Breakfast

Almond butter Overnight oats .................................................................1
Almond, cashew and cherry granola .....................................................3
Banana and flax pancakes with blueberry jam .......................................5
Banana and Sunflower seed breakfast muffins ...................................7
Caramelized apple and toasted walnut oatmeal .................................9
Spinach, feta and mushroom egg muffins .........................................11

Lunch

Asparagus, artichoke and red onion omelette ......................................13
Broccoli and almond soup ..................................................................15
Butterflied chicken salad with cucumber, mint and pomegranate salsa 17
Flax cracker loaded nachos with pulled chicken, muhammara sauce and refried beans ..............................................................19
Garlic chicken with zucchini noodles ..................................................21
Grilled Mackerel salad .........................................................................23
Salmon and prawn wraps .....................................................................25
Pulled chicken wraps with braised red cabbage and apple ..................27
Roasted red pepper and lentil soup .......................................................29
Tahini and cashew chicken kebabs ......................................................31
Tuna stuffed avocado boats ..................................................................33

Dinner

All in one roast chicken tray bake ........................................................35
Almond and flax pizza with muhammara sauce, ground beef and caramelized onions .................................................................37
Baked red peppers stuffed with ground beef, kidney beans and feta ....39
Beef fajitas with slow cooked peppers and onions ..............................41
Cashew nut and kidney bean burgers ...............................................43
Lamb koftas with cinnamon roasted carrots and red cabbage and fennel slaw .................................................................45
Roasted salmon with asparagus, spinach and artichoke bake with a walnut crumb ...........................................................................................................47
Salmon fishcakes with capers and sweet potato ...........................................49
Sesame salmon stir fry ..................................................................................51
Tuna pasta with olive tapenade and capers ..................................................53
Tuna steak with mint and mango salsa and sweet potato wedges..............55

**Snacks**

Almond butter energy balls .................................................................................57
Flax tortilla wraps ..................................................................................................59
Garlic artichoke dip ................................................................................................61
Herbed flax and lentil crackers .............................................................................63
Muhammara dip ......................................................................................................65
Multi seeded loaf ....................................................................................................67

**Desserts**

Almond caramel and fig tart ...............................................................................69
Apple and walnut streusel cake ............................................................................71
Raspberry cashew cheesecake ..............................................................................73
Cinnamon pear and apple tart with crème fraiche .............................................75
Coconut panna cotta with pomegranate syrup ..................................................77
No churn banana and almond sundae ................................................................79
**Introduction**

I decided to create a cookbook because many of my pelvic pain patients were having trouble figuring out the diet recommendations. When you start adding the diets of multiple pelvic pain disorders together, it can be very overwhelming. I have often heard the phrase “Is there anything I can eat?” Truth be told, the diet recommended for bladder pain syndrome alone is a little complicated and restrictive. When you have irritable bowel syndrome or vulvodynia as well, it may seem that you cannot eat anything at all.

Because I want you to be able to enjoy eating, but also have less pain, I decided to reach out to a recipe artist. She helped me create a cookbook full of recipes that avoid all the most common food irritants in pelvic and sexual pain syndromes. I did not make it easy for her. I asked her to also remove all gluten, most refined carbs, and add in as many anti-inflammatory foods as possible. The result is actually quite astounding. Emma was able to make 40 recipes across a spectrum of meals and snacks that are all tasty, and pretty easy to make.

I hope you enjoy being able to eat without worry of aggravating your pain issues! If what you make looks really good, and tastes really good, I’d love to see it on my facebook page, The Stoehr Center for Pelvic and Intimate Pain.

The following paragraphs are summaries of a portion of my e-book, When It Hurts Down There. I will review the information presented about the diet recommendations. If you’ve already read the ebook, then this is just a review. If it’s new to you, please read on, as there is detailed information included that will explain how the food you eat affects your pain.

**Changing your diet**

Your diet is a huge factor affecting inflammation in the body. “You feel what you eat”. If you eat foods that cause inflammation, you will have more pain. Unfortunately, our mouths tend to like some of the foods that can cause inflammation. It’s important to remember that what you put in your mouth can affect the amount of pain you have.
A little bit about me....

My name is Emma and I am a self-taught cook, food photographer and recipe developer based in the UK.

As well as creating recipes for my clients, I run my own healthy living blog – www.thenourishedcoeliac.com, where I provide anti-inflammatory recipes for those struggling with autoimmune disease and multiple food intolerances.

I strive to create simple yet flavourful recipes that anyone can make at home, using wholesome and nutritious ingredients specific to dietary needs. I also aim to include ingredient crossovers wherever possible, ensuring that you will always get the most from your shopping list without having to re-stock the pantry every day!

My cooking is inspired and driven by the phenomenal impact diet has on your health wellbeing and I hope these recipes inspire on your own journey.

Emma
BREAKFAST

Almond butter

Overnight oats
Almond butter Overnight oats

**Ingredients**

- 1 cup of quick cook oats
- 1 cup of almond milk
- 2 tablespoons of almond butter
- 1 tablespoon of maple syrup or honey
- 1 teaspoon of ground cinnamon
- ½ a banana, peeled and sliced
- A handful of fresh raspberries

**Optional:**

- Flaked almonds
- Pumpkin seeds

**Method**

1. Add the oats, cinnamon, milk and syrup to a large jar or airtight container and stir well to combine.
2. Add one tablespoon of almond butter to the oat mixture and stir through.
3. Seal the jar or container and store in the refrigerator overnight.
4. Remove from the refrigerator before serving and give the oat mixture a good stir.
5. Arrange a layer of raspberries across the oats, followed by a layer of sliced banana.
6. Add the second tablespoon of almond butter to the top of the banana layer and scatter over the remaining raspberries.
7. Serve as it is or scatter with flaked almonds or pumpkin seeds.

**PREP TIME:**

5 minutes

**COOK TIME:**

Chill overnight

**NUMBER OF SERVINGS:**

1 generous serving