



You Are What You Eat

Fueling Your Fertility over the Holidays
with Dr. Susan Fox *(a collection of recipes)*





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Gluten-Free Quinoa Stuffing Recipes

Created by Health Youniversity | Your Fertile Health Expert: Dr. Susan Fox

■ Classic Gluten-Free Quinoa Stuffing

Serves: 6–8 Prep Time: 15 min Cook Time: 25 min

Ingredients:

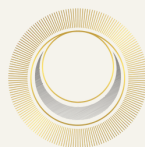
- 1 cup quinoa, rinsed
- 2 cups low-sodium vegetable broth
- 2 tbsp olive oil or ghee
- 1 yellow onion, finely chopped
- 2 celery stalks, diced
- 2 carrots, diced
- 2 cloves garlic, minced
- 1 apple, chopped
- ½ cup dried cranberries or chopped apricots
- ½ cup chopped pecans or walnuts
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tsp dried thyme
- 1 tsp sage
- 1 tbsp fresh parsley, chopped

Optional: drizzle of extra-virgin olive oil or balsamic reduction

Instructions:

1. Cook quinoa in broth for 15 minutes. Fluff and set aside.
2. Sauté onion, celery, and carrots in olive oil for 5–7 minutes.
3. Add garlic, apple, cranberries, and herbs. Cook 2–3 minutes.
4. Combine with quinoa and nuts. Adjust seasoning.
5. Garnish with parsley and drizzle olive oil or balsamic glaze.

Health Note: Quinoa provides complete protein and magnesium for hormone balance; celery and parsley aid estrogen detox; nuts and olive oil add anti-inflammatory fats.



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Cinnamon-Roasted Sweet Potatoes with Coconut Oil and Hemp Seeds

Serves: 2–3 | **Prep Time:** 10 min | **Cook Time:** 25 min

Ingredients:

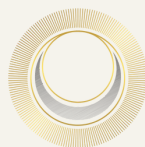
- 2 medium sweet potatoes, peeled and cubed
- 1½ tbsp coconut oil, melted
- 1 tsp ground cinnamon
- ¼ tsp sea salt
- 1 tbsp hemp seeds (optional, for added omega-3s and protein)
- Optional: pinch of cayenne pepper or smoked paprika for a savory twist

Instructions:

1. Preheat oven to 400°F (200°C).
2. In a large bowl, toss sweet potato cubes with melted coconut oil, cinnamon, and sea salt until evenly coated.
3. Spread in a single layer on a parchment-lined baking sheet.
4. Roast for 25 minutes, flipping halfway through, until edges are caramelized and centers are soft.
5. Sprinkle hemp seeds before serving for extra texture and nutrient boost.

Why It's Great for Hormone Health:

Sweet potatoes stabilize blood sugar with slow-digesting carbs and beta-carotene for luteal phase support. Coconut oil provides medium-chain fatty acids for metabolic balance, while hemp seeds add GLA and omega-3s for inflammation reduction.



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Roasted Root & Arugula Winter Salad with Maple-Dijon Vinaigrette

Serves: 4 | Prep Time: 15 min | Cook Time: 25 min

Ingredients:

For the Salad:

- 1 medium sweet potato, peeled and cubed
- 1 gold beet, peeled and cubed
- 1 small red onion, sliced
- 1 tbsp olive oil
- 4 cups arugula or mixed winter greens
- ½ cup pomegranate seeds
- ¼ cup toasted pecans or walnuts
- ¼ avocado, sliced (optional for creaminess)
- Sea salt and black pepper to taste

For the Dressing:

- 2 tbsp extra-virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- ½ tsp maple syrup or monk fruit syrup (optional, for balance)
- ¼ tsp sea salt
- Freshly ground pepper to taste

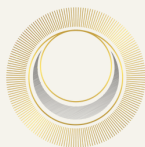


Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss sweet potato, beet, and onion with olive oil, salt, and pepper. Roast on a baking sheet for 25 minutes, flipping halfway through.
3. Whisk together all dressing ingredients in a small bowl or shake in a jar.
4. In a large bowl, combine arugula, roasted vegetables, pomegranate seeds, and nuts.
5. Drizzle with vinaigrette and toss gently to coat. Add avocado slices before serving.

Why It's Great for Hormone Health:

Beets and sweet potatoes support liver detox pathways and estrogen metabolism. Pomegranate seeds provide antioxidants that promote ovarian health and reduce inflammation. Olive oil and nuts offer healthy fats that stabilize blood sugar and support hormone production.



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Savory Sweet Potato Mash with Turmeric and Tahini

Serves: 2 | **Prep Time:** 10 min | **Cook Time:** 20 min

Ingredients:

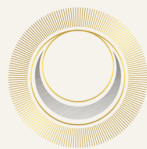
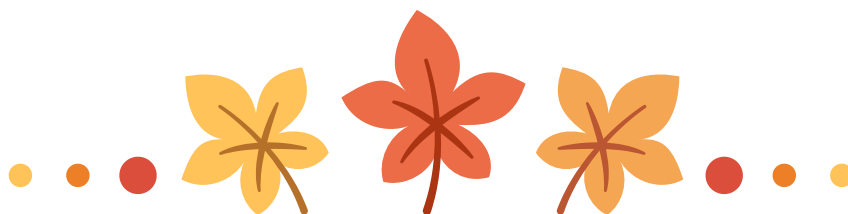
- 2 medium sweet potatoes, peeled and cubed
- 1 tbsp extra-virgin olive oil
- 1 tsp ground turmeric
- 1 tbsp tahini
- 1 tbsp lemon juice
- Sea salt and pepper to taste
- 1 tbsp chopped parsley or cilantro (optional)

Instructions:

1. Steam or boil sweet potatoes until tender (about 15–20 minutes).
2. Drain and mash with olive oil, turmeric, tahini, lemon juice, salt, and pepper.
3. Adjust texture with a splash of warm water if needed.
4. Garnish with parsley or cilantro and serve warm.

Why It's Great for Hormone Health:

Turmeric reduces inflammation and supports liver detox pathways, essential for hormone clearance. Tahini offers healthy fats and magnesium that calm the nervous system and support adrenal balance.



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Maple Pumpkin Pie with Almond-Coconut Crust (Gluten-, Dairy-, and Sugar-Free)

Serves: 8 | **Prep Time:** 15 min | **Bake Time:** 45 min

Ingredients:

For the Crust:

- 1½ cups almond flour
- ½ cup unsweetened shredded coconut
- 3 tbsp coconut oil, melted
- 1 tbsp maple syrup or monk fruit syrup (optional)
- ½ tsp sea salt
- ½ tsp cinnamon

For the Filling:

- 1 can (15 oz) organic pumpkin puree
- 3 large eggs
- ½ cup coconut milk (full-fat, from can)
- 2–3 tbsp maple syrup, monk fruit syrup, or allulose
- 1 tsp pure vanilla extract
- 1½ tsp pumpkin pie spice
- ½ tsp cinnamon
- Pinch of sea salt



Instructions:

1. Preheat oven to 350°F (175°C).
2. In a mixing bowl, combine almond flour, shredded coconut, melted coconut oil, syrup (if using), salt, and cinnamon. Press the mixture evenly into a 9-inch pie pan.
3. Par-bake crust for 10 minutes, then remove and let cool slightly.
4. In another bowl, whisk together pumpkin puree, eggs, coconut milk, sweetener, vanilla, and spices until smooth.
5. Pour filling into the crust and bake for 40–45 minutes, or until the center is just set.
6. Allow to cool completely before serving; refrigerate for best texture.

Optional Toppings:

- Coconut whipped cream (made from chilled full-fat coconut milk)
- Crushed pecans or pumpkin seeds
- Sprinkle of cinnamon or nutmeg

Why It's Great for Hormone Health:

Pumpkin provides beta-carotene and fiber to support estrogen balance. Coconut oil and milk contain medium-chain triglycerides that stabilize metabolism and nourish the adrenals. Almond flour adds magnesium and protein to support stable blood sugar and calm the nervous system.

Your Fertile Feast: Sugar-Free Thanksgiving Mocktails

Created by Health Youniversity | Your Fertile Health Expert: Dr. Susan Fox

Celebrate the season with festive, hormone-supportive drinks that balance blood sugar, boost circulation, and aid digestion—without any refined sugar or artificial sweeteners.

■ Apple Spice Spritzer

Tastes like fall in a glass—crisp, aromatic, and metabolism-friendly.

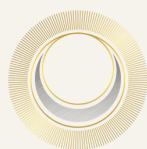
Ingredients:

- ½ cup unsweetened apple cider
- ½ cup sparkling mineral water or club soda
- 1 tbsp fresh lemon juice
- 1–2 drops liquid stevia or monk fruit (optional)
- 1 cinnamon stick
- 2–3 thin apple slices for garnish

Instructions:

1. Combine apple cider, lemon juice, and stevia in a glass.
2. Add ice and top with sparkling water.
3. Stir gently, add cinnamon stick and apple slices.
4. Optional: rim glass with cinnamon for presentation.

Hormone Benefit: Apple polyphenols and cinnamon help stabilize post-meal blood sugar—supporting insulin sensitivity (American Journal of Clinical Nutrition, 2020).



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■ Rosemary Citrus Cooler

Bright, herbal, and circulation-enhancing.

Ingredients:

½ cup sparkling water

¼ cup fresh grapefruit juice (or blood orange)

1 tbsp lemon juice

1–2 drops liquid monk fruit

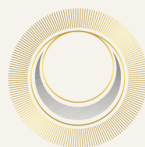
1 small rosemary sprig

Optional: a splash of apple cider vinegar for a probiotic boost

Instructions:

1. Muddle rosemary gently to release oils.
2. Mix citrus juices, sweetener, and optional ACV in a shaker with ice.
3. Pour into a glass, top with sparkling water, and garnish with rosemary.

Hormone Benefit: Grapefruit supports phase I liver detox for estrogen clearance; rosemary enhances circulation and antioxidant defense.



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■ Cranberry-Ginger Fizz

Refreshing, tangy, and liver-cleansing.

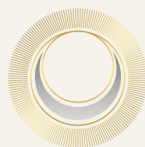
Ingredients:

6 cup unsweetened cranberry juice
6 cup sparkling water
1 tsp fresh grated ginger
1 tbsp lime juice
3–4 fresh mint leaves
1 drop monk fruit or stevia (optional)

Instructions:

1. Muddle mint and ginger in the bottom of a shaker or glass.
2. Add cranberry juice, lime juice, and ice. Shake or stir.
3. Top with sparkling water and garnish with a mint sprig.

Hormone Benefit: Cranberry supports urinary tract health and phase II liver detoxification; ginger supports digestion and estrogen metabolism



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