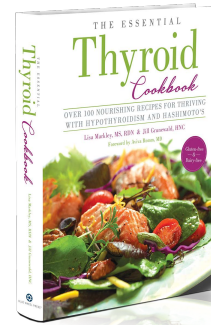


This resource was excerpted from the #1 bestselling *Essential Thyroid Cookbook: Over 100 Nourishing Recipes for Thriving with Hypothyroidism and Hashimoto's*. You can click on the book image to purchase this first-of-its kind resource for the hypothyroid community.



See the end of this document for instructions on soaking and toasting, including two easy and oh-so-flavorful recipes.

Nuts and Seeds

Nut/Seed	Nutritional Benefits
Almonds	Almonds provide a great plant-based source of calcium, heart healthy monounsaturated fats, cholesterol lowering plant sterols, and energy producing manganese, copper, and Vitamin B ₂ . Almond flour and almond butter can be used in gluten-free baking. ^a
Brazil nuts	Brazil nuts offer a unique source of the trace mineral, selenium. The thyroid gland has more selenium content per gram of tissue than any other organ in your body and selenium is a key component of the molecules that are necessary for your body to create and use thyroid hormones.
Cashews	Raw cashews have a bland or neutral flavor, making them a blank canvas for infusing flavors into them. Their velvety, smooth, creamy texture helps add nice body when pureed into soups and sauces, which makes them a great replacement for cream. Homemade cashew milk is an easy to make favorite. (See my Chocolate Cashew Milk recipe.) Cashews provide a great source of Vitamin B ₁ , Vitamin B ₅ , Vitamin B ₆ , and the minerals iron, copper, manganese, and magnesium.
Cashew butter	Cashew butter is a rich, creamy spread made from grinding raw or roasted cashews. It has a milder flavor, but can be used interchangeably with almond butter, peanut butter, or sunflower seed butter in most recipes.
Chia seeds	Chia is a tiny, power-packed seed loaded with calcium, iron, magnesium, and Omega-3s. The soluble fiber in chia seeds promotes a feeling of satiety. Unlike flaxseeds, they don't need to be ground for us to access/absorb the Omega-3s.
Coconut flakes	Botanically speaking, coconut is a drupe, not a nut, and is therefore safe for most people with tree nut allergies. We chose to include it in this category because it shares many similar characteristics to nuts and seeds—it can be soaked and blended into homemade plant-based milk or sprinkled on hot cereal, smoothies, and desserts. Coconut contains a great source of fiber, as well as an important saturated fatty acid called lauric acid.

<p>Coconut butter (manna)</p>	<p>Creamed coconut/coconut butter/coconut manna are three names for essentially the same thing: 100 percent coconut meat that has simply been ground into a butter-like consistency much in the same way peanuts are ground to make peanut butter. This novel ingredient can be found at most natural food stores in one of two places: in a small rectangular cardboard package in the baking aisle by the brand Let's Do Organic or in a jar in the peanut butter aisle by the brands Artisana or Nutiva. It imparts a smooth, silky texture when incorporated into smoothies, sauces, and desserts. Whole coconut products provide an excellent source of trace minerals including manganese, molybdenum, zinc, and copper. It's also a unique source of selenium, an essential mineral for thyroid and immune health.</p>
<p>Flaxseeds (ground)</p>	<p>Flax is a source of anti-inflammatory Omega-3s and cholesterol lowering soluble fiber and lignans. Store in a tightly sealed container in the fridge or freezer to prevent rancidity. It can be used to substitute an egg in a recipe; to make a "flax egg," soak 1 tablespoon of ground flaxseeds in 3 tablespoons warm water and let stand for 10 minutes, until it becomes viscous and gel-like. You can use this 1:1 in a recipe, but we would not recommend subbing more than 1 egg using this method because it won't have the same leavening effect that eggs do.</p>
<p>Hazelnuts</p>	<p>Hazelnuts provide a rich source of the antioxidant Vitamin E and the energy producing nutrients Vitamin B₁, Vitamin B₆, copper, and manganese. They have a distinctly delicious flavor with a subtle sweetness. Hazelnut flour can be swapped out cup for cup with almond flour.^a</p>
<p>Hemp seeds</p>	<p>Hemp seeds are a small, nutty tasting seed that provide an excellent source of essential Omega-3 and Omega-6 fats that can support hormone balance. They're also a rare plant-based food that contains all nine essential amino acids (the building blocks of protein). They're delicious sprinkled on salads, dips, and smoothies or made into homemade hemp milk.</p>
<p>Macadamia nuts</p>	<p>Macadamia nuts are a rich tasting nut with a sweet flavor. They're an oilier nut, but the healthful oils come primarily from cardio-protective monounsaturated fats. They also provide a great source of Vitamin B₁, manganese, and copper.</p>
<p>Pecans</p>	<p>Pecans have a natural buttery sweetness and pleasing crunch, whether enjoyed toasted or raw. They're loaded in Vitamin E, which protects cells from oxidative stress and free radical damage. They also provide an excellent source of manganese, copper, zinc, and iron.</p>
<p>Pine nuts</p>	<p>Pine nuts are small slender creamy white kernels with a delicate buttery, sweet flavor. They're among the richest source of dietary manganese, an important mineral that supports the body's antioxidant enzyme, superoxide dismutase, that protects against free radical damage. They're also a great source of copper, iron, magnesium, and zinc.</p>

Pistachios	Pistachios have a distinctly sweet flavor and a vibrant green color that comes from the presence of chlorophyll, an important nutrient that makes these nuts unique. Pistachios are also loaded in Vitamin B ₆ , Vitamin E, and copper.
Pumpkin seeds (pepitas)	Hulled pumpkin seeds are an excellent source of the amino acids tryptophan and glutamate, which are converted into the beneficial neurotransmitters serotonin and GABA, respectively. Pumpkin seeds also boast ample protein, balanced essential fats, and high concentrations of the minerals copper, iron, magnesium, and zinc. They have a deliciously satisfying crunch when eaten lightly toasted.
Sesame seeds	These tiny seeds add an exceptional nutty flavor and delicate crunch to any dish. They're also an excellent source of beneficial fibers called lignans that have been shown to help lower cholesterol. Their rich copper content may be helpful in reducing inflammation.
Sesame tahini	Tahini is a nutty paste made from ground sesame seeds. Sesame seeds are chock full of multiple thyroid- and immune-supportive nutrients, especially Vitamin B ₂ , Vitamin B ₆ , copper, manganese, iron, calcium, magnesium, zinc, and selenium. Tahini can be found in the international foods section or near the peanut butter at any natural foods store.
Sunflower seeds	Sunflower seeds offer a mild, nutty flavor and a rich source of Vitamin E, copper, and Vitamin B ₁ . They're an inexpensive source of plant protein and a great substitute for those with peanut and tree nut allergies.
Sunflower seed butter	Sunflower seed butter is a rich, creamy spread made from grinding raw or roasted sunflower seeds. It's a nutrient-dense substitute for people with peanut and tree nut allergies.
Walnuts	Walnuts provide a great source of anti-inflammatory Omega-3 fats and also contain more antioxidant polyphenols than any other nut or seed. They're also a good source of copper, manganese, Vitamin B ₆ , and Vitamin E. It's recommended that they're eaten primarily in raw form due to fragile Omega-3s.

^a We recommend nut flour/nut meal in moderation. It's the "darling" of Paleo and grain-free baking, but it's important to know that one cup of almond flour contains about 90 almonds. We can extrapolate a similar number for other nuts. And many nut flour recipes call for more than one cup. While we understand that this quantity will be reduced due to serving size, it's still an inordinate amount of nuts.

How to Soak Nuts and Seeds

Some may find nuts and seeds difficult to digest and may benefit from soaking prior to eating. Soaking also helps to remove some of the phytic acid, which may aid in the bioavailability of the minerals found in nuts and seeds.

1. Place nuts or seeds in a glass or ceramic bowl with $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon sea salt. Cover with water, and soak for time indicated below. Gently drape a light towel over the bowl and keep out on counter or place in fridge.
2. Discard any nuts or seeds that float to the top. Drain and rinse.
3. They can be eaten right away or used to make homemade nut or seed milks.
4. Keep for 2-3 days in the refrigerator or dehydrate at the lowest temperature setting on your oven for 12-24 hours, until crisp. Dehydrating until fully dry will prevent mold growth and enable nuts and seeds to be stored longer.

Nuts/Seeds	Soaking time (hours)
Almonds	8-12
Brazil nuts	3
Cashews	2-4
Hazelnuts	8
Macadamia nuts	0-2
Pecans	6-8
Pine nuts	8
Pistachios	8
Pepitas (shelled pumpkin seeds)	6-8
Sunflower seeds	6-8
Walnuts	6-8

How to Toast Nuts and Seeds

Gently toasting nuts or seeds can significantly enhance their flavor while also helping to break down phytic acid. The key is to use a lower heat (300°F to 350°F) to prevent burning. Nuts and seeds contain relatively high levels of monounsaturated and saturated fats that support the overall stability of the nutrients. According to The World's Healthiest Foods website (www.whfoods.com), research studies do not show significant nutrient changes when roasting at temperatures 300°F and below.

Easy Oven-Toasted Nuts

Makes 1 cup

Ingredients:

1 cup of any raw nut (almonds, cashews, hazelnuts, walnuts, pecans, etc.)

Preparation:

1. Preheat oven to 300°F.
2. Spread nuts out evenly on a baking sheet and place sheet on middle rack in the oven. Toast nuts for 10-12 minutes. Be sure to set a timer to avoid burning.
3. Remove from oven and set aside to cool. Once cool, transfer to a tightly sealed container and store in the fridge until ready to use.

Easy Pan-Toasted Seeds

Makes $\frac{3}{4}$ cup

Ingredients:

$\frac{3}{4}$ cup raw sesame, sunflower, or pumpkin seeds

Preparation:

1. Toast seeds by placing them in a dry skillet over low-medium heat. Stir the seeds continuously with a wooden spoon for 2-3 minutes, taking care to adjust heat if necessary to avoid burning. Seeds are ready when they begin to emit a nutty aroma. Note: pumpkin seeds will puff up when they are ready.
2. Remove seeds from skillet and set aside to cool. Once cool, store in a tightly sealed container in the fridge until ready to use.
3. Enjoy sprinkled on salads, soups, hot cereal, avocado toast, etc.