



 **Homemade Method™**

# ANTI-INFLAMMATORY COOKING DEMO RECIPE GUIDE



## MESSAGE FROM OUR FOUNDER

Tired of achy joints, a stiff back or just feeling like you're older than your years?

There is one powerful tool that can help:

Your FOOD. 

You see, **Harvard Medical School has declared that the best way to reduce inflammation lies not in the medicine cabinet... but in the refrigerator!**

Want to learn more? Then be sure to join us for this Special Live Event, for women over 50:  "Our Anti-Inflammatory Live Cooking Demo with Chef-Dietician Lizzie"

And in this booklet, you'll find the recipes from our Live Event, for 3 delicious, joint-soothing, inflammation-busting dishes:

- Anti-Inflammatory Pizza!
- Anti-Inflammatory Protein Bars
- Easy Blueberry Cobbler

Living with arthritis, joint pain and inflammation can be a constant struggle....

But finding relief IS possible. I hope these recipes help!

warmly, Anna Rakoczy, Founder of the Homemade Method

*xo Anna*



## ANTI-INFLAMMATORY PROTEIN BARS

These delicious **no-bake** bars are easy to prepare in a big batch. You can set yourself up with grab-and-go snacks anytime you're in a hurry - and they're packed with **anti-inflammatory nutrients**!

The nuts and seeds within these bars contain high amounts of **fiber, calcium, magnesium, zinc, Vitamin E and Omega-3 fats** which all have anti-inflammatory effects. Nuts (especially walnuts) are also **heart-healthy**, which is particularly important for people with rheumatoid arthritis (RA) since they have twice the risk of heart disease as healthy adults.

Omega-3 fatty acids play a pivotal role in **reducing chronic inflammation and joint pain**. They work by decreasing the production and release of cytokines, which are pro-inflammatory molecules. As a result, research has shown that omega-3s can help reduce morning stiffness and alleviate swelling.

# ANTI-INFLAMMATORY PROTEIN BARS



**Prep** 10 minutes (plus 20 minutes chill time) **Cook** 10 minutes

**Serves 10**

- 12 Medjool dates, pitted
- 1½ cups whole rolled oats
- ½ cup walnuts, roughly chopped
- 2 Tbsp chia seeds
- 2 Tbsp sunflower seeds
- 2 Tbsp ground flaxseeds/linseeds
- 2 Tbsp hemp seeds
- ½ tsp ground ginger
- ½ tsp ground turmeric
- ⅛ tsp salt
- ¼ cup almond butter
- ¼ cup honey
- 2 Tbsp coconut oil
- 1 tsp vanilla extract
- 1 Tbsp warm water, or more, as needed

**Note:** You can substitute different nuts and seeds in this recipe depending on what you have and what you like!

**Directions:**

- Place dates in a bowl and cover them with very hot water. Set aside to steep and soften. Line an 8x8" pan with baking paper.
- Add the oats and walnuts to a large skillet and toast over medium heat, stirring frequently, until lightly browned and fragrant, about 5-8 minutes. Remove from heat.
- Drain the water from the dates and process them in your food processor until small bits remain; about 30 seconds.
- Place the oats, walnuts, and dates in a large mixing bowl. Add the seeds, ginger, turmeric, and salt, and set aside.
- Warm the almond butter, honey, coconut oil, and vanilla in a small saucepan over low heat. Stir to combine and pour over oat mixture.
- Mix thoroughly with your hands. (If the mixture feels too dry to pack down, add a little water as needed.)

# ANTI-INFLAMMATORY PROTEIN BARS

## Directions, continued:

- Remove bars from dish and portion them evenly. Store in an airtight container in the fridge for up to five days, or freeze for up to 2 months.
- Transfer the mixture to the prepared pan and cover with baking paper. Press down very firmly to flatten. Chill in the fridge for 20 minutes to harden.



## ANTI-INFLAMMATORY PIZZA!

This super flavorful, **ultra-nourishing** pizza gives takeout a run for its money! Don't let the anchovies scare you... the **robust flavor** of this pizza sauce is out of this world!

Anchovies have a high level of **omega-3 fatty acids and vitamin D**. Both of these have been found to **help reduce inflammation**. Tomatoes are loaded with **lycopene**, an antioxidant that has powerful anti-inflammatory properties. In addition to neutralizing inflammation-promoting compounds called free radicals, lycopene also blocks the overproduction of inflammatory proteins called **cytokines**.

Feel free to add any additional veggie toppings you enjoy! Mushrooms, fennel or spinach would be fabulous additions.

# ANTI-INFLAMMATORY PIZZA!

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**Prep** 10 minutes **Cook** 10 minutes

**Serves 2**

*For the sauce:*

- 4 Tbsp tomato paste
- 2 tsp olive oil
- 3 anchovy fillets, minced
- $\frac{1}{4}$  tsp dried oregano
- $\frac{1}{4}$  tsp dried basil
- $\frac{1}{8}$  tsp red chili flakes
- Salt & pepper, to taste

*For the base:*

- 2 naan or flatbreads, whole wheat/whole grain (6-8 inch)

*Toppings:*

- 2 cloves garlic, thinly sliced
- $\frac{1}{2}$  cup red bell pepper/capsicum, thinly sliced
- 1 cup zucchini, thinly sliced
- $\frac{1}{4}$  cup mozzarella cheese, finely grated
- 1 small tomato, thinly sliced
- 2 Tbsp fresh basil, finely sliced, to garnish

**Directions:**

- Preheat the oven to 375°F/190°C, and line a baking sheet with baking paper.
- In a small bowl, combine the sauce ingredients. Taste and adjust seasoning.
- Place the naan or flatbread on the baking sheet and spread evenly with the sauce.
- Top with sliced garlic, bell pepper, zucchini, and cheese.
- Finish by topping with thinly sliced tomato. Bake for 10 minutes, or until the edges of the flatbread are crisp and the cheese is melted.
- Remove from the oven and sprinkle with fresh basil.
- Slice into wedges and serve immediately.



## EASY BLUEBERRY COBBLER

This special recipe boasts some **major anti-inflammatory properties!** All berries are high in antioxidants, which can help fight inflammation, but recent evidence suggest that blueberries take the lead - thanks to their **anthocyanin** content.

Anthocyanins are incredible **phytochemicals** revered for their ability to reduce oxidative stress and extinguish chronic inflammation. This means that the anti-inflammatory effects of berries can help reduce joint pain.

Ground cinnamon is more than just a delicious flavoring in our cobbler recipe. Studies have shown that this warming spice has **anti-inflammatory** properties, which can ease swelling.

# EASY BLUEBERRY COBBLER

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**Prep** 10 minutes **Cook** 45 minutes

**Serves 6**

*For the filling:*

- 4 cups blueberries, fresh  
(you could also use frozen, but in that case we suggest thawing and draining them first)
- 1 tsp cornstarch
- 1 tsp lemon juice

*For the topping:*

- 1 cup whole wheat flour
- $\frac{1}{2}$  cup coconut sugar
- 1 tsp baking powder
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{8}$  tsp salt
- 1 Tbsp avocado oil
- $\frac{1}{2}$  tsp vanilla extract
- 1 large egg

*For the sugar sprinkle:*

- 1 tsp cinnamon
- 2 tsp sugar

**Directions:**

- Preheat the oven to 350°F/175°C and lightly oil a 9" round baking dish.
- In a large mixing bowl, combine the blueberries, cornstarch, and lemon juice.
- Pour the berry mixture into the prepared baking dish.
- In another bowl, combine the flour, sugar, baking powder, cinnamon, and salt.
- In another small bowl, combine the oil, vanilla, and egg, and whisk together. Make a well in the center of the flour mixture and pour in the egg mixture. Stir together until just moist.
- Drop the dough by spoonfuls onto the blueberry mixture to cover evenly.
- Combine the sugar sprinkle ingredients and sprinkle evenly over the top.
- Bake for 40-45 minutes or until the blueberries are bubbling and the topping is browned. Allow to rest for 15 minutes before enjoying!

# MEMBER LOVE

## JULIE HAHN

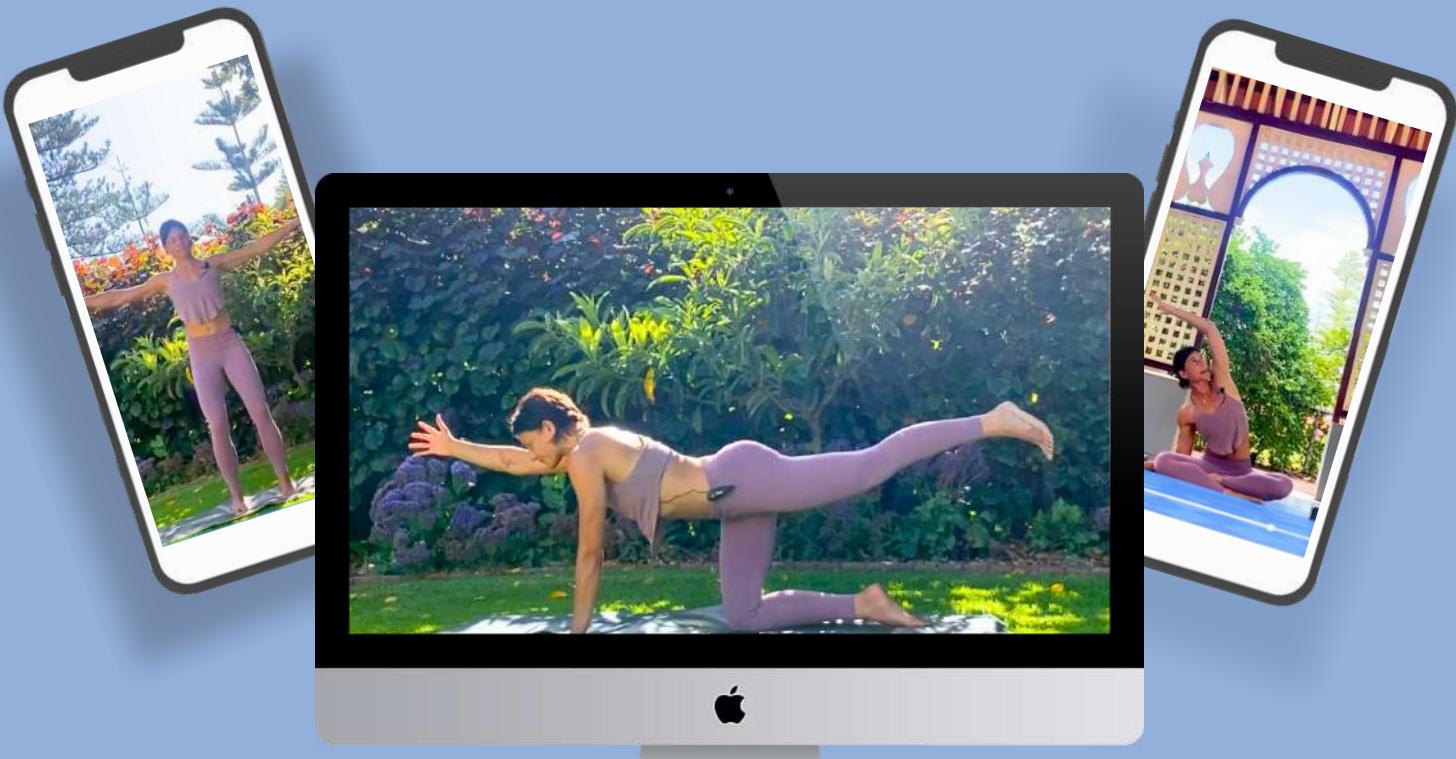
"Guess who bought size 12 pants today! Happy happy dance! My whole life I didn't think it possible. Before vs after: 88.8kg (195 lbs) to 73-75-ish kg (160 lbs). This works, people."



## CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"





# WANT BIGGER FASTER RESULTS?

When we go through menopause, our estrogen levels decline. And that can cause weight gain...especially around the mid-section!

Adding safe and gentle workouts specifically designed to increase metabolism and build muscle mass in women over 50...will improve your results compared to just doing the Challenge alone.

That's why when you add the Complete Fitness System for Women over 50 to your order today, you'll save a whopping 70% off our regular pricing. The best bit: Every workout can be done at home in 15 mins or less :)



YES! GET THE OFFER



66  
YOU CAN GET A  
HEALTHY,  
ENERGETIC BODY  
OVER 50 AND IT'S  
EASIER THAN YOU  
MIGHT THINK...

YOU JUST NEED  
THE RESET  
RESPONSE!

ANNA RAKOCZY, FOUNDER  
OF THE HOMEMADE METHOD

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