchini: Replace with peeled yellow squash for a similar mild flavor and easy digestion.
- Potato: Swap for peeled sweet potato for a slightly sweeter taste and extra nutrients.
- Vegetable Broth: Use homemade bone broth for added gut-healing benefits.
- Garlic: If sensitive to garlic, omit it or use a drizzle of garlic-infused oil instead.
- Olive Oil: Substitute with avocado oil for a neutral taste and anti-inflammatory properties.

Preparation Tips:

- Blending: Ensure a silky-smooth texture by using a high-speed blender or straining the soup if necessary.
- Gentle on Digestion: Serve warm (not hot) and eat slowly to avoid digestive discomfort.
- Consistency: Adjust the thickness with extra broth or water if needed.

Serving Suggestions:

- Pair with a small serving of well-cooked white rice for a satisfying meal.
- Enjoy with a slice of soft, gluten-free bread if tolerated.
- Top with a drizzle of olive oil for extra healthy fats and flavor.

Recipe 20: Gut-Healing Pumpkin Soup with Coconut Milk

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Pumpkin: Substitute with butternut squash for a slightly sweeter taste.
- Coconut Milk: Use lactose-free cream if coconut milk is not tolerated.
- Vegetable Broth: Swap for homemade bone broth to enhance gut-healing properties.
- Garlic & Onion: If sensitive, omit or use a small amount of garlic-infused oil instead.
- Ginger: Use ground ginger if fresh is too strong for digestion.

Preparation Tips:

- Blending: Ensure a smooth texture by blending thoroughly; strain if necessary.

- Serving Temperature: Serve warm, not hot, to prevent irritation.
- Seasoning: Adjust spices to personal tolerance—reduce turmeric or cinnamon if necessary.

Serving Suggestions:

- Pair with a slice of soft, gluten-free bread for a comforting meal.
- Serve with a side of well-cooked rice for extra carbohydrates.
- Drizzle with a little extra coconut milk for added creaminess.

Recipe 21: Mild Butternut Squash Soup

Substitutions & Tips for Ulcerative Colitis Diet

Substitutions:

- Butternut Squash: Swap with pumpkin or acorn squash if preferred.
- Potato: Use a peeled sweet potato for a touch of natural sweetness.
- Coconut Milk: Substitute with lactose-free cream or omit for a lighter version.
- Carrot: Omit if not well tolerated.
- Olive Oil/Ghee: Use avocado oil for a neutral taste and digestion-friendly fats.

Preparation Tips:

- Blending: Ensure a silky-smooth consistency by blending well and straining if necessary.
- Gentle Cooking: Simmering over low heat helps retain nutrients while making digestion easier.
- Seasoning: Keep spices mild and adjust based on personal tolerance.

Serving Suggestions:

- Pair with soft, gluten-free bread for a balanced meal.
- Serve alongside well-cooked white rice for extra nourishment.
- Top with a drizzle of coconut milk for added richness.

Recipe 22: Nourishing Miso Soup with Soft Tofu

Ulcerative Colitis-Friendly Adjustments & Tips

Substitutions:

- Miso Paste: Stick to white miso, as it's milder and easier on digestion. Avoid darker miso, which is more fermented and stronger.
- Tamari/Soy Sauce: Omit if sodium-sensitive or replace with a dash of coconut aminos.
- Green Onion: Use only the green parts for better digestion.
- Tofu: Opt for soft or silken tofu for an easily digestible protein source.
- Ginger: Use sparingly or omit if it causes irritation.

Preparation Tips:

- Do Not Boil Miso: High heat destroys its probiotic benefits. Always stir it in after removing the soup from heat.
- Gentle Broth: Simmer kombu at low heat to avoid excess bitterness.
- Strain If Needed: If experiencing a flare-up, strain the broth before serving to remove any fibrous bits.

Serving Suggestions:

- Pair with well-cooked white rice for a more filling meal.
- Serve with steamed vegetables like peeled zucchini or carrots for extra nutrients.
- Enjoy warm, not piping hot, to avoid irritating the gut.

Recipe 23: Simple Cauliflower & Broth Soup

Ulcerative Colitis-Friendly Adjustments & Tips

Substitutions & Adjustments:

- Broth Choice: Use bone broth for gut-healing benefits or vegetable broth for a lighter option. Avoid high-sodium broths.
- Potato: Yukon gold or peeled white potatoes work best for easy digestion. If starchy vegetables are problematic, replace with a small amount of cooked white rice.
- Turmeric: Helps with inflammation, but use sparingly if sensitive.
- Olive Oil: Optional for added creaminess and healthy fats.

Preparation Tips:

- Chop Cauliflower Small: Smaller pieces cook faster and blend smoothly.
- Cook Until Very Soft: This makes digestion easier and creates a smoother soup.
- Blend Thoroughly: Use an immersion blender for convenience or a regular blender for a silkier consistency.

Serving Suggestions:

- Pair with soft, toasted white bread or plain crackers for a mild, satisfying meal.
- Garnish with fresh parsley or chopped chives, but omit if fibrous greens cause irritation.
- Sip slowly and serve warm—not too hot—to prevent gut discomfort.

Recipe 24: Homemade Chicken Broth with Rice Noodles

Ulcerative Colitis-Friendly Adjustments & Tips

Substitutions & Adjustments:

- Chicken: Opt for organic, skinless chicken for a lighter broth. Dark meat can be used for extra nutrients.
- Vegetables:
 - Omit onions and garlic if they trigger symptoms.
 - Use peeled zucchini and parsnips for easier digestion.
 - Carrots and celery should be well-cooked to soften fiber.
- Turmeric: Aids inflammation but can be omitted if sensitive.
- Rice Noodles: Choose thin, well-cooked rice vermicelli for easy digestion.

Preparation Tips:

- Skim the Broth Frequently: This removes excess fat and impurities, making the soup gentler on the stomach.
- Simmer for Longer: A 2-3 hour simmer extracts the most nutrients while keeping the broth mild.
- Strain Well: Use a fine-mesh sieve or cheesecloth for a smooth, clear broth.

Serving Suggestions:

- Serve warm (not too hot) to prevent gut irritation.
- Pair with plain toast or crackers for a mild, soothing meal.
- If tolerated, add a squeeze of fresh lemon juice for brightness.

Storage Tips:

- Keep noodles and broth separate to prevent mushiness.
- Store broth in the fridge for 4 days or freeze for up to 3 months.

Recipe 25: Cucumber & Yogurt Cold Soup

Ulcerative Colitis-Friendly Adjustments & Tips

Substitutions & Adjustments:

- **Yogurt:** Use lactose-free yogurt or plain Greek yogurt for easier digestion. Avoid full-fat if fats trigger symptoms.
- **Cucumber:** Remove seeds and peel to reduce fiber content and enhance smoothness.
- **Garlic:** Omit if it causes irritation—this soup is still flavorful without it!
- **Cumin & Lemon Juice:** Use in small amounts or skip if they cause sensitivity.

Preparation Tips:

- **Blend Until Silky Smooth:** A high-speed blender creates a creamy, lump-free texture.
- **Chill Before Serving:** This enhances the cooling, soothing effect on the gut.
- **Adjust Thickness:** Add water gradually to reach your ideal consistency.

Serving Suggestions:

- Serve cold, but not too icy, as extreme temperatures can trigger flares.
- Pair with soft white bread or plain crackers for a mild, easy-to-digest meal.

Storage Tips:

- Best consumed fresh, but can be refrigerated for up to 24 hours.
- Stir before serving, as separation may occur.

Recipe 26: Baked Salmon with Lemon & Olive Oil

Ulcerative Colitis-Friendly Adjustments & Tips

Substitutions & Adjustments:

- **Garlic Sensitivity?** Use garlic-infused olive oil instead of minced garlic for a gentler flavor.
- **Oregano Alternative:** If oregano is too strong, substitute with fresh dill or basil for a milder herb.
- **Acid Sensitivity?** Reduce lemon juice or squeeze only a few drops before serving.

Preparation Tips:

- Use a Moisture Lock: Adding water or low-sodium broth keeps the salmon tender and easy to digest.
- Bake, Don't Fry: Baking avoids excessive fats and retains nutrients, making it gentler on digestion.
- Remove Skin (If Needed): Some find salmon skin harder to digest—peel it off if necessary.

Serving Suggestions:

- Pair with soft white rice or mashed sweet potatoes for a mild, gut-friendly meal.
- Serve with steamed zucchini or carrots for extra nutrients without irritating fiber.

Storage Tips:

- Store leftovers in an airtight container in the fridge for up to 2 days.
- Reheat gently at a low temperature (275°F for 10 minutes) to avoid dryness.

Recipe 27: Tender Chicken Breast with Steamed Carrots

Ulcerative Colitis-Friendly Adjustments & Tips

Substitutions & Adjustments:

- Garlic Sensitivity? Use a garlic-infused olive oil instead of garlic powder for a gentler flavor.
- Acid Sensitivity? Reduce or omit lemon juice if citrus triggers symptoms.
- Broth Alternative: If store-bought broths cause irritation, use homemade bone broth or just water.

Preparation Tips:

- Gentle Cooking: Simmering in broth keeps chicken moist, preventing it from becoming too dry and difficult to digest.
- Soft & Easy-to-Chew Carrots: Steaming makes them gentler on digestion compared to raw carrots, which can be tough on the gut.
- Minimal Seasoning: Using mild herbs like oregano and turmeric provides flavor without overwhelming the stomach.

Serving Suggestions:

- Serve with mashed potatoes, white rice, or well-cooked quinoa for an easy-to-digest side.
- Pair with a small portion of avocado for extra healthy fats and creaminess.

Storage Tips:

- Store leftovers in an airtight container in the fridge for up to 3 days.
- Reheat gently by adding a splash of water and warming over low heat to prevent dryness.

Recipe 28: Ground Turkey & White Rice Bowl

Ulcerative Colitis-Friendly Adjustments & Tips

Why This Works for Sensitive Digestion:

- ✓Lean Protein: Ground turkey is easy to digest and less fatty than red meat.
- ✓Well-Cooked White Rice: Low in fiber and gentle on the gut.
- ✓Anti-Inflammatory Spices: Turmeric & ginger help soothe inflammation without overpowering flavors.
- ✓Moist Cooking Method: Adding broth keeps turkey tender, preventing dryness that could be hard to digest.

Substitutions & Adjustments:

- If avoiding garlic: Swap garlic powder for garlic-infused olive oil to get the flavor without irritation.
- For extra gut-healing fats: Add a teaspoon of coconut oil to the rice for easy-to-digest nourishment.
- Vegetable Sensitivity? Steam and finely dice zucchini or peeled carrots for a gentle fiber boost.

Serving Suggestions:

- Mild & Soothing: Pair with a small portion of mashed avocado or a drizzle of extra olive oil for extra creaminess.
- More Flavor Without Irritation: A squeeze of fresh lemon (if tolerated) adds brightness.

Storage & Meal Prep Tips:

- ✓Fridge: Store in an airtight container for up to 3 days.
- ✓Freezer: Freeze turkey and rice separately for up to 2 months for easy meal prep.
- ✓Reheating Tip: Add a splash of water or broth before microwaving to keep the turkey moist.

Recipe 29: Simple Baked Cod with Mashed Potatoes

Gut-Friendly & Inflammation-Soothing Adjustments

Why This Recipe Works for Digestive Health:

- ✓Lean Protein: Cod is easy to digest and packed with omega-3s, which can help reduce inflammation.
- ✓Gentle Carbs: Mashed potatoes provide energy without irritating the gut.
- ✓Anti-Inflammatory Ingredients: Turmeric, oregano, and white pepper are mild on digestion and may help with inflammation.
- ✓Dairy-Free Option: Uses lactose-free or almond milk for sensitive stomachs.

Customizations for Sensitivities:

- ☐ If avoiding garlic: Swap garlic powder for garlic-infused olive oil for gentle flavor.
- ☐ For extra healthy fats: Add a teaspoon of coconut oil or extra olive oil to mashed potatoes.
- ☐ If sensitive to citrus: Skip the lemon juice and use a tiny drizzle of apple cider vinegar for freshness.

Serving & Meal Prep Tips:

- ✓Make it a Complete Meal: Pair with steamed zucchini or green beans if tolerated.
- ✓Storage:
 - Fridge: Store separately for up to 3 days.
 - Freezer: Cod can be frozen for up to 2 months, but mashed potatoes are best fresh.
- ✓Reheating Tip: Warm cod in the oven at 300°F (150°C) for 5-7 minutes to retain moisture.

Recipe 30: Soft Tofu & Steamed Vegetables

A Gentle, Nutrient-Packed Meal for Sensitive Digestion

- ☐ Why This Recipe Works for Digestive Health:
 - ✓Soft & Easy to Digest: Silken tofu provides plant-based protein without being heavy.
 - ✓Gentle Cooking Method: Steaming retains nutrients while keeping food soft and easy on the stomach.
 - ✓Anti-Inflammatory Boost: Ginger, olive oil, and bok choy help support digestion and reduce

bloating.

✓**Low-Sodium Option:** Uses vegetable broth and coconut aminos instead of heavy sauces.

Customizations for Different Dietary Needs:

- ☐ **Soy-Free Alternative:** Swap tofu for steamed mashed sweet potato or soft scrambled eggs.
- ☐ **Extra Protein:** Add a soft-poached egg on top of the tofu for extra nourishment.
- ☐ **More Flavor Without Irritation:**
 - For mild umami: Use a dash of miso paste instead of soy sauce.
 - For extra creaminess: Drizzle a teaspoon of tahini over the tofu.

Serving & Meal Prep Tips:

✓**Pairing Suggestions:** Serve with white rice or congee if additional carbs are needed.

✓**Storage:**

- **Fridge:** Store separately for up to 2 days (tofu may release some water).
- **Freezer:** Not recommended (tofu changes texture).
- ✓**Reheating Tip:** Gently steam tofu again for 1-2 minutes to retain its soft texture.

Recipe 31: Gentle Stir-Fried Shrimp with Zucchini

A Light, Nourishing Meal for Sensitive Digestion

☐ **Why This Recipe Works for Gut Health:**

- ✓**Lean, Easy-to-Digest Protein:** Shrimp provides high-quality protein without excess fat.
- ✓**Gentle Cooking Method:** Light stir-frying retains nutrients while keeping textures soft.
- ✓**Anti-Inflammatory Boost:** Ginger, turmeric, and olive oil help reduce bloating and aid digestion.
- ✓**Mild & Soothing Flavors:** Garlic-infused oil offers flavor without triggering sensitivities.

Customizations for Different Dietary Needs:

- ☐ **Low-Histamine Version:** Swap shrimp for poached chicken and omit turmeric.
- ☐ **Vegetarian Alternative:** Replace shrimp with cubed silken tofu for plant-based protein.
- ☐ **For More Fiber:** Add steamed carrots or soft bok choy for variety.

Serving & Meal Prep Tips:

✓ Pairing Suggestions: Serve with steamed jasmine rice or mashed sweet potatoes for a balanced meal.

✓ Storage:

- Fridge: Store in an airtight container for up to 2 days.
 - Freezer: Not recommended (shrimp can become rubbery).
- ✓ Reheating Tip: Warm gently in a non-stick pan over low heat with a splash of water to maintain tenderness.

Recipe 32: Mild Chicken & Rice Stir-Fry (No Spices)

A Gentle, Nourishing Meal for Sensitive Digestion

☐ Why This Recipe is Perfect for a Gentle Diet:

✓ Easily Digestible Carbohydrates: White rice is soft and low in fiber, making it easy on the stomach.

✓ Lean, Well-Cooked Protein: Chicken breast is mild, high in protein, and lightly cooked to stay tender.

✓ Soft, Gut-Friendly Vegetables: Zucchini, carrots, and spinach provide vitamins without irritating digestion.

✓ No Harsh Spices: The recipe relies on natural flavors without overwhelming seasonings.

Customizations for Different Dietary Needs:

☐ Dairy-Free Option: Skip the yogurt or use a coconut-based alternative.

☐ Vegetarian Alternative: Swap chicken for soft scrambled eggs or mashed tofu.

☐ More Protein: Add a soft-poached egg on top.

☐ For Extra Moisture: Mix in a little bone broth before serving.

Serving & Meal Prep Tips:

✓ Pairing Suggestions: Serve with a side of steamed sweet potatoes or a cup of mild chamomile tea.

✓ Storage:

- Fridge: Store in an airtight container for up to 3 days.
 - Freezer: Can be frozen for up to 1 month (without yogurt).
- ✓ Reheating Tip: Warm gently in a pan with a splash of broth to keep the rice soft.

Recipe 33: Soft Baked Tilapia with Lemon & Butter

A Light, Gentle, and Comforting Meal

☐ Why This Recipe is Perfect for a Sensitive Stomach:

- ✓Soft & Easy to Digest: Tilapia is naturally tender and mild, making it gentle on digestion.
- ✓Moisture-Rich Cooking Method: Baking with butter, olive oil, and lemon ensures the fish stays soft.
- ✓Anti-Inflammatory Ingredients: Lemon, oregano, and parsley add flavor without irritating the gut.
- ✓No Harsh Spices: Uses mild garlic powder instead of raw garlic for a gentler taste.

Customizations for Different Dietary Needs:

- ☐ Dairy-Free Option: Swap butter for extra olive oil or ghee (if tolerated).
- ☐ Extra Protein: Serve alongside a soft-boiled egg or mashed white beans.
- ☐ Low-Fiber Option: Pair with mashed potatoes instead of fibrous vegetables.

Serving & Meal Prep Tips:

- ✓✓Pairing Suggestions: Best served with steamed zucchini, soft white rice, or mashed sweet potatoes.
- ✓✓Storage:
 - Fridge: Store in an airtight container for up to 2 days.
 - Freezer: Avoid freezing, as fish can lose texture when reheated.
- ✓✓Reheating Tip: Warm gently in the oven (325°F) with a splash of broth to keep it moist.

Recipe 34: Scrambled Egg Wrap with Soft Cheese

A Creamy, Nourishing Breakfast Wrap

☐ Why This Recipe is Gentle & Gut-Friendly:

- ✓Soft & Easy to Digest: Scrambled eggs and soft cheese are gentle on the stomach.
- ✓Mild & Creamy Texture: The milk and cheese keep the wrap moist, preventing dryness.
- ✓Customizable for Dietary Needs: Can be dairy-free, gluten-free, or anti-inflammatory with simple swaps.

Customizations for Different Diets:

- ☐ Dairy-Free: Use plant-based cheese and a milk alternative (almond or oat).
- ☐ Gluten-Free: Swap for a gluten-free tortilla or a soft rice wrap.
- ☐ Extra Protein: Add a few soft-cooked spinach leaves or shredded rotisserie chicken.
- ☐ Low-Fiber Option: Skip the tortilla and serve the eggs on mashed potatoes.

Serving & Meal Prep Tips:

✓✓Pairing Suggestions:

- Best served with a warm herbal tea or a soft banana.
- For extra gut support, enjoy with a small serving of yogurt.

✓✓Storage & Reheating:

- Fridge: Wrap tightly and store for up to 1 day.
- Reheat: Microwave for 15–20 seconds or warm in a dry pan for freshness.

Recipe 35: Turkey Meatballs with Mashed Sweet Potato

A Nourishing, Easy-to-Digest Comfort Meal

☐ Why This Recipe is Great for Sensitive Stomachs:

- ✓✓Soft & Moist Meatballs: The addition of grated zucchini prevents dryness.
- ✓✓Anti-Inflammatory Spices: Turmeric & ginger help reduce bloating and inflammation.
- ✓✓Gentle Carbs: Sweet potatoes provide fiber but are easier to digest than white potatoes.

Customizations for Different Diets:

- ☐ Dairy-Free: Use olive oil instead of butter and almond milk for the mash.
- ☐ Gluten-Free: Use oat flour or gluten-free breadcrumbs.
- ☐ Extra Protein: Serve with a soft avocado sauce or mild yogurt dressing.
- ☐ Lower Fiber Option: Use mashed white potatoes instead of sweet potatoes.

Serving & Meal Prep Tips:

✓✓Pairing Suggestions:

- Serve with a light bone broth for extra gut support.

- Add a spoonful of plain yogurt as a cooling dip.

✓Storage & Reheating:

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze the meatballs for up to 3 months (reheat in oven at 350°F).
- Reheat: Warm meatballs in a pan with a little broth or olive oil to retain moisture.

This wholesome, gut-friendly meal is both nutritious and easy to digest, making it perfect for those with sensitive stomachs or inflammatory conditions. ☐☐✦

Recipe 36: Mild Chicken & Coconut Milk Curry

A Gentle, Comforting Meal for Sensitive Digestion

☐ Why This Recipe is Great for Gut Health:

- ✓Mild & Soothing: Coconut milk provides a creamy texture without dairy, and the gentle spices aid digestion.
- ✓Easily Digestible Veggies: Peeled zucchini & carrots soften well, making them easy on the stomach.
- ✓Protein-Rich & Nourishing: Lean chicken breast supports muscle repair while being light and easy to digest.

Customizations for Different Diets:

- ☐ Low-Fiber Version: Strain the coconut milk for a smoother texture & use mashed white potatoes instead of rice.
- ☐ Extra Creaminess: Add 1 extra tablespoon of coconut milk at the end for a richer sauce.
- ☐ Vegetarian Alternative: Swap chicken for soft tofu or well-cooked lentils.
- ☐ Higher Protein Option: Use chicken thighs instead of breast for added tenderness and flavor.

Serving & Meal Prep Tips:

✓Pairing Suggestions:

- Serve with soft steamed rice or mashed potatoes for a complete meal.
- A spoonful of unsweetened yogurt can be added for a cooling effect.

✓Storage & Reheating:

- Fridge: Store in an airtight container for up to 3 days.

- Freezer: Freeze in portion-sized containers for up to 2 months.
- Reheat Gently: Warm in a pan over low heat, adding a splash of coconut milk or broth to retain moisture.

Recipe 37: Steamed White Fish with Olive Oil Drizzle

A Light, Nutritious Dish for Easy Digestion

☐ Why This Recipe is Perfect for Gut Health:

- ✓Steaming keeps the fish tender and easy to digest.
- ✓Turmeric and olive oil provide anti-inflammatory benefits.
- ✓Mild flavors prevent irritation while still being delicious.

Customizations for Different Diets:

- ☐ Extra Gentle Version: Skip the garlic and dried herbs for an ultra-light flavor.
- ☐ More Flavor: Add a small pinch of black pepper or a tiny bit of grated ginger.
- ☐ Vegetarian Alternative: Swap fish for soft tofu, steaming it the same way.
- ☐ Higher Protein: Use a thicker fish fillet like halibut or add a side of mashed sweet potatoes.

Serving & Meal Prep Tips:

✓✓Best Side Dishes:

- Pair with steamed white rice for an easy, comforting meal.
- Serve with mashed potatoes for a creamy texture.
- Add lightly sautéed zucchini or carrots for extra nutrients.

✓✓Storage & Reheating:

- Fridge: Store in an airtight container for up to 2 days.
- Reheat Gently: Steam for 3–4 minutes or warm in a covered pan with a splash of water.
- Avoid Microwaving: It can dry out the fish and alter the texture.

This simple, nourishing meal is perfect for those seeking a soothing, anti-inflammatory dish that's easy on digestion and full of healthy fats! ☐ ✦ ✧

Recipe 38: Easy Avocado & Tuna Rice Bowl

A Nourishing, Protein-Packed Meal for Gut Health

☐ Why This Recipe Works for Digestion:

- ✓ White rice is soft, soothing, and easy to digest.
- ✓ Avocado provides healthy monounsaturated fats for gut support.
- ✓ Tuna is a lean, high-protein option that's gentle on the stomach.
- ✓ Greek yogurt adds probiotics for gut health (if tolerated).

Customizations & Variations:

- ☐ Low-Fiber Version: Skip sesame seeds and herbs for a simpler, ultra-digestible meal.
- ☐ Dairy-Free: Omit Greek yogurt or use a dairy-free alternative like coconut yogurt.
- ☐ More Flavor: Add a drizzle of low-sodium tamari or coconut aminos.
- ☐ Extra Protein: Top with a soft-boiled egg or an additional half-can of tuna.
- ☐ Vegan Alternative: Replace tuna with mashed chickpeas or silken tofu.

Serving & Storage Tips:

✓ Best Side Pairings:

- Steamed carrots or zucchini for added nutrients.
- A warm cup of mild bone broth or miso soup for extra soothing benefits.

✓ Storage & Meal Prep:

- Fridge: Store in an airtight container for up to 24 hours (avocado may brown slightly).
- Meal Prep Hack: Keep the avocado separate and mash fresh before serving to maintain color and texture.

Recipe 39: Boiled Chicken & Rice Casserole

A Comforting, Gut-Friendly Meal for Easy Digestion

☐ Why This Recipe Works for Digestion:

- ✓ Boiled chicken is lean, tender, and gentle on the stomach.
- ✓ White rice is soft and easy to digest, reducing gut irritation.

✓Olive oil or butter adds healthy fats to support nutrient absorption.

✓Turmeric provides anti-inflammatory benefits.

✓Carrots add mild sweetness and extra nutrients.

Customizations & Variations:

☐ Dairy-Free: Use unsweetened almond milk instead of lactose-free milk.

☐ Low-Fiber Version: Omit carrots for an ultra-digestible, minimal-fiber meal.

☐ Extra Protein: Stir in a whisked egg while warming the casserole for added nutrition.

☐ More Flavor: Add a pinch of garlic powder or a bay leaf while cooking the rice.

Serving & Storage Tips:

✓✓Best Side Pairings:

- A warm cup of homemade bone broth for added gut-healing benefits.
- Steamed zucchini or peeled cucumber slices for mild hydration.

✓✓Storage & Meal Prep:

- Fridge: Store in an airtight container for up to 3 days.
- Reheat: Add a splash of water or broth when reheating to keep the rice moist.
- Freezer: Freeze in portions for up to 1 month—thaw overnight in the fridge before reheating.

Recipe 40: Baked White Fish with Soft Mashed Cauliflower

A Light & Gentle Meal for Digestive Comfort

☐ Why This Recipe Works for Gut Health:

✓White fish is mild, lean, and packed with easy-to-digest protein.

✓Olive oil and lemon juice support digestion and provide anti-inflammatory benefits.

✓Mashed cauliflower is a great low-carb, fiber-rich alternative to mashed potatoes.

✓Steaming preserves nutrients while making cauliflower extra soft.

Customizations & Variations:

- ☐ Dairy-Free: Use olive oil instead of butter in the mashed cauliflower.
- ☐ Extra Flavor: Add a pinch of smoked paprika or a squeeze of fresh lemon juice before serving.
- ☐ More Creaminess: Stir in a tablespoon of plain Greek yogurt to the cauliflower mash.
- ☐ Higher Protein: Serve with a side of steamed quinoa or a soft-boiled egg.

Serving & Storage Tips:

✓✓Best Side Pairings:

- A light cucumber salad for refreshing contrast.
- A warm cup of bone broth to aid digestion and add extra nutrients.

✓✓Storage & Reheating:

- Fridge: Store leftovers in an airtight container for up to 2 days.
- Reheat: Warm in the oven at 300°F (150°C) for about 5 minutes or microwave in short bursts, adding a little water to prevent dryness.
- Freezer: The fish is best eaten fresh, but the mashed cauliflower can be frozen for up to 1 month—thaw overnight and reheat gently.

Recipe 41: Simple Chicken & Zucchini Skillet

A Light, Easy-to-Digest Meal for Gut Health

☐ Why This Recipe Works for Digestive Comfort:

- ✓✓Chicken provides lean protein that's easy on the stomach.
- ✓✓Zucchini is gentle on digestion and rich in hydration.
- ✓✓Olive oil and broth keep the dish moist and gut-friendly.
- ✓✓Mild seasonings make it soothing while still flavorful.

Customizations & Variations:

- ☐ Extra Soft Texture: Cook zucchini a little longer or mash it slightly.
- ☐ Dairy-Free Creaminess: Stir in 1 tablespoon of unsweetened almond milk for a richer texture.
- ☐ More Flavor: Add a pinch of turmeric for anti-inflammatory benefits.
- ☐ Higher Fiber: Serve over cooked quinoa or mashed sweet potatoes.

Serving & Storage Tips:

✓✓Best Side Pairings:

- A bowl of soft-cooked white rice for a complete meal.
- Mashed potatoes or pureed carrots for extra comfort.

✓Storage & Reheating:

- Fridge: Store in an airtight container for up to 3 days.
- Reheat: Warm in a skillet over low heat or microwave with a splash of broth to prevent dryness.
- Freezer: Can be frozen for up to 1 month—thaw overnight and reheat gently.

Recipe 42: Tender Ground Chicken Patties

Soft, Moist, and Easy on Digestion

☐ Why This Recipe Works for Gut Health:

- ✓Ground chicken (preferably dark meat) keeps the patties tender and easy to digest.
- ✓Grated zucchini adds moisture, making them soft and gentle on digestion.
- ✓Mashed white rice binds the mixture while providing a mild, stomach-friendly texture.
- ✓Olive oil ensures juiciness without the need for heavy frying.

Customizations & Variations:

- ☐ Extra Soft Texture: Add an extra tablespoon of almond milk for an even more tender bite.
- ☐ More Flavor: Swap oregano for a pinch of fresh parsley or basil for a mild herbaceous touch.
- ☐ Higher Fiber Option: Serve with a side of steamed spinach or mashed cauliflower.
- ☐ Iron Boost: Mix in a teaspoon of finely minced liver for an iron-rich variation.

Serving & Storage Tips:

✓Best Side Pairings:

- Steamed carrots or mashed sweet potatoes for extra comfort.
- A dollop of lactose-free yogurt for a cooling, mild sauce.
- Soft, well-cooked quinoa for added nutrients.

✓Storage & Reheating:

- Fridge: Store in an airtight container for up to 3 days.
- Reheat: Warm in a skillet over low heat with a splash of broth or water to keep moist.
- Freezer: Freeze uncooked patties for up to 1 month—thaw overnight before cooking.

Recipe 43: Baked Soft Tofu with Mild Ginger Sauce

Gentle, Nourishing, and Gut-Friendly

□ Why This Recipe Works for Sensitive Digestion:

- ✓ Soft tofu is creamy, easy to digest, and a great plant-based protein source.
- ✓ Ginger promotes digestion and helps reduce inflammation.
- ✓ Tamari or coconut aminos provide flavor without being harsh on the gut.
- ✓ A touch of maple syrup or honey adds mild sweetness without overwhelming the dish.

Customizations & Variations:

- Extra Soothing: Serve with a side of mashed sweet potatoes for added comfort.
- More Flavor: Garnish with finely chopped scallions or a sprinkle of white sesame seeds.
- Higher Protein Option: Pair with soft, well-cooked quinoa or a warm bowl of miso soup.
- Gluten-Free Alternative: Use coconut aminos instead of tamari for a soy-free version.

Serving & Storage Tips:

✓ Best Side Pairings:

- Soft white rice or rice noodles for a mild, easy-to-digest base.
- Steamed vegetables like zucchini, carrots, or bok choy.
- A warm, mild broth for extra comfort.

✓ Storage & Reheating:

- Fridge: Store in an airtight container for up to 2 days.
- Reheat: Warm gently in the microwave or a pan over low heat with a splash of water.
- Avoid Freezing: Soft tofu's texture changes when frozen, so it's best enjoyed fresh.

Recipe 44: Egg Drop Soup with Soft Rice Noodles

A Soothing, Nourishing Bowl for Gentle Digestion

☐ Why This Recipe Works for Sensitive Digestion:

- ✓ Eggs provide easy-to-absorb protein and essential nutrients.
 - ✓ Rice noodles are gluten-free, soft, and easy on the stomach.
 - ✓ Ginger supports digestion and reduces inflammation.
 - ✓ A mild, silky texture makes it comforting and soothing.
-

Customizations & Variations:

- ☐ Protein Boost: Add small pieces of poached chicken or silken tofu for extra nourishment.
 - ☐ Vegetarian Option: Use vegetable broth instead of chicken broth.
 - ☐ Mildly Creamy Version: Stir in a splash of unsweetened almond or oat milk for a smoother broth.
 - ☐ Extra Gentle: Skip the white pepper if sensitive to spice.
-

Serving & Storage Tips:

✓ Best Pairings:

- Serve with a small side of steamed white rice for a more filling meal.
- Add steamed carrots or zucchini for extra nutrition without heavy digestion.
- A warm cup of chamomile or ginger tea complements this dish perfectly.

✓ Storage & Reheating:

- Fridge: Store leftovers in an airtight container for up to 2 days.
- Reheat: Warm gently over low heat, stirring carefully to maintain the delicate egg ribbons.
- Avoid Freezing: The texture of the eggs and noodles can become mushy when frozen.

Recipe 45: Mild Steamed White Fish with Rice

A Gentle, Nourishing Meal for Easy Digestion

☐ Why This Recipe Works for Sensitive Digestion:

- ✓ Mild white fish is lean, protein-rich, and easy to digest.
- ✓ Steaming preserves nutrients and keeps the dish light.

- ✓Ginger and turmeric offer anti-inflammatory benefits.
 - ✓Soft white rice is gentle on the stomach and provides energy.
-

Customizations & Variations:

- ☐ Vegetarian Alternative: Swap fish for silken tofu and steam it with ginger and turmeric.
 - ☐ Extra Flavor: Drizzle with a teaspoon of mild sesame oil after steaming for a delicate nutty aroma.
 - ☐ More Fiber: Add steamed zucchini or carrots as a side for a balanced meal.
 - ☐ Lighter Version: Replace white rice with soft-cooked cauliflower rice for a low-carb option.
-

Serving & Storage Tips:

✓Best Pairings:

- Serve with a small side of steamed spinach or bok choy for extra nutrients.
- A warm cup of chamomile or ginger tea enhances the meal's soothing effect.
- Add a drizzle of coconut aminos for a mild, gut-friendly umami boost.

✓Storage & Reheating:

- Fridge: Store leftovers in an airtight container for up to 2 days.
- Reheat: Steam lightly or warm over low heat to maintain texture.
- Avoid Freezing: The fish may become dry and lose its delicate texture.

46. Steamed Carrots with Olive Oil

Substitutions & Tips for Ulcerative Colitis Diet

☐ Substitutions:

- ☐ Oil Alternative: Swap olive oil with coconut oil or avocado oil if olive oil causes sensitivity. These fats are gentle on digestion.
- ☐ Carrot Variation: If raw carrots are too harsh, use baby carrots or peeled, well-cooked carrots for an extra-soft texture.
- ☐ Seasoning Change: Replace turmeric with a pinch of cinnamon for anti-inflammatory benefits

without the strong earthy taste.

❑ Citrus-Free Option: Skip the lemon juice if citrus triggers symptoms and replace it with a small splash of coconut water for mild sweetness.

❑ Preparation Tips:

✔Cook Until Extra Tender: For a gentler texture, steam the carrots for 12-15 minutes instead of 8-10. This makes them easier to digest.

✔Blending Option: If chewing is difficult during a flare-up, blend the steamed carrots with a splash of warm water into a gentle purée.

✔Peeling is Key: Always peel carrots to remove excess fiber from the skin, making them easier on the gut.

✔Test Small Amounts: Some people with UC tolerate carrots well, while others may not. Start with a few pieces before eating a full serving.

47. Simple Mashed Potatoes with Ghee

Substitutions & Tips for Ulcerative Colitis Diet

❑ Substitutions:

❑ Ghee Alternative: If dairy is not tolerated, swap ghee with coconut oil or avocado oil for a gentle, anti-inflammatory fat.

❑ Potato Variation: Use Japanese sweet potatoes (white-fleshed) instead of russet or Yukon gold for a milder, fiber-friendly option.

❑ Liquid Adjustments: Instead of almond milk, try coconut milk (unsweetened) or just warm water to avoid potential nut sensitivities.

❑ Salt-Free Option: If salt triggers bloating, season lightly with a dash of cinnamon or garlic-infused oil for mild flavor.

❑ Preparation Tips:

✔Peeling is Essential: Potato skins can be hard to digest, so always peel them completely.

✔Overcook Slightly: Cooking potatoes until extra soft (boiling 5 minutes longer than usual) makes them easier on the digestive system.

- ✓Mash Thoroughly: A smooth texture is gentler on the gut than chunky mashed potatoes. A food processor or hand blender can help.
- ✓Small Portions First: Start with a few spoonfuls to check tolerance before consuming a full serving.

48. Roasted Butternut Squash with Cinnamon

Substitutions & Tips for Ulcerative Colitis Diet

☐ Substitutions:

- ☐ Oil Alternatives: If olive oil is hard to digest, use coconut oil or ghee, which are often gentler on sensitive stomachs.
 - ☐ Sweetener Swap: Replace maple syrup with a small drizzle of honey or omit it entirely if natural sweetness from the squash is enough.
 - ☐ Spice Adjustment: If ginger or cinnamon causes irritation, reduce the amount or omit them. A small amount of nutmeg can add warmth without overpowering.
 - ☐ Squash Variety: If butternut squash is too fibrous, try peeled and roasted kabocha squash or delicata squash, which are easier to digest.
-

☐ Preparation Tips:

- ✓Peel Completely: The skin can be tough on digestion, so always peel thoroughly.
- ✓Roast Until Soft: Cook slightly longer (up to 35 minutes) for an extra tender, easy-to-digest texture.
- ✓Mash for Easier Digestion: If needed, mash the roasted squash with a fork or blend into a puree for a smoother consistency.
- ✓Small Portions First: Start with a small serving to check for tolerance before making it a regular dish.

49. Zucchini & White Rice Medley

Substitutions & Tips for Ulcerative Colitis Diet

☐ Substitutions:

- ☐ Oil Alternative: Swap olive oil for ghee or coconut oil, which can be gentler on digestion.
 - ☐ Rice Choice: Stick to white rice (jasmine or basmati), as brown rice is higher in fiber and may be harder to tolerate. If rice isn't well tolerated, cooked white quinoa or millet are alternative low-fiber grains.
 - ☐ Spice Adjustment: If oregano or turmeric causes irritation, omit or replace with a pinch of cumin or fresh basil for a gentler flavor.
 - ☐ Broth Alternative: If vegetable broth is not well tolerated, use plain filtered water instead.
-

☐ Preparation Tips:

- ✓ Peel the Zucchini: The skin can be harder to digest, so removing it makes this dish more gut-friendly.
- ✓ Dice Small & Cook Thoroughly: Soft, well-cooked zucchini is easier to digest. Sautéing until tender or steaming before adding helps.
- ✓ Make it Extra Moist: If dry foods trigger symptoms, add extra vegetable broth or warm water when mixing the rice and zucchini.
- ✓ Serve in Small Portions: Start with a small serving to ensure tolerance, as even well-cooked vegetables can sometimes cause bloating.

50. Steamed Spinach with Olive Oil Drizzle

Substitutions & Tips for Ulcerative Colitis Diet

☐ Substitutions:

- ☐ Oil Alternative: If olive oil is hard to digest, swap for ghee or avocado oil, which can be gentler on sensitive stomachs.
 - ☐ Spinach Type: Baby spinach is preferred over mature spinach, as it is more tender and easier to digest. If spinach is not well tolerated, try steamed zucchini or butter lettuce for a gentler option.
 - ☐ Acidic Additions: If lemon juice is irritating, omit it or replace it with a few drops of bone broth for added minerals.
-

☐ Preparation Tips:

✓ Steam, Don't Sauté: Steaming keeps spinach soft and easier to digest compared to raw or sautéed versions.

✓ Keep it Moist: If dry foods trigger symptoms, mix in a small amount of warm water or broth before serving.

✓ Watch Fiber Intake: If you're in an active flare, pureeing the steamed spinach can make it even gentler on digestion.

51. Soft-Boiled Sweet Potatoes with Coconut Oil

Substitutions & Tips for Ulcerative Colitis Diet

☐ Substitutions:

☐ Oil Alternative: If coconut oil isn't well tolerated, replace with ghee or extra virgin olive oil for a gentler fat source.

☐ Sweet Potato Type: Choose Japanese sweet potatoes if orange varieties cause bloating—these are lower in certain fermentable fibers.

☐ Flavor Adjustments: If cinnamon is irritating, omit it or replace with a small pinch of nutmeg for a milder option.

☐ Preparation Tips:

✓ Peel for Easier Digestion: The skin is fibrous and may cause irritation—peeling helps minimize digestive distress.

✓ Cook Until Very Soft: The softer, the better! Sweet potatoes should be easily mashed with a fork for a gut-friendly texture.

✓ Blend If Needed: For even smoother digestion, puree the cooked sweet potatoes with a splash of warm water or bone broth.

53. Rice with Soft Steamed Green Beans

Substitutions & Tips for Ulcerative Colitis Diet

☐ Substitutions:

- ☐ Rice Alternatives: If white rice isn't well tolerated, swap for well-cooked millet or short-grain white rice, which are gentle on digestion.
 - ☐ Broth Choice: If vegetable broth is too strong, use plain water or homemade bone broth for added nutrients.
 - ☐ Oil Options: Instead of olive oil, try avocado oil or ghee for extra gut-soothing fats.
 - ☐ Herbs & Lemon: Omit dried herbs and lemon juice if they trigger discomfort—stick to plain rice with olive oil.
-

☐ Preparation Tips:

- ✓ Cook Rice Until Very Soft: Overcook the rice slightly to make it gentler on digestion. A softer consistency is easier to tolerate.
- ✓ Steam or Boil Green Beans Until Tender: They should be very soft and easy to mash to prevent any rough fiber irritation.
- ✓ Mix Well for a Smooth Texture: Lightly mash the green beans into the rice if needed for a more cohesive, gentle dish.

54. Baked Sweet Potato with Honey

☐ Adjustments for Ulcerative Colitis Diet

☐ Substitutions:

- ☐ Oil Choice: Swap coconut or olive oil for ghee or avocado oil, which may be easier to digest for some.
- ☐ Sweetener Alternative: If honey causes irritation, try pure maple syrup for a gentler option.
- ☐ Nut-Free Option: Skip walnuts or almonds if nuts are difficult to digest—opt for a sprinkle of ground flaxseed instead.

☐ Preparation Tips:

- ✓ Bake Until Very Soft: Cook sweet potatoes longer if needed to ensure an ultra-soft, easy-to-digest texture.
- ✓ Peel Before Eating: If the skin is difficult to digest, scoop out the flesh and discard the skin.
- ✓ Mash for a Smoother Consistency: After baking, mash the sweet potato for a more soothing texture on sensitive digestion.

55. Mild Boiled Pumpkin with Butter

☐ Adjustments for Ulcerative Colitis Diet

☐ Substitutions & Tips:

- ☐ Dairy-Free Option: Swap butter for ghee (easier to digest) or avocado oil for a gentler fat source.
 - ☐ Pumpkin Choice: Kabocha squash or butternut squash can be used for a softer, naturally sweet alternative.
 - ☐ Skip the Salt if Needed: If sodium is a trigger, leave out the sea salt or replace it with a tiny dash of nutmeg for warmth.
-

☐ Preparation Tips:

- ✓ Cook Until Extra Soft: The softer the pumpkin, the gentler it will be on digestion.
- ✓ Mash or Blend: For an ultra-smooth texture, blend with a little warm water or broth.
- ✓ Pair with Gentle Foods: Serve with soft white rice or well-cooked quinoa for an easy-to-digest meal.

56. Carrot & Potato Purée

☐ Adjustments for Ulcerative Colitis Diet

☐ Ingredient Swaps & Tips:

- ☒ Skip the Almond/Coconut Milk if nut-based products cause discomfort. Instead, use a small amount of the reserved cooking liquid.
 - ☒ Use Ghee Instead of Olive Oil for an easier-to-digest fat source.
 - ☒ Choose White Potatoes over Russet for a softer, creamier texture and lower fiber content.
 - ☒ Omit Turmeric if Sensitive – while anti-inflammatory, some people with UC may find it irritating.
-

☐ Preparation Tips:

- ✓ Cook Until Very Soft – the vegetables should be fork-mashable for easy digestion.
- ✓ Strain & Blend Thoroughly – a smooth, lump-free consistency is gentler on the gut.
- ✓ Serve Lukewarm – very hot foods may trigger symptoms.

57. Rice Cakes with Mild Avocado Spread

☐ Adjustments for Ulcerative Colitis Diet

☐ Ingredient Swaps & Tips:

- ☒ Use White Rice Cakes instead of brown rice to reduce fiber.
 - ☒ Skip the Lemon Juice if citrus triggers symptoms.
 - ☒ Omit Fresh Herbs if raw veggies cause discomfort—stick to just the smooth spread.
 - ☒ Ensure Avocado is Fully Ripe for easier digestion.
-

☐ Preparation Tips:

- ✓ Mash Avocado Until Completely Smooth – to make it easier on the gut.
- ✓ Serve Immediately – avocado oxidizes quickly and may cause bloating if left out too long.
- ✓ Eat at Room Temperature – cold foods may be harsh on digestion.

58. Soft Roasted Eggplant with Olive Oil

- ☐ Adjustments for Ulcerative Colitis Diet
-

- ☐ Ingredient Swaps & Tips:

- ☒ Peel the Eggplant to remove fiber that may be hard to digest.
 - ☒ Skip the Lemon Juice if citrus triggers symptoms.
 - ☒ Reduce or Omit Oregano if herbs cause sensitivity.
 - ☒ Use Extra Olive Oil – healthy fats can be soothing for digestion.
-

- ☐ Preparation Tips:

- ✓ Roast Until Very Soft – this makes it easier on the gut.
- ✓ Blend or Mash the Eggplant if needed for a smoother texture.
- ✓ Eat at Room Temperature – warm foods are often easier to digest.

59. Mashed Butternut Squash with Nutmeg

- ☐ Adjustments for Ulcerative Colitis Diet
-

- ☐ Ingredient Swaps & Tips:

- ☒ Skip Nutmeg & Cinnamon if spices trigger symptoms.
 - ☒ Use Ghee or Olive Oil instead of butter for easier digestion.
 - ☒ Use Filtered Water Instead of Almond Milk if nuts cause sensitivity.
-

☐ Preparation Tips:

- ✓ Boil Until Very Soft – makes it easier to digest.
- ✓ Blend for Extra Smoothness – reduces strain on digestion.
- ✓ Serve Warm, Not Hot – gentle on the gut.

60. Boiled Rice with Coconut Milk

☐ Adjustments for Ulcerative Colitis Diet

☐ Ingredient Swaps & Tips:

- ☒ Use White Rice – easier to digest than brown rice.
 - ☒ Opt for Light Coconut Milk – full-fat may be too rich for sensitive digestion.
 - ☒ Skip Sea Salt if sodium causes bloating.
 - ☒ Use Olive Oil Instead of Coconut Oil if fats trigger symptoms.
-

☐ Preparation Tips:

- ✓ Soaking & Rinsing is Key – reduces starch and aids digestion.
- ✓ Simmer Gently – prevents irritation from undercooked grains.
- ✓ Serve Slightly Warm – easier on the gut than very hot or cold foods.

61. Banana & Almond Butter Bites

☐ Adjustments for Ulcerative Colitis Diet

☐ Ingredient Swaps & Tips:

- ☒ Use Smooth Almond Butter – chunky textures can be harder to digest.
 - ☒ Skip Cinnamon & Seeds if fiber causes discomfort.
 - ☒ Opt for Maple Syrup Over Honey – honey may trigger bloating in some.
 - ☒ Use Only a Small Amount of Coconut – test tolerance first.
-

☐ Preparation Tips:

- ✓ Slice Bananas Evenly – makes them easier to chew.
- ✓ Chill Before Eating – firmer texture can be gentler on digestion.
- ✓ Eat in Moderation – bananas are great but can be high in fermentable sugars.

62. Homemade Applesauce with No Sugar

☐ Adjustments for Ulcerative Colitis Diet

☐ Ingredient Swaps & Tips:

- ☒ Use Peeled Apples – fiber in apple skins can be harsh on digestion.
 - ☒ Choose Golden Delicious or Gala – these are naturally sweeter and gentler.
 - ☒ Skip Cinnamon if Sensitive – spices can trigger discomfort for some.
 - ☒ Omit Vanilla if Needed – test tolerance, as extracts contain trace alcohol.
-

☐ Preparation Tips:

- ✓ Cook Until Very Soft – ensures a smooth, gentle texture.
- ✓ Blend for a Puree-Like Consistency – easier to digest than chunky.
- ✓ Serve Warm or Chilled – cooling can soothe gut inflammation.

63. Soft Yogurt with Honey – Ulcerative Colitis-Friendly Version

☐ Adjustments for Easier Digestion:

- ☒ Use Lactose-Free or Non-Dairy Yogurt – coconut or almond-based for gut ease.
 - ☒ Skip Honey if Sensitive – opt for mashed ripe banana or applesauce for gentle sweetness.
 - ☒ Omit Cinnamon if Spices Trigger Symptoms – test tolerance first.
 - ☒ Choose Pure Vanilla Extract Wisely – alcohol-based extracts may irritate some, so opt for alcohol-free if needed.
-

☐ Extra Digestion-Friendly Tips:

- ✓ Blend for a Smoother Consistency – makes it easier on an inflamed gut.
- ✓ Eat at Room Temperature – very cold foods may trigger discomfort.
- ✓ Add a Drizzle of Coconut Milk – for extra creaminess and soothing effect.

64. Rice Cakes with Avocado – Ulcerative Colitis-Friendly Version

☐ Adjustments for Easier Digestion:

- ☒ Use Plain, Unsalted Rice Cakes – avoid added seasonings or artificial ingredients.
- ☒ Choose a Ripe, Soft Avocado – easier to mash and digest.
- ☒ Skip Lemon Juice if Citrus is Irritating – use a tiny drizzle of olive oil instead.

- ☒ Avoid Sesame Seeds if Seeds Are a Trigger – opt for finely ground flaxseeds if tolerated.
 - ☒ Test Parsley in Small Amounts – some herbs can be harder to digest for sensitive stomachs.
-

☐ Extra Digestion-Friendly Tips:

- ✓ Mash Avocado Well or Blend for a Smoother Texture – prevents irritation.
- ✓ Serve at Room Temperature – very cold foods can cause discomfort.
- ✓ Pair with Soft, Cooked Pumpkin or Sweet Potato – adds gut-friendly fiber without being harsh.

65. Steamed Pears with Coconut Sugar – Ulcerative Colitis-Friendly Version

☐ Adjustments for Easier Digestion:

- ☒ Peel the Pears – removing the skin reduces fiber, making them gentler on digestion.
 - ☒ Use Less Coconut Sugar or Skip It – pears are naturally sweet; sugar can be irritating for some.
 - ☒ Omit Coconut Oil if Fats Are a Trigger – or use a tiny amount for flavor if tolerated.
 - ☒ Use Ground Cinnamon Sparingly – spices can be irritating in large amounts.
-

☐ Extra Digestion-Friendly Tips:

- ✓ Steam Until Very Soft – softer pears are easier to digest.
- ✓ Mash or Puree if Needed – great for extra-sensitive stomachs.
- ✓ Pair with Lactose-Free Yogurt or Soft Rice Porridge – adds creaminess and easy-to-digest carbs.

66. Boiled Egg with Soft White Bread – Ulcerative Colitis-Friendly Version

☐ Adjustments for Easier Digestion:

- ☒ Opt for Medium-Boiled Eggs (7–8 minutes) – easier to digest than runny yolks or hard-boiled eggs.
 - ☒ Use White Bread Without Seeds or Whole Grains – fiber can be irritating during flares.
 - ☒ Skip Butter If Fat Is a Trigger – a small drizzle of olive oil can be a gentler alternative.
 - ☒ Avoid Salt If Sodium Sensitivity Is an Issue – can be omitted or used sparingly.
-

☐ Extra Digestion-Friendly Tips:

- ✓ Mash the Eggs Before Eating – easier on the gut.
- ✓ Soften the Bread Further with a Warm Drink – sip chamomile tea alongside for a soothing meal.
- ✓ Pair with Plain Applesauce for a Gentle Carbohydrate Boost – adds mild sweetness without irritation.

67. Mild Cottage Cheese with Banana – Ulcerative Colitis-Friendly Version

☐ Adjustments for Easier Digestion:

- ☒ Use Small-Curd, Smooth Cottage Cheese – easier to digest than chunky varieties.
 - ☒ Choose a Just-Ripe Banana – overripe bananas can have excess sugar and trigger symptoms.
 - ☒ Skip the Almonds If Crunchy Foods Are Irritating – stick to smooth textures.
 - ☒ Limit Flaxseed If Extra Fiber Is a Concern – start with a small amount or omit if necessary.
 - ☒ Avoid Honey or Maple Syrup If Sensitive to Sugars – let the banana naturally sweeten the dish.
-

☐ Extra Digestion-Friendly Tips:

- ✓ Blend the Cottage Cheese for an Ultra-Smooth Texture – especially helpful during flares.
- ✓ Mash the Banana Slightly for Easier Mixing – keeps it soft and easy to eat.
- ✓ Serve with Soft White Bread or Cooked Oatmeal for Extra Comfort – adds mild carbs for energy.

68. Mango & Yogurt Smoothie – Ulcerative Colitis-Friendly Version

☐ Adjustments for Easier Digestion:

- ☒ Use Ripe Mango – soft and naturally sweet, making it easy on digestion.
 - ☒ Choose Lactose-Free or Dairy-Free Yogurt – prevents bloating and discomfort.
 - ☒ Use Unsweetened Almond Milk – lighter and gentler than regular milk.
 - ☒ Skip Sweeteners If Mango Is Naturally Sweet – excess sugar can trigger symptoms.
 - ☒ Avoid Ice If Cold Drinks Cause Sensitivity – use chilled ingredients instead.
-

☐ Extra Digestion-Friendly Tips:

- ✓ Blend Until Completely Smooth – ensures no fibrous mango pieces remain.
- ✓ Serve at a Mild Temperature – extreme cold can sometimes irritate the gut.
- ✓ Drink Slowly & Sip Small Amounts – helps prevent bloating.

69. Mild Soft Cheese with Whole Wheat Crackers – Ulcerative Colitis-Friendly Version

☐ Adjustments for Easier Digestion:

- ☒ Choose Lactose-Free or Low-Lactose Soft Cheese – helps prevent bloating.
- ☒ Use Gluten-Free or Low-Fiber Crackers – easier on digestion than whole wheat.
- ☒ Skip Black Pepper If Sensitive – it can sometimes be irritating.
- ☒ Use Fresh Herbs in Small Amounts – chives or parsley add mild flavor without overwhelming the stomach.
- ☒ Mix with Greek Yogurt for Probiotics – supports gut health.

☐ Extra Digestion-Friendly Tips:

- ✓ Blend Cheese for Extra Smoothness – makes it easier to eat.
- ✓ Let Crackers Sit with Cheese Before Eating – softens them slightly for gentle digestion.
- ✓ Avoid Overeating – start with a small portion and see how your body reacts.

70. Mild Hummus with Soft Pita – Ulcerative Colitis-Friendly Version

☐ Adjustments for Easier Digestion:

- ☒ Use Peeled Chickpeas – removing skins makes hummus gentler on digestion.
- ☒ Blend Extra Smooth – process longer for a softer, creamier texture.
- ☒ Reduce Tahini If Sensitive to Fats – start with 1 tbsp and adjust as needed.
- ☒ Limit Lemon Juice & Cumin – too much acidity/spice can be irritating.
- ☒ Choose Soft White Pita or Gluten-Free Pita – easier to digest than whole wheat.

☐ Extra Digestion-Friendly Tips:

- ✓ Boil Chickpeas for 10 Minutes Before Blending – makes them even softer.
- ✓ Add More Warm Water for a Lighter Consistency – easier to tolerate.
- ✓ Eat in Small Portions – test tolerance before consuming larger amounts.

71. Coconut Yogurt with Blueberries – Gut-Friendly & Anti-Inflammatory

☐ Why This Works for Sensitive Digestion:

- ☒ Coconut Yogurt – Dairy-free, probiotic-rich, and easy to digest.
 - ☒ Blueberries – High in antioxidants, gentle on digestion when consumed in moderation.
 - ☒ Honey or Maple Syrup (Optional) – Natural sweeteners that are easier to tolerate than refined sugar.
 - ☒ Cinnamon – Aids digestion and adds warmth without being overpowering.
 - ☒ Shredded Coconut (Optional) – Adds texture but should be finely shredded for easy digestion.
-

☐ Extra Digestion-Friendly Tips:

- ✓ Blend Blueberries into the Yogurt – If whole berries are too fibrous, blending creates a smoother texture.
- ✓ Choose Unsweetened Coconut Yogurt – Avoid added sugars that can irritate digestion.
- ✓ Consume in Small Portions – Test tolerance, especially with fiber-rich blueberries.

72. Soft Banana Muffins (Gluten-Free & Gentle on Digestion)

☐ Why These Muffins Are Gut-Friendly:

- ☒ Bananas – Naturally sweet, easy to digest, and rich in potassium.
 - ☒ Almond or Oat Flour – Gluten-free and gentle on digestion, reducing bloating risk.
 - ☒ Honey or Maple Syrup – Natural sweeteners that are easier to process than refined sugar.
 - ☒ Greek Yogurt or Applesauce – Adds moisture while supporting gut health.
 - ☒ Olive or Coconut Oil – Healthy fats for softness without heaviness.
-

☐ Digestion-Friendly Tips:

- ✓ Mash Bananas Thoroughly – A smoother texture makes them easier to digest.
- ✓ Use Oat Flour for a Softer Texture – Almond flour is nutritious but denser.
- ✓ Let Muffins Cool Completely – This helps them set and enhances their soft texture.

73. Oatmeal Cookies with Honey – Soft, Chewy & Wholesome

□ Why These Cookies Are Gentle on Digestion:

- ☒ Oats & Oat Flour – Naturally gluten-free (if using certified GF oats) and fiber-rich for gut health.
 - ☒ Honey – A natural sweetener that's easier on digestion compared to refined sugars.
 - ☒ Banana – Acts as a binder while adding natural sweetness and potassium.
 - ☒ Coconut Oil or Butter – Provides healthy fats for a soft texture.
 - ☒ Flax Egg Option – A great alternative for those avoiding eggs.
-

□ Digestive-Friendly Baking Tips:

- ✓ Use Very Ripe Bananas – They mash easily and blend smoothly for better digestion.
- ✓ Avoid Overbaking – Keeps cookies soft and prevents them from becoming dry.
- ✓ Let Them Cool Fully – Allows flavors to meld and texture to set perfectly.

Recipe #74: Rice Pudding with Coconut Milk

Substitutions for Easier Digestion:

- ☒ Rice Choice: Use well-cooked white rice (Jasmine or Arborio) as it's gentler on digestion compared to brown rice. Avoid long-grain rice, which may be harder to digest.
- ☒ Milk Alternative: If coconut milk is too rich, substitute with lactose-free milk or diluted almond milk for a lighter texture.
- ☒ Sweetener: Opt for maple syrup over honey, as honey can sometimes trigger symptoms in sensitive individuals.
- ☒ Flavoring: Skip cinnamon if you're experiencing a flare, as some people find spices irritating. Use just vanilla for mild flavoring.
- ☒ Low-Fiber Version: Strain the pudding through a fine sieve before serving to remove any remaining rice husks for a smoother texture.

Preparation Tips for Ulcerative Colitis:

- ✓Cook Rice Until Very Soft: The softer the rice, the easier it is to digest. Simmer slightly longer if needed.
- ✓Serve Warm, Not Hot or Cold: Extreme temperatures can be harsh on the gut. Lukewarm pudding is best tolerated.
- ✓Monitor Portions: Stick to small servings, as large amounts of starch can cause bloating.
- ✓Skip Toppings: Avoid nuts, dried fruit, or seeds, which may be hard to digest. If tolerated, a small drizzle of extra coconut milk can add creaminess.

Recipe #75: Plain White Rice with a Drizzle of Honey

Substitutions for Easier Digestion:

- ☒ Rice Choice: Stick to white rice like Jasmine or Basmati, which are easier to digest than brown rice. Overcooking the rice slightly can make it even gentler.
- ☒ Salt Sensitivity: Skip the salt if you're in a flare, as excess sodium can sometimes contribute to bloating.
- ☒ Sweetener Alternative: Use maple syrup instead of honey if honey triggers symptoms. You can also omit sweeteners entirely for a more neutral option.
- ☒ Liquid Substitute: If water alone isn't tolerated well, use homemade bone broth (low-sodium) for added gut-healing benefits.

Preparation Tips for Ulcerative Colitis:

- ✓Cook Rice Until Very Soft: Slightly overcooking the rice makes it easier to digest, preventing irritation.
- ✓Serve Warm, Not Hot or Cold: Lukewarm foods are gentler on the digestive system compared to extremes in temperature.
- ✓Avoid Fiber Additions: Skip any additions like nuts, dried fruits, or seeds, as these can be difficult to digest.
- ✓Eat in Small Portions: Large servings of rice may cause bloating, so stick to a moderate portion and see how your body responds.

Recipe #76: Soothing Chamomile Tea with Honey

Substitutions for Easier Digestion:

- ☒ Sweetener Alternative: If honey triggers symptoms, try maple syrup or omit sweeteners altogether.
- ☒ Lemon Sensitivity: If citrus causes discomfort, skip the lemon juice entirely. Chamomile tea is soothing on its own.
- ☒ Caffeine-Free Herbal Options: If chamomile isn't well tolerated, peppermint or ginger tea can also help with digestion and inflammation.

Preparation Tips for Ulcerative Colitis:

- ✓ Let the Tea Cool Slightly: Avoid drinking very hot liquids, as they may irritate the digestive tract. Lukewarm or slightly warm tea is best.
- ✓ Use Filtered Water: This reduces potential irritants like chlorine or heavy minerals that might worsen symptoms.
- ✓ Sip Slowly: Drinking tea in small sips rather than gulping it down helps prevent bloating and discomfort.
- ✓ Avoid Adding Dairy or Spices: Stick to plain chamomile without milk, cinnamon, or other additives that could trigger flares.

Recipe #77: Gut-Healing Turmeric & Almond Milk Latte

Substitutions for Easier Digestion:

- ☒ Milk Alternative: If almond milk isn't well tolerated, use coconut milk or lactose-free oat milk (without gums or fillers).
- ☒ Sweetener Swap: Skip honey if it triggers symptoms and opt for maple syrup or an unsweetened version.
- ☒ Turmeric Sensitivity: If turmeric is too strong or causes bloating, start with ¼ teaspoon and increase gradually.
- ☒ Black Pepper Consideration: While black pepper enhances turmeric absorption, it can be irritating to some—omit it if needed.
- ☒ Coconut Oil Adjustment: Some individuals may not tolerate coconut oil well; you can leave it out or replace it with a small amount of MCT oil.

Preparation Tips for Ulcerative Colitis:

- ✓ Avoid Boiling the Milk: Overheating can break down nutrients and may make the drink harder to digest. Keep it warm, not boiling.
- ✓ Blend for a Smoother Texture: If spices tend to settle, blending the latte ensures a silky consistency and better digestion.

✓ Sip Slowly & Mindfully: Drinking warm beverages too quickly may lead to bloating—take small sips and enjoy the soothing warmth.

✓ Drink Before Bed for Relaxation: This latte is naturally calming and anti-inflammatory, making it a great evening drink.

Recipe #78: Aloe Vera & Coconut Water Drink

Substitutions for Easier Digestion:

☒ Coconut Water Alternative: If coconut water is not well tolerated, use filtered water or diluted rice water for a gentle hydration boost.

☒ Aloe Vera Sensitivity: Some people with UC may be sensitive to aloe vera—start with a small amount (1-2 tbsp) and gradually increase if tolerated.

☒ Skip the Lemon Juice: Citrus can sometimes trigger discomfort, so omit the lemon juice if it causes any symptoms.

☒ Gentle Sweetener: If honey or maple syrup isn't well tolerated, use a pinch of stevia or skip sweeteners entirely.

☒ Mint Leaf Consideration: Some individuals may find fresh mint soothing, while others may experience irritation. Try it in small amounts or leave it out.

Preparation Tips for Ulcerative Colitis:

✓ Use Fresh, Food-Grade Aloe Vera Only: Ensure aloe vera gel is properly rinsed and free of any latex residue, as the latex can be irritating to the gut.

✓ Blend for a Smoother Drink: A well-blended drink is easier to digest than one with aloe vera chunks, which may be difficult to tolerate.

✓ Drink at Room Temperature: Avoid adding ice if cold beverages trigger symptoms—lukewarm or room-temperature drinks are gentler on the digestive system.

✓ Hydrate Mindfully: This drink can help with hydration and gut healing but should be consumed in moderation to monitor tolerance.

Recipe #79: Hydrating Cucumber & Mint Water

Substitutions for Easier Digestion:

- ☒ Cucumber Sensitivity: If raw cucumber causes bloating, peel it before slicing or replace it with zucchini slices for a gentler option.
- ☒ Mint Consideration: While mint is soothing for digestion, some may find it triggering. Try fresh basil or omit mint if unsure.
- ☒ Lemon Alternative: Citrus can be irritating for some UC sufferers—skip the lemon or replace it with a small splash of coconut water for mild sweetness.
- ☒ Filtered Water Alternative: Coconut water can be a hydrating swap if tolerated, adding natural electrolytes.

Preparation Tips for Ulcerative Colitis:

- ✓ Use Room Temperature or Slightly Chilled Water: Extremely cold drinks can cause cramping—opt for a mild chill instead of adding ice.
- ✓ Let the Cucumber Soften: Allowing the cucumber slices to infuse longer (4+ hours) makes them softer and easier to digest if eaten.
- ✓ Strain Before Drinking: If fiber is an issue, strain the infused water before serving to remove cucumber and mint bits.
- ✓ Stay Hydrated: This refreshing drink is a great way to stay hydrated without artificial flavors or irritants, supporting overall gut health.

Recipe #80: Mild Ginger Tea for Digestion – Ulcerative Colitis-Friendly Adaptations

Substitutions for a Gentle Digestive Experience:

- ☒ Ginger Sensitivity: If fresh ginger is too strong, start with just ¼ teaspoon or use ginger tea bags for a milder infusion.
- ☒ Honey Alternative: Swap honey with maple syrup or skip entirely if sweetness isn't needed.
- ☒ Lemon Sensitivity: Some with UC find citrus irritating—omit the lemon or replace it with a small pinch of cinnamon for warmth.

Ulcerative Colitis-Friendly Preparation Tips:

- ✓ Use Warm, Not Hot Water: Extremely hot beverages can irritate the gut—let the tea cool slightly before drinking.
- ✓ Strain Well: Ensure no ginger fibers remain, as small bits can be tough on digestion.
- ✓ Drink in Small Sips: Slowly sipping helps avoid bloating or discomfort.
- ✓ Pair with a Bland Snack: If tea alone upsets your stomach, enjoy it with a plain rice cake or toast.

Why This Works for UC

- ☐ Ginger – Known for its anti-inflammatory properties and ability to ease nausea, bloating, and cramping.
- ☐ Honey (if tolerated) – Contains soothing, antimicrobial properties that may help with gut healing.
- ☐ Hydration – Warm, mild liquids are easier on the digestive tract than acidic or carbonated beverages.

Recipe #81: Banana & Kefir Smoothie – Ulcerative Colitis-Friendly Adaptations

Substitutions for a Gentle Digestive Experience:

- ☒ Dairy Sensitivity: Use coconut milk kefir or almond milk kefir instead of dairy-based kefir.
- ☒ Sweetener-Free Option: Skip honey or maple syrup if the banana provides enough sweetness.
- ☒ No Vanilla? Swap with a dash of cinnamon or omit entirely for a more neutral taste.
- ☒ Lower Fiber Alternative: If whole bananas cause bloating, use ½ cup mashed ripe banana instead.

Ulcerative Colitis-Friendly Preparation Tips:

- ✓ Use a Ripe Banana: Overripe bananas are easier to digest and have lower resistant starch, which can reduce bloating.
- ✓ Blend Until Extra Smooth: A silky texture is gentler on digestion and helps prevent gut irritation.
- ✓ Avoid Ice If Sensitive: Ice-cold beverages can trigger gut spasms in some people—use room temperature ingredients instead.
- ✓ Start with a Small Amount: If introducing kefir for the first time, begin with ½ cup to assess tolerance before increasing.

Why This Works for UC

- ☐ Banana – A low-fiber fruit that's rich in potassium, magnesium, and gut-friendly prebiotics.
- ☐ Kefir – Packed with probiotics that support a balanced gut microbiome.
- ☐ Cinnamon or Vanilla (Optional) – Adds a soothing, anti-inflammatory touch without being too harsh on digestion.

Recipe #82: Soft Melon & Coconut Water Juice – Ulcerative Colitis-Friendly Adaptations

Substitutions for a Gentle Digestive Experience:

- ☒ Sensitive to Citrus? Skip the lime juice if acidic foods trigger symptoms.
- ☒ Need a Milder Sweetener? Opt for a few drops of liquid stevia instead of honey or maple syrup.
- ☒ Low-Fiber Option: If fiber is a concern, strain the juice using a fine-mesh sieve.
- ☒ Alternative Liquid Base: Swap coconut water for filtered water if coconut water isn't well tolerated.

Ulcerative Colitis-Friendly Preparation Tips:

- ✓ Use Fully Ripe Melon: Soft, ripe melons are easier to digest and gentler on the gut.
- ✓ Blend Until Silky Smooth: Reducing fiber particles makes this juice soothing and gut-friendly.
- ✓ Avoid Ice if Sensitive to Cold: Some people with UC experience gut discomfort with icy drinks, so use room-temperature coconut water instead.
- ✓ Start with Small Portions: Begin with ½ cup to gauge tolerance before drinking a full serving.

Why This Works for UC

- ☐ Melon – Hydrating, alkaline, and naturally low in fiber when blended well.
- ☐ Coconut Water – Rich in electrolytes, helping to replenish lost fluids during flare-ups.
- ☐ Mild Natural Sweetener (Optional) – Provides gentle energy without being overly stimulating to digestion.

Recipe #83: Rice Milk & Honey Shake – Ulcerative Colitis-Friendly Adaptations

Gentle Substitutions for Better Digestibility

- ☒ For a Vegan Option: Use pure maple syrup instead of honey.
- ☒ For a Lower-Fiber Version: Skip the banana to reduce fiber intake.
- ☒ For a Milder Sweetener: Replace honey with a few drops of liquid stevia if sugars trigger symptoms.
- ☒ Alternative Spice: If cinnamon is irritating, try a pinch of nutmeg or leave it out entirely.

Preparation Tips for Sensitive Digestion

- ✓ Use Room-Temperature Rice Milk: Avoid extreme temperatures, which can irritate the gut.
- ✓ Blend Until Ultra-Smooth: A silky texture makes this shake easier to digest.
- ✓ Start with Small Portions: If trying for the first time, begin with ½ cup to test tolerance.
- ✓ Avoid Ice if Cold Drinks Trigger Symptoms: Blend without ice and refrigerate briefly instead.

Why This Works for UC

- Rice Milk – Naturally low in fat and easy to digest, making it a gentle base.
- Mild Natural Sweetener – Honey or maple syrup provides gentle energy without heavy sugars.
- Banana (Optional) – If well tolerated, it adds natural creaminess and potassium for gut support.

Recipe #84: Warm Peppermint Tea for Gut Health – Ulcerative Colitis-Friendly Adaptations

Soothing Adjustments for Sensitive Digestion

- ☒ For a Gentler Sweetener: Swap honey for a few drops of liquid stevia or skip altogether.
- ☒ For Extra Gut Support: Add a pinch of fennel seeds while steeping to help ease bloating.
- ☒ For Less Acidity: If lemon juice causes irritation, omit it or replace it with a mild herbal touch like chamomile.
- ☒ For a Stronger Brew: Use 2 tablespoons of dried peppermint for a more concentrated infusion.

Tips for Maximum Digestive Comfort

- ✓ Use Warm, Not Scalding Water: Overheating peppermint can reduce its calming effects.
- ✓ Cover While Steeping: This prevents essential oils from escaping, preserving their gut-soothing properties.
- ✓ Sip Slowly: Drinking too fast may cause bloating—take small, mindful sips.
- ✓ Drink Between Meals: To avoid triggering digestive discomfort, consume 30–60 minutes after eating.

Why This Works for UC

- Peppermint Leaves – Help reduce bloating and cramps by relaxing gut muscles.
- Mild Natural Sweetener (Optional) – Honey or maple syrup adds a gentle touch of energy.
- Lemon Juice (Optional) – Provides antioxidants but may not be tolerated by all UC sufferers.

Recipe #85: Blueberry & Almond Milk Smoothie – Ulcerative Colitis-Friendly Adaptations

Soothing Adjustments for Sensitive Digestion

- ☒ For Extra Creaminess: Swap almond milk for oat milk or cashew milk, which are often gentler on digestion.
- ☒ For Lower Fiber: Strain the smoothie through a fine-mesh sieve if fiber sensitivity is a concern.
- ☒ For Less Sugar: Reduce or skip honey/maple syrup—banana adds enough natural sweetness.
- ☒ For Anti-Inflammatory Benefits: Add ½ teaspoon of fresh grated ginger for a mild gut-friendly boost.

Tips for Maximum Digestive Comfort

- ✓ Use Ripe Bananas: They are easier to digest and less likely to trigger bloating.
- ✓ Skip Ice If Needed: Ice-cold beverages can sometimes cause discomfort—use room-temperature ingredients instead.
- ✓ Blend Thoroughly: A smooth, well-blended texture is gentler on an inflamed gut.
- ✓ Drink Slowly: Avoid gulping, which may cause bloating—sip mindfully.

Why This Works for UC

- ☐ Blueberries – Packed with antioxidants, but blended to reduce fiber impact.
- ☐ Banana – A gentle, gut-friendly natural thickener with prebiotic benefits.
- ☐ Almond Milk – A dairy-free alternative, but swap if nuts cause sensitivity.
- ☐ Mild Sweetener (Optional) – Keeps sugar low while adding a touch of flavor.

Recipe #86: Lemon & Coconut Water Hydration Drink – Ulcerative Colitis-Friendly Adaptations

Gut-Soothing Modifications

- ☒ For Less Acidity: Reduce lemon juice to ½ teaspoon if citrus triggers sensitivity.
- ☒ For Gentle Sweetness: Swap honey for a drop of pure maple syrup (honey may trigger bloating in some).

- ☒ For Extra Electrolytes: Use Himalayan pink salt instead of sea salt for a broader mineral profile.
- ☒ For Better Absorption: Drink at room temperature, as cold liquids may aggravate symptoms.

Tips for Hydration Without Discomfort

- ✓ Dilute If Needed: Too much coconut water at once may cause bloating—add more filtered water for balance.
- ✓ Drink in Small Sips: Helps prevent bloating and cramping.
- ✓ Avoid During Flares If Sensitive to Citrus: Try swapping lemon juice for a small splash of aloe vera juice instead.

Why This Works for UC

- ☐ Coconut Water – Rich in potassium & electrolytes, supports hydration.
- ☐ Lemon Juice – Aids digestion, but should be used in small amounts.
- ☐ Sea Salt – Helps restore lost minerals.
- ☐ Mild Sweetener (Optional) – Avoids blood sugar spikes while adding a pleasant taste.

Recipe #87: Soft Baked Apples with Cinnamon – Ulcerative Colitis-Friendly Adaptations

Gut-Soothing Modifications

- ☒ For Easier Digestion: Peel the apples before baking to remove insoluble fiber, which can be irritating during flares.
- ☒ For Less Sweetness: Reduce honey/maple syrup to ½ tablespoon or omit if apples are naturally sweet enough.
- ☒ For Extra Comfort: Replace coconut oil with ghee, which is gentler on digestion and contains gut-healing butyrate.
- ☒ For a Creamy Texture: Mash the baked apples into a smooth, warm purée if whole fruit is hard to digest.

Tips for Enjoying Without Discomfort

- ✓ Choose Ripe Apples: Overripe apples are softer and easier to digest.
- ✓ Serve Warm, Not Hot: Extreme temperatures may trigger discomfort.
- ✓ Pair with a Small Spoonful of Dairy-Free Yogurt: Adds probiotics and a cooling contrast.
- ✓ Avoid Large Portions at Once: Small servings help prevent bloating.

Why This Works for UC

- ☐ Baked Apples – Soft texture makes them gentle on the gut, while natural pectin supports digestion.
- ☐ Cinnamon – Has anti-inflammatory properties that may help soothe symptoms.
- ☐ Honey/Maple Syrup – Adds a mild sweetness without refined sugars.
- ☐ Coconut Oil or Ghee – Provides healthy fats that support nutrient absorption.

Recipe #88: Yogurt & Honey Parfait – Ulcerative Colitis-Friendly Adaptations

Gentle Digestive Modifications

- ☒ Use Dairy-Free Yogurt – Choose coconut, almond, or lactose-free yogurt to avoid potential triggers from dairy.
- ☒ Skip Oats if Needed – Even finely ground oats may be too fibrous for some. Replace with almond flour for a gentler texture.
- ☒ Opt for Ripe, Soft Fruits – Ripe bananas and papaya are ideal for digestion, as they are soft, soothing, and rich in gut-friendly enzymes.
- ☒ Reduce Honey – If sensitive to sugars, use ½ tablespoon or omit altogether.

How to Make It Even More Gut-Friendly

- ✓ Blend the Ingredients – If whole fruit is hard to digest, blend everything into a smooth, creamy consistency.
- ✓ Serve Slightly Warm – Cold foods may trigger cramping; let the yogurt sit at room temperature before eating.
- ✓ Add a Spoonful of Gut-Healing Collagen Powder – Supports the gut lining and reduces inflammation.
- ✓ Skip Cinnamon if You Have Sensitivities – While anti-inflammatory, it may irritate some during flares.

Why This Recipe Supports UC

- ☐ Lactose-Free Yogurt – Provides probiotics to support gut health without triggering symptoms.
- ☐ Bananas – Contain pectin, which can help soothe the gut and reduce diarrhea.
- ☐ Papaya – Rich in papain, an enzyme that aids digestion and reduces bloating.
- ☐ Raw Honey – Anti-inflammatory, but should be used in small amounts if sugar triggers symptoms.

Recipe #89: Banana & Oat Muffins – Ulcerative Colitis-Friendly Adjustments

Modifications for Easy Digestion

- ☒ Use Well-Ripened Bananas – The softer and riper the bananas, the easier they are to digest.
- ☒ Opt for Fine Oat Flour – Grinding oats into a super-fine consistency makes them gentler on the gut.
- ☒ Reduce Fiber If Needed – If oats are too rough on digestion, substitute half oat flour with almond flour for a lighter texture.
- ☒ Use Coconut Milk Instead of Almond Milk – Coconut milk is easier on digestion and adds moisture.
- ☒ Skip Cinnamon During Flares – Some people find spices irritating. Use a dash of vanilla instead.

Additional Gut-Friendly Tweaks

- ✓ Add a Spoonful of Collagen Powder – Helps heal the gut lining.
- ✓ Use a Mild Oil – Swap olive oil for melted coconut oil for extra soothing properties.
- ✓ Make It Egg-Free If Needed – Use flax eggs for a gentler, fiber-rich binding alternative.

Why This Recipe is Great for UC

- ☐ Bananas – Easily digestible, provides natural sweetness and prebiotics for gut health.
- ☐ Oat Flour – A good low-FODMAP fiber source when finely ground.
- ☐ Coconut Milk – Soothing and anti-inflammatory, helping to ease symptoms.
- ☐ Maple Syrup – A gentle natural sweetener that's easier on the stomach than refined sugars.

Recipe #90: Coconut Rice Pudding – Ulcerative Colitis-Friendly Adjustments

Modifications for Easy Digestion

- ☒ Use Well-Cooked White Rice – White rice is easier to digest than brown rice and provides gentle, soothing carbohydrates.

- ☒ Choose Full-Fat Coconut Milk – The extra fat helps coat the gut lining and reduce irritation.
- ☒ Skip the Cinnamon If Sensitive – While some tolerate it well, others may find spices irritating.
- ☒ Use Mashed Banana for Natural Sweetness – A great alternative to maple syrup or honey for those with sensitive stomachs.

Additional Gut-Friendly Tweaks

- ✓ Cook Until Very Soft – Adding extra coconut milk or water ensures an ultra-creamy texture, making it gentler on digestion.
- ✓ Avoid Shredded Coconut If Necessary – Some people find it hard to digest. Stick to smooth coconut milk for the flavor.
- ✓ Add a Scoop of Collagen Powder – Supports gut healing and blends seamlessly into the pudding.

Why This Recipe is Great for UC

- ☐ Coconut Milk – Anti-inflammatory, rich in healthy fats, and easy on the gut.
- ☐ Soft White Rice – Gentle on digestion and a great source of energy.
- ☐ Banana – Naturally sweet and prebiotic-rich, supporting gut health.
- ☐ Maple Syrup (Optional) – A low-FODMAP sweetener that's less irritating than refined sugar.

Recipe #91: Dairy-Free Vanilla Pudding – Ulcerative Colitis-Friendly Adjustments

Modifications for Gentle Digestion

- ☒ Use Coconut Milk for a Richer, Gut-Soothing Texture – Coconut milk provides healthy fats that can be easier to digest than almond milk.
- ☒ Skip the Cinnamon if Sensitive – While it has anti-inflammatory properties, it can trigger symptoms in some individuals.
- ☒ Opt for Arrowroot Over Cornstarch – Arrowroot is grain-free and easier on digestion, making it a better thickener for sensitive stomachs.
- ☒ Reduce the Sweetener If Needed – A mildly sweet pudding can be easier on the gut than one with too much maple syrup or honey.

Additional Gut-Friendly Enhancements

- ✓ Serve at Room Temperature – Cold foods can shock the digestive system, so letting it warm slightly before eating can make it more soothing.

- ✓ Blend for Extra Smoothness – If any lumps form, blending ensures an ultra-smooth texture that's easy to digest.
- ✓ Top with Soft Fruits – Mashed banana or stewed apples (peeled) can add extra nutrients without irritation.

Why This Recipe Works for UC

- ❑ Coconut Milk – High in healthy fats, soothing for the gut lining.
- ❑ Arrowroot Powder – Gentle on digestion, helps with gut balance.
- ❑ Maple Syrup – Lower in FODMAPs, less irritating than refined sugars.
- ❑ Vanilla Extract – Adds warmth without triggering inflammation.

Recipe #92: Baked Peaches with Honey & Coconut Oil – UC-Friendly Adjustments

Modifications for Gentle Digestion

- ☒ Peel the Peaches If Needed – While peach skin contains fiber, it can be hard to digest during a UC flare. Simply blanch them for easy peeling.
- ☒ Use Maple Syrup Instead of Honey – Maple syrup is lower in FODMAPs and gentler on sensitive stomachs.
- ☒ Skip the Cinnamon If It Triggers Symptoms – Though anti-inflammatory, cinnamon can be irritating for some. The vanilla alone adds great flavor.

Additional Gut-Soothing Tips

- ✓ Serve Warm or at Room Temperature – Warm foods are easier on digestion compared to cold or raw options.
- ✓ Pair with Dairy-Free Yogurt – Coconut or almond-based yogurt adds probiotics for gut support.
- ✓ Drizzle with Extra Coconut Oil – The healthy fats in coconut oil can support gut healing and add creaminess.

Why This Recipe Works for UC

- ❑ Peaches (When Peeled) – Soft, easy to digest, and naturally sweet.
- ❑ Coconut Oil – Anti-inflammatory and gut-soothing.
- ❑ Maple Syrup – A gentle natural sweetener that won't irritate the gut.
- ❑ Vanilla Extract – Adds richness without triggering inflammation.

Recipe #93: Soft Pear & Yogurt Mash – UC-Friendly Adjustments

Modifications for Gentle Digestion

- ☒ Use Fully Ripe Pears – Soft, ripe pears are easier to digest and contain soluble fiber, which is gentler on the gut.
- ☒ Peel the Pear for Reduced Fiber – The skin can be harder to digest, especially during a UC flare.
- ☒ Choose a Gut-Friendly Yogurt – Opt for plain lactose-free yogurt or a mild coconut-based alternative to avoid dairy irritation.
- ☒ Skip the Honey if Needed – Some people with UC react to fructose in honey. Maple syrup is a safer option.
- ☒ Leave Out the Cinnamon if it Triggers Symptoms – While some find it soothing, others may find it irritating.

Additional Soothing Tips

- ✓ Serve Warm or Room Temperature – Warm foods are gentler on digestion than cold ones.
- ✓ Blend for a Smoother Texture – If you're in a flare-up, a completely smooth mash reduces digestive effort.
- ✓ Add Extra Coconut Yogurt for Probiotics – Probiotics support gut health and may help maintain remission.

Why This Recipe Works for UC

- ☐ Pears (When Peeled and Cooked) – Rich in soluble fiber, which soothes the gut.
- ☐ Lactose-Free or Dairy-Free Yogurt – Provides gut-friendly probiotics without irritation.
- ☐ Maple Syrup – A mild, low-FODMAP sweetener.
- ☐ Cinnamon (If Tolerated) – Can offer anti-inflammatory benefits.

Recipe #94: Almond Milk Chia Pudding – UC-Friendly Adjustments

Modifications for Easy Digestion

- ☒ Use a Smooth Almond Milk – Avoid gums and additives that may irritate the gut. Homemade almond milk is the best choice.
- ☒ Blend the Chia Seeds – Whole chia seeds can be hard to digest, so grinding them into a fine

powder before mixing makes the pudding gentler on the stomach.

☒ Skip the Cinnamon if It's a Trigger – Some people with UC tolerate it well, while others find it irritating.

☒ Use Blended Banana or Pear for Natural Sweetness – Easier on digestion than whole fruit chunks.

☒ Avoid Too Many Toppings – Keep it simple with a drizzle of almond milk or strained blueberry puree to reduce fiber load.

Extra Soothing Tips

✓✓ Serve at Room Temperature – Cold foods may cause digestive discomfort during a flare.

✓✓ Use a Blender for a Smooth Pudding – This helps reduce gut irritation by making it easier to digest.

✓✓ Let It Sit Overnight for Best Texture – A longer soak breaks down the chia seeds further, making them gentler on the digestive system.

Why This Recipe Works for UC

☐ Almond Milk (Without Additives) – Dairy-free and gentle on the gut.

☐ Ground Chia Seeds – Rich in omega-3s, which support anti-inflammatory healing.

☐ Blended Banana or Pear – Provides natural sweetness and extra creaminess.

☐ Maple Syrup (Optional) – Easier to digest than refined sugars.

Recipe #95: Mild Mango & Coconut Cream Dessert – UC-Friendly Adjustments

Modifications for Gentle Digestion

☒ Use Well-Ripened Mango – Soft, ripe mango is easier to digest than fibrous, unripe mango. If needed, blend and strain the mango to remove any fibrous bits.

☒ Choose a Smooth Coconut Cream – Ensure it doesn't contain gums or stabilizers, which may irritate sensitive digestion.

☒ Skip Chia Seeds If Fiber Is a Concern – While they add nutrition, they can be hard to digest during a flare.

☒ Blend Thoroughly for a Silky Texture – A smooth, pudding-like consistency is gentler on the gut.

☒ Use Maple Syrup Sparingly – If needed, start with ½ teaspoon and adjust based on tolerance.

Extra Soothing Tips

- ✓ Serve Slightly Chilled (Not Ice-Cold) – Too-cold desserts can cause digestive discomfort.
- ✓ Strain the Mango Puree – If you're experiencing flare-ups, straining removes excess fiber.
- ✓ Pair with a Spoonful of Plain Coconut Yogurt (Optional) – Adds gut-friendly probiotics if tolerated.

Why This Recipe Works for UC

- ❑ Ripe Mango – Provides natural sweetness and anti-inflammatory vitamins.
- ❑ Coconut Cream – Rich in healthy fats, which can be soothing for digestion.
- ❑ Maple Syrup (Optional) – Gentler on the gut than refined sugars.

Recipe #96: Steamed Pears with Nutmeg – UC-Friendly Adjustments

Modifications for Gentle Digestion

- ☒ Peel the Pears Completely – This removes excess fiber that can be hard to digest.
- ☒ Steam Until Very Soft – Ensuring the pears are extra tender makes them easier on the gut.
- ☒ Use Nutmeg Sparingly – Nutmeg is generally well-tolerated but should be used in small amounts.
- ☒ Skip Lemon Juice If Sensitive – While it enhances sweetness, it may trigger reflux in some.
- ☒ Choose Honey or Maple Syrup Wisely – If needed, use a small amount to avoid excess sugar.

Extra Soothing Tips

- ✓ Mash for an Even Softer Texture – If needed, lightly mash the pears after steaming for a puree-like consistency.
- ✓ Enjoy Warm, Not Hot – Too-hot foods can irritate digestion, so let them cool slightly.
- ✓ Pair with Lactose-Free Yogurt or Coconut Yogurt – Adds a soothing, probiotic boost.

Why This Recipe Works for UC

- ❑ Pears – Soft, mild, and naturally soothing when steamed.
- ❑ Nutmeg – Adds gentle warmth without being too spicy.
- ❑ Honey/Maple Syrup (Optional) – A low-FODMAP sweetener when used in moderation.

Recipe #97: Simple Banana Ice Cream – UC-Friendly Adjustments

Modifications for Gentle Digestion

- ☒ Use Fully Ripe Bananas – Ripe bananas are easier to digest and naturally sweeter.
- ☒ Blend Thoroughly – Ensuring a super smooth texture makes it gentler on digestion.
- ☒ Skip Maple Syrup If Not Needed – Bananas are naturally sweet, so extra sugar isn't always necessary.
- ☒ Limit Cinnamon If Sensitive – Some with UC may tolerate only small amounts of cinnamon.

Extra Soothing Tips

- ✓ Freeze in Small Portions – Makes easier blending and avoids overloading digestion.
- ✓ Enjoy Slightly Softened – Too-cold foods may be harsh, so let it sit for a few minutes before eating.
- ✓ Pair with Dairy-Free Yogurt (Optional) – A small spoonful of coconut or almond yogurt can add extra creaminess.

Why This Recipe Works for UC

- ☐ Bananas – Soft, easy to digest, and help soothe the gut.
- ☐ Dairy-Free – No irritating lactose that could trigger symptoms.
- ☐ Customizable Sweetness – No added sugar unless needed.

Recipe #98: Rice Flour Pancakes with Honey – UC-Friendly Adjustments

Modifications for Gentle Digestion

- ☒ Use White Rice Flour – Easier to digest than whole-grain flours.
- ☒ Limit Cinnamon if Needed – Some with UC may tolerate only small amounts.
- ☒ Almond Milk or Lactose-Free Milk – Avoids dairy irritation.
- ☒ Use Mild Oils – Olive or avocado oil is gentler than butter.
- ☒ Skip Mashed Banana if Needed – Can be optional based on tolerance.

Extra Soothing Tips

- ✓✔ Small Pancakes – Easier to digest in smaller portions.
- ✓✔ Let the Batter Rest – Helps soften the flour for a smoother texture.
- ✓✔ Cook on Low-Medium Heat – Prevents hard edges, making them easier on digestion.

Why This Recipe Works for UC

- ☐ Gluten-Free – Rice flour is easy on the gut.
- ☐ Honey – Gentle, natural sweetness.
- ☐ Eggs – Adds protein without irritation.

Recipe #99: Mild Coconut Yogurt with Berries – UC-Friendly Adjustments

Why This Recipe is Gentle on Digestion

- ☒ Dairy-Free – Coconut yogurt is a gut-friendly probiotic option.
- ☒ Low-Fiber Berries – Blueberries & strawberries are among the easiest berries to digest.
- ☒ Refined Sugar-Free – Uses honey or maple syrup, which are gentler on the stomach.
- ☒ Optional Add-Ins – Cinnamon and coconut flakes can be adjusted based on tolerance.

Soothing Tips for UC

- ✓✔ Choose Unsweetened Yogurt – Avoids artificial sweeteners that can irritate digestion.
- ✓✔ Thinly Slice Berries – Makes them easier to digest.
- ✓✔ Serve Chilled for Comfort – A cool, mild treat can be soothing during flares.

How This Recipe Supports Gut Health

- ☐ Coconut Yogurt – Contains probiotics to help maintain a balanced gut.
- ☐ Berries – Antioxidant-rich and mild on digestion.
- ☐ Honey/Maple Syrup – Gentle natural sweetness without harsh sugar spikes.

Recipe #100: Soft-Baked Oat Cookies with Almond Butter – UC-Friendly Adjustments

Why These Cookies Are Easy on Digestion

- ☒ Gluten-Free Oats – Blended for a softer texture, easier to digest.
- ☒ Almond Butter – Provides healthy fats without dairy.
- ☒ Natural Sweeteners – Uses banana & honey/maple syrup instead of refined sugar.
- ☒ Baked Soft – Gentle on digestion, no hard or crunchy textures.

Soothing Tips for UC

- ✓ Blend Oats for a Softer Cookie – Helps with easier digestion.
- ✓ Skip the Salt if Sensitive – Optional for those avoiding sodium.
- ✓ Use Applesauce for Extra Moisture – Keeps cookies soft & easy to chew.
- ✓ Avoid Overbaking – Ensures cookies stay soft and gentle on the stomach.

How This Recipe Supports Gut Health

- ☐ Almond Butter – Nutrient-dense and anti-inflammatory.
- ☐ Banana – Naturally sweet & easy on digestion.
- ☐ Honey/Maple Syrup – Gentler alternative to processed sugar.
- ☐ Oats – A mild fiber source, soothing for many with UC.

Recipe #101: Soothing Warm Applesauce with Cinnamon – UC-Friendly Adjustments

Why This Applesauce is Gentle on Digestion

- ☒ Mild Apple Varieties – Fuji, Gala, and Golden Delicious are easy to digest.
- ☒ No Apple Skins – Removes fiber bulk for a smoother, gut-friendly texture.
- ☒ Naturally Sweet – Avoids refined sugar while still being flavorful.
- ☒ Warm & Soothing – Helps relax digestion, especially during flare-ups.

Tips for a Gut-Soothing Experience

- ✓ Blend for an Ultra-Smooth Texture – Easier on the stomach.
- ✓ Skip the Sweetener if Apples are Naturally Sweet – Keeps it simple and gentle.
- ✓ Serve Warm for Extra Comfort – Warm foods are easier to digest.
- ✓ Pair with Easy-to-Digest Foods – Try with oatmeal or plain yogurt.

How This Recipe Supports Gut Health

- Apples (Peeled & Cooked) – Gentle fiber, rich in pectin, which supports gut health.
- Cinnamon – Mild anti-inflammatory properties without being harsh.
- Honey/Maple Syrup (Optional) – A natural sweetener that's easier on digestion than refined sugar.