



5 Fall Recipes For Natural Hormone Balance

NUTRITION + HORMONE HEALTH COACH LAUREN CHAMBERS

so fresh *N* so green

EAT WELL. FEEL WELL. LIVE WELL.

INTRODUCTION



Okay, let's get right to it shall we?

You probably have some questions, like what do my hormones do? How do they work? Why should I care? And how does it relate to food/recipes?

The quickie low-down is this (for more info, [check out this post](#)) – your brain is in constant communication with the rest of your body every day via your hormones. Your hormones work together through your endocrine system in order to help you maintain homeostasis (or balance). Depending on the signals being sent to your brain, these different hormone levels are constantly fluctuating and always impacting one another as a result.

So, what does this mean, exactly?

Because your hormones are all connected, if you experience any sort of hormone imbalance, this throws off other hormones as a result. And because your hormones are responsible for pretty much every bodily function, this has a huge effect on everything from your menstrual cycle and fertility to your skin, stress levels, energy, weight, brain function, mood, sleep and general wellbeing.

Now what does all this have to do with food?

The energy and nutrients you obtain from your diet are the raw materials your body needs to produce hormones and properly fuel your body.

If your diet doesn't supply enough energy or "materials" to make all the hormones you need, it'll prioritize production of

stress hormones first because they're essential for survival.

This leads to unhealthy fluctuations in your hormone levels, which can lead to a variety of not-fun symptoms.

Lucky for us, giving our hormones the foundation of a high-quality, nutrient-dense diet is the first (and most CRUCIAL) step towards natural hormone balance and optimal health.

And even LUCKIER for you, this little book includes five of my favorite, delicious and easy fall recipes for natural hormone balance.

So – your action step (should you choose to accept it) is to start small and choose at least one recipe below that you can immediately incorporate into your routine to begin naturally balancing your hormones.

Try not to put too much pressure on yourself, and instead get creative with the ideas below. Recognize that you have the power to make informed choices as it relates to your food, and how exciting it is that simply by choosing what to eat and cook you can naturally balance your hormones and optimize how you feel, look and live as a result.

PS – If you find these recipes or tips helpful, be sure to drop me a message or comment and share with any friends and family that could use the inspiration or support!

PPS – To find out whether or not you may have a hormone imbalance, [take this free quiz!](#)

A top-down view of a purple ceramic bowl filled with a creamy, light-brown cauliflower-based porridge. The porridge is topped with a variety of fresh fruits, including sliced figs, kiwi, and strawberries, as well as chopped nuts like almonds and pistachios. A silver spoon is visible on the right side of the bowl, scooping up some of the porridge. The bowl is set against a white background.

**CREAMY COCONUT
CAULIFLOWER "OATS"**

CREAMY COCONUT CAULIFLOWER “OATS”

Your hormones LOVE cruciferous veggies like cauliflower (as well as broccoli, kale, cabbage, brussels sprouts, bok choy, etc.) that are rich in glucosinolates, which are sulphur compounds that support the liver and detoxification as well as elimination of excess estrogen.

While it may sound weird in a sweet recipe, cauliflower is such a versatile vegetable that can be substituted for almost any grain. This riced version has a taste and texture similar to porridge, making it perfect for those chilly fall mornings when you want something warm and cozy.

Cooking the cauliflower also significantly reduces the goitrogenic content, making them more thyroid-friendly.

INGREDIENTS:

For the oats:

1 cup riced cauliflower (can sub for gluten-free rolled oats if you digest grains well)

1 ½ cups unsweetened full-fat coconut milk

2 tbsp chia seeds

1 tsp vanilla

½ tsp cinnamon

Sprinkle of sea salt

For The Toppings:

1 tbsp grass-fed ghee or coconut butter

1 tbsp creamy nut butter

(I love Ground Up PDX: Use code SOFRESH15 to save 15% off your first purchase)

Fresh figs or berries

Shredded coconut

Chopped nuts (pistachios, walnuts, pecans, almonds)

Drizzle of honey or maple syrup

DIRECTIONS:

1. Prep your cauliflower rice if needed by pulsing cauliflower florets in a food processor until it forms a rice-like texture (or can buy pre-riced from some grocery stores).
2. Add all oat ingredients to a large stove-top pot and bring to a full boil, then reduce to a simmer, cover and cook 15 minutes until thick, stirring occasionally.
3. Depending on preferred thickness, add in more coconut milk if you like creamier, or leave out if you like thicker.
4. Once fully cooked with a porridge/oat like consistency, pour into a bowl and stir in desired toppings.
5. Note – while all toppings are optional, adding the ghee, nut butter and/or nuts provides a dose of quality protein and fat to stabilize hormones and blood sugar, so try not to skip this if possible. You could also try adding in collagen powder for an extra amino acid boost.





**BRUSSELS SPROUT +
BUTTERNUT SQUASH HASH**
with Pumpkin Seed Pesto

BRUSSELS SPROUT + BUTTERNUT SQUASH HASH

As you just learned, brussels sprouts are part of the cruciferous veggie family rich in sulphur compounds your liver and hormones love.

The butternut squash in this dish adds plenty of gut-friendly prebiotic fiber and liver-detox-supporting vitamin b6, which help us eliminate excess hormones.

Topping this veggie hash with a fried egg gives you an extra dose of micronutrients and B vitamins necessary for optimal fertility and nervous system function.

And if you really want to take this dish up a notch (in both flavor and hormone-balancing benefits), try topping it with the pumpkin seed pesto, which tastes amazing and sneaks in anti-stress mineral magnesium and vitamin-e (needed for estrogen production).

INGREDIENTS:

For the hash:

½ cup roasted brussels sprouts
½ cup roasted butternut squash
½ cup cauliflower rice
1-2 tbsp grass-fed ghee
1-2 pasture-raised eggs
Sea salt
Black pepper
Chile flakes
Broccoli or sunflower sprouts to top

For the pesto:

1 Tbsp minced garlic
2 cups basil
½ cup extra virgin olive oil
¼ cup arugula
¼ cup sprouted pumpkin seeds
Juice of 1 lemon
1 tsp sea salt
Cracked black pepper

DIRECTIONS:

1. If making pumpkin seed pesto, add all ingredients to a food processor and mix until well-combined. Set aside.
2. To pre-roast veggies, peel and cut butternut squash into cubes and brussels sprouts into halves. Coat in avocado oil, salt, garlic and pepper and roast for 30 minutes at 425 F, flipping veggies halfway through. Set aside when finished. (Note – you can skip this step but roasting the veggies in advance makes them much more palatable. I like to roast a big batch once and keep re-using in the hash throughout the week).
3. Once pesto and roasted veggies are prepped, heat ghee in a stovetop pan over medium heat and add in cauliflower rice. Sprinkle with sea salt, pepper and chile flakes and cook until golden brown (about 5-10 minutes). Add in the roasted brussels and squash to warm, then scoop out of pan into a bowl.
4. Add pan back on the stove at medium heat and add the other tbsp of ghee. Once melted, add 1-2 pasture-raised eggs and fry until whites are cooked and yolk is bright and slightly runny (or however you prefer your eggs cooked).
5. Add eggs to your bowl and top with pesto and other broccoli sprouts or greens if available.

***ELEVATED PUMPKIN
SPICE LATTE***





ELEVATED PUMPKIN SPICE LATTE

While it may seem basic, I love me some #PSL and I know I'm not alone here!

That being said, if you're trying to optimize your hormone balance and overall health, I'd encourage you to experiment with swapping your standard Starbucks (which is loaded with sugar and other chemicals that increase inflammation and hormone imbalance) for this elevated version, which is loaded with hormone-loving nutrients like brazil nuts (rich in selenium that supports your thyroid), adaptogens like ashwagandha (helps to lower cortisol and create balance in the body) and coconut oil or butter (made up of MCT'S that help transform cholesterol into pregnenolone, an essential building block for thyroid hormone-creation).

INGREDIENTS:

For the Brazil Nut Milk:

1 cup raw, unsalted Brazil nuts

3 cups filtered water

Sprinkle of sea salt

1 tsp vanilla

Optional: 1-2 dates, pitted and chopped, to sweeten

For the pumpkin spice latte:

1 cup brewed coffee or 1-2 espresso shots (or leave out to make a caffeine-free version)

12 oz (about 1 ½ cups) brazil nut milk (or other unsweetened, non-dairy milk)

2 tbsp pumpkin puree

1 tbsp maple syrup or 2 dates, pitted and chopped

1 tbsp coconut oil or butter

1 tsp ashwagandha (this can have a distinct flavor profile, so try starting with ½ tsp and working your way up to 1 tsp, or subbing for another adaptogen like reishi or maca root)

½ tsp vanilla extract

½ tsp pumpkin pie spice

DIRECTIONS:

1. If making brazil nut milk, add all ingredients to a bowl and let sit/soak overnight or minimum 8 hours. Once finished, pulse in a blender until well-mixed, then pour through a fine mesh strainer or nut milk bag to remove any clumps. Set aside.
2. Add coconut oil or butter to a stove top pot over medium heat until melted.
3. Stir in pumpkin puree, maple syrup (or dates), pumpkin pie spice and vanilla extract until a paste forms.
4. Add in espresso or coffee and nut milk and continue cooking for five minutes or so, until heated but not boiling.
5. Remove from heat and add in ashwagandha or other adaptogen of choice.
6. Pour into a high speed blender and pulse until frothy or creamy.





**BISON + BUTTERNUT
SQUASH CHILI**

BISON + BUTTERNUT SQUASH CHILI

Nothing says fall quite like a cozy bowl of chili, amiright?! I especially love this version, which is bean-free (making it easier for some with autoimmune conditions or hormone imbalances to digest) and loaded with essential omega-3 fatty acids from the bison necessary for building your sex hormones estrogen, progesterone, testosterone.

Bison is also technically the only red-meat that is *non-allergenic* (read, less likely cause inflammation), but still rich in micronutrients like iodine, iron, selenium and zinc that your thyroid needs to function optimally.

This chili also contains plenty of fiber and plants your gut and hormones need to thrive (like the squash and spinach), as well as healthy fats and butyrate (butyric acid) from the ghee, which is a short-chain fatty acid that helps to heal + repair our intestinal tract (gut imbalances = hormone imbalances).

INGREDIENTS:

2 pounds grass-fed ground bison	½ tsp cinnamon
1 butternut squash, peeled and chopped into cubes	2 tsp sea salt
1 onion, peeled and chopped	1/2 tsp pepper
2 tbsp <u>grass-fed ghee</u>	½ tsp red chile flakes or cayenne
2 tbsp tomato paste	1 14 ounce can fire-roasted tomatoes
4-8 cloves minced garlic	1 14 ounce can diced tomatoes
2 bay leaves	4-6 cups <u>bone broth</u>
2 tbsp chili powder	2 cups spinach, chopped
2 tsp cumin	½ cup cilantro for topping

DIRECTIONS:

1. Add 2 tablespoons of ghee to a large stove top pan over medium heat until melted.
2. Add in chopped onion and cook until translucent, about five minutes.
3. Add in the ground bison and brown (i.e. cook it on the lower, slower side until most of the pink is gone, about five more minutes or so).
4. Add in tomato paste, garlic, bay leaves and all spiced and stir for an additional minute, until fragrant.
5. Add in cubed butternut squash, cans of tomatoes and bone broth (start with 4 cups, add more if you like it brothier or leave out if you prefer it more thick), cover and bring to a boil.
6. Once boiling, reduce to a simmer and cook for a minimum of 30 minutes. I prefer an hour to really let the flavors soak in.
7. Once finished, remove from heat and stir in chopped spinach and cilantro.
8. Try topping with more greens or fresh avocado.



A top-down view of a white bowl filled with a thick, yellow-orange pumpkin pie smoothie. The smoothie is topped with a decorative swirl of a lighter-colored sauce. The bowl is garnished with fresh blueberries, sliced almonds, a star anise, and a dusting of brown powder. A gold spoon rests on a light-colored cloth next to the bowl.

**PUMPKIN PIE
SMOOTHIE BOWL**



PUMPKIN PIE SMOOTHIE BOWL

While green smoothies are a great way to incorporate more plants rich in micronutrients our hormones and gut microbiome needs to thrive, they can get a tad boring.

Enter in this pumpkin pie smoothie bowl, which screams fall, tastes like a treat and sneaks in plenty of veggies and fiber (pumpkin, sweet potato + cauliflower), protein (collagen protein powder) and fats (nut butter and milk) to boost hormone balance, satiate hunger, stabilize energy and blood sugar and empower our hormones to function optimally.

Your hormones will especially love the addition of ground flaxseed (helps to balance estrogen levels) and spices like cinnamon and nutmeg that work to keep your blood sugar in check and fight off inflammation in the body.

INGREDIENTS:

For the smoothie:

- 1 cup Brazil nut milk (if available, refer to recipe above) or other unsweetened, nut milk
- ½ cup pumpkin puree, chilled in fridge
- ½ cup cubed and frozen sweet potato or butternut squash
- ½ cup frozen cauliflower
- 1 serving vanilla collagen protein powder
- 1 heaping tbsp ground flaxseed
- 1 heaping tbsp nut butter or coconut butter (I love Ground Up PDX, use code SOFRESH15 to save 15% off your first purchase)
- 2 dates, pitted and chopped

- 1 tsp cinnamon
- ¼ tsp nutmeg or pumpkin pie spice
- Optional – ½ of a frozen banana for additional sweetness

For the toppings:

- Chopped nuts or grain-free granola
- Fermented coconut yogurt
- Drizzle of nut butter
- Fresh or frozen berries
- Chopped nuts or seeds
- Shredded coconut

DIRECTIONS:

1. Add all ingredients to a high speed blender and mix until well-combined. This is a smoothie bowl, so it will be very thick, and you will most likely need to get in there a few times with a spoon or spatula to stir it around. If you like it more thinned out, just add more nut milk.





ADDITIONAL RESOURCES + LINKS

Now that you've got plenty of fall healthy hormone-balancing recipe inspo, it's time to pick one that speaks to you and get after it!

Don't forget to tag [@sofreshnsogreeeen on instagram](#) in any posts and share this resource with friends or family who could use the inspiration or support.

Wishing you the most happy, healthy and vibrant fall season!

Xx / Lauren

- + [Free Hormone Imbalance Quiz](#) (Take to find out if you have a hormone imbalance + next steps)
- + [Your Guide To Cooking For Natural Hormone Balance](#)
- + [Do You Have A Hormone Imbalance? Hidden Causes, Symptoms + What To Do About It](#)
- + [Cycle Syncing 101: How To Alleviate PMS + Get Your Menstrual Cycle Back On Track](#)
- + [How To Transition Off Birth Control](#)
- + [How To Naturally Balance Your Hormones with B Vitamins](#)
- + [Fertility Boosting Foods + Recipes To Support A Healthy Conception + Pregnancy](#)
- + [My Postpartum Recovery – Recipes, Tools, Tips + Tricks That Helped Me Feel My Best](#)
- + [How to Detox To Balance Your Hormones](#)
- + [Postpartum Dark Chocolate Chunk Nut Butter Balls](#)
- + [Fertility Boosting Cherry Chia Pudding Parfait](#)

