

DR. SARA'S HORMONE RESET CRAB CAKES

Sara Gottfried MD



DR. SARA'S HORMONE RESET CRAB CAKES

Geek Out with Dr. Sara: Crabmeat is rich in nutrients, including the amazing omega-3s, which are great for your brain, heart, and metabolic function. Crab is also a low-risk seafood for mercury content, since it is small in size and low on the food chain. Make sure your crab is very fresh and has no fishy odor. Alternatively, you can use canned wild pink salmon in lieu of fresh crab if crab is not in season.

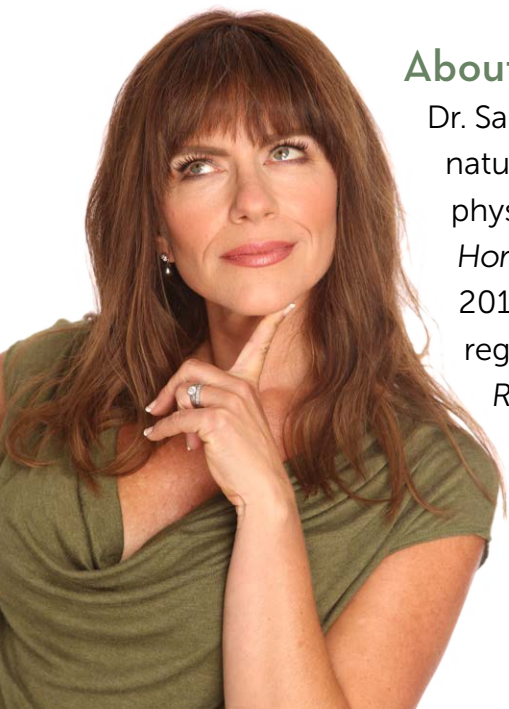
Makes 4 to 6 servings

4 radishes
1 small shallot
1 clove fresh garlic
2 eggs
1/2 pound fresh crabmeat,
fully cooked
1/2 teaspoon rosemary salt
1 teaspoon dried parsley
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
3 to 4 tablespoons ghee or
coconut oil



1. Pulse the radishes, shallot, and garlic in a food processor until finely minced.
2. Beat the eggs in a large mixing bowl, and add the minced radishes, shallot, and garlic. Mix in the crabmeat and all the spices.
3. Heat the ghee or oil over medium heat in a large frying pan.
4. Form the crab mixture into small flat cakes, and fry each cake for approximately 5 to 7 minutes on each side, or until well browned and cooked through.
5. Serve on a bed of fresh greens, and enjoy!

Adapted with permission from Diane Sanfilippo's Quick and Easy Salmon Cakes. Diane Sanfilippo, *Practical Paleo* (Las Vegas: Victory Belt, 2012), p. 310.



About Dr. Sara

Dr. Sara Gottfried, M.D. teaches women how to balance their hormones naturally so they can rock their mission. She is a Harvard-educated physician, speaker and *New York Times* bestselling author of *The Hormone Cure* (check out the new paperback from Simon & Schuster, 2014). She is board-certified in Obstetrics and Gynecology, and is regularly featured in magazines such as *Cosmopolitan*, *Glamour*, *Redbook*, *O Magazine*, and *Yoga Journal*. Known for effortlessly blending the seriousness of women's health with playfulness and humor, Dr. Sara's mission is to help women lose weight, feel great, and be vital from their cells to their soul. Work with her online by joining her semi-annual detox for 21 days! Learn more at www.saragottfriedmd.com.

Medical Disclaimer

Information provided in this document is for informational purposes only. The information is a result of years of practice and experience by Sara Gottfried, MD. However, this information is NOT intended as a substitute for the advice provided by your physician or other healthcare professional, or any information contained on or in any product label or packaging.

Do not use the information provided in this document for diagnosing or treating a health problem or disease, or prescribing medication or other treatment. Always speak with your physician or other healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem. If you have or suspect that you have a medical problem, contact your health care provider promptly. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read in this document.

Information provided in this document and the use of any products or services related to this document by you DOES NOT create a doctor-patient relationship between you and Sara Gottfried, MD. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.