



THE INSTITUTE FOR
FUNCTIONAL
MEDICINE®

VERSION 5

Phytonutrient *Spectrum*



Rainbow Recipes

Rainbow Smoothie*

Makes 2 servings (1 serving ≈ 8–10 ounces)

Red:

Strawberries

Orange:

Mangoes

Yellow:

Ginger

Lemon Juice

Green:

Green Tea

Almond Milk

Spinach

Blue/Purple/Black:

Blueberries

White/Tan/Brown:

Hemp Milk

Chia Seeds

Cinnamon

- ½ cup (cold) **green tea**
- 1 cup **hemp** or **almond milk** (unsweetened)
- 1–2 tablespoons **chia seeds**, whole or ground
- ¼ teaspoon **cinnamon**
- ⅛ teaspoon **ginger** (dried) or ½ teaspoon fresh ginger, minced
- 1 tablespoon fresh **lemon juice**
- 1 teaspoon maple syrup or 1 teaspoon stevia
- ½ cup (no sugar added) frozen **blueberries**
- ½ cup (no sugar added) frozen **strawberries**
- ½ cup (no sugar added) frozen **mangoes**
- 1 cup packed baby **spinach**

*Add ¼ to ½ cup ice to increase thickness if desired

Directions:

1. Add prepared green tea, hemp or almond milk to blender. Then add the rest of the ingredients in the order listed ending with baby spinach. Blend at very low speed until ingredients are mixed then gradually increase speed to high and blend well for 1 minute. Serve immediately.

(If unable to serve immediately, please omit chia or other seeds as gelling will occur and it will be less palatable.)

Options: Add 1–2 scoops protein powder, 1–2 tablespoons nut butters or ground flax or hemp seeds or a combination of these options to add quality protein, healthy fats and fiber to this smoothie. If using fresh fruit be sure to add ½–1 cup ice to mixture to desired thickness.

Sweet Potato Hummus

Makes 8 servings

Orange:

Sweet Potato

Yellow:

Lemon Juice

Extra-Virgin Olive Oil

White/Tan/Brown:

Chick Peas

Garlic

Cumin

Cinnamon

- 1 large **sweet potato** (12–14 ounces), cooked & mashed
- 1 can (15 ounces) **chick peas**, drained, rinsed
- ¼ cup tahini
- ¼ cup fresh **lemon juice**
- 3 tablespoons **extra-virgin olive oil**
- 1 small clove **garlic**, halved
- 1½ teaspoon fine sea salt
- 1 teaspoon ground **cumin**
- ½ teaspoon **cinnamon** (optional)

Directions:

1. Combine all ingredients in a food processor, and purée until smooth.

Shredded Carrot and Beet Salad

Makes 4 servings

Red:

Red Beet

Orange:

Orange Juice
Carrot

Yellow:

Lemon Juice
Extra-Virgin Olive Oil
Ginger

Green:

Mint

- 2 tablespoons freshly squeezed **orange juice**
- 2 teaspoons freshly squeezed **lemon juice**
- 2 teaspoons **extra-virgin olive oil**
- ½ teaspoon minced fresh **ginger**
- ¼ teaspoon sea salt
- 1 cup peeled and shredded **carrot**
- 1 cup peeled and shredded **red beet**
- 2 tablespoons chopped fresh **mint**

Directions:

1. Whisk the orange juice, lemon juice, olive oil, ginger, and salt together until thoroughly combined. Put the carrots in a mixing bowl, drizzle with half of the dressing, and toss until evenly coated. Place the carrots on one side of a shallow serving bowl. Put the beets in the mixing bowl, drizzle with the remaining dressing, and toss until evenly coated. Place the beets in the serving bowl next to the carrots for a beautiful contrast of red and orange. Top with the chopped mint before serving.

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Greek Lentil Stew

Makes 4 servings

Red:

Red Onion
Tomato Paste
Pomegranate Juice

Yellow:

Yellow Sweet Pepper
Yellow Squash

Green:

Oregano
Zucchini Squash

White/Tan/Brown:

Garlic
Lentils
Cinnamon

- 1 tablespoon extra virgin olive oil
- 1 small red onion, chopped
- 1 medium yellow sweet pepper, chopped
- 2 cloves garlic, finely chopped
- 1 cup lentils
- 2 teaspoons dried oregano
- 1 teaspoon ground cinnamon
- 2½ cups low sodium vegetable broth, divided
- 1 medium zucchini squash, chopped
- 1 medium yellow squash, chopped
- 1 tablespoon tomato paste
- ½ cup unsweetened pomegranate juice
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Directions:

1. In small Dutch oven, heat oil over medium-high heat. Add onion and bell pepper, and sauté for 1 minute. Cover pot tightly and cook over medium heat for 4 minutes. Add garlic and cook for 1 minute longer. Stir in lentils, oregano and cinnamon, and cook until seasoning is fragrant, 30 seconds. Add 2 cups of broth. Bring to a boil, reduce heat and cover. Simmer lentils for 25 minutes. Add zucchini and yellow squash, tomato paste, pomegranate juice, remaining broth, sea salt and pepper. Simmer for 15 minutes, or until lentils are done to your taste. Let stew sit, uncovered, for 15 minutes. Serve warm or at room temperature, divided among soup bowls.

Layered Triple Green Frittata

Makes 6 servings

Red:

Cherry Tomatoes

Yellow:

Extra-Virgin Olive Oil

Green:

Thyme

Leeks

Swiss Chard, Kale, or Spinach

- 6 organic eggs beaten
- 2 tablespoons organic plain Greek yogurt or water
- 2 teaspoons chopped fresh **thyme**
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon freshly grated nutmeg
- Sea salt
- 2 tablespoons **extra-virgin olive oil**
- 2 cups thinly sliced **leeks**, white and green parts
- 4 cups stemmed and chopped **Swiss chard, kale or spinach** in bite-size pieces
- 1 cup **cherry tomatoes**, halved
- 2 tablespoons freshly grated organic Parmesan cheese (optional)

Directions:

1. Position one oven rack about 6 inches below the broiler and another rack in the center of the oven. Preheat the oven to 375° F.
2. Put the eggs, yogurt, thyme, pepper, nutmeg, and ½ teaspoon of salt in a bowl and whisk until the eggs are frothy and only very small lumps of yogurt remain.
3. Heat the olive oil in an ovenproof skillet over medium heat. Add the leeks and a pinch of salt and sauté until just golden, about 6 minutes. Put the Swiss chard on top of the leeks and sprinkle a pinch of salt over the chard. Cover and let the chard steam just until it begins to wilt, about 2 minutes. Arrange the tomatoes on top of the chard.
4. Pour the egg mixture over the tomatoes and make sure it seeps through the greens; you may need to gently shift the greens a bit to help with this. Sprinkle the Parmesan cheese over the top.
5. Bake on the center rack of the oven for 10 to 15 minutes, until the eggs are set. Turn the oven to broil and move the skillet to the top rack. Broil for 1 minute, until the cheese and almond flours are golden brown. Serve hot or at room temperature.

Variations: Make this frittata dairy free by substituting 2 tablespoons of water for the yogurt and omitting the cheese. Feel free to substitute spinach or kale for the chard.

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Magic Mineral Broth

Serving size: 6 quarts

Red:

Red Potatoes

Orange:

Carrots

Sweet Potatoes

Garnet Yam

Yellow:

Yellow Onions

Green:

Leek

Celery

Flat-Leaf Parsley

White/Tan/Brown:

Kombu

- 6 unpeeled **carrots**, cut into thirds
- 2 unpeeled **yellow onions**, cut into chunks
- 1 **leek**, white and green parts, cut into thirds
- 1 bunch **celery**, including the heart, cut into thirds
- 4 unpeeled **red potatoes**, quartered
- 2 unpeeled **Japanese or regular sweet potatoes**, quartered
- 1 unpeeled **garnet yam**, quartered
- 5 unpeeled cloves garlic, halved
- ½ bunch fresh **flat-leaf parsley**
- 1 8-inch strip of **kombu**
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 quarts cold, unfiltered water
- 2 teaspoons sea salt

Directions:

1. Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.
2. Remove the lid, decrease the heat to low, and simmer for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.
3. Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.
4. Let cool to room temperature before refrigerating or freezing.

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Carrot-Ginger Soup

Makes ≈ 2 quarts

Orange:

Carrots
Turmeric

Yellow:

Extra-Virgin Olive Oil
Yellow Onions
Ginger

White/Tan/Brown:

Cumin
Cinnamon

- 2 tablespoons **extra virgin olive oil**
- 1½ cups chopped **yellow onions**
- 3 pounds **carrots** washed and cut into 1-inch pieces
- 2 teaspoons grated fresh **ginger**, or 1 teaspoon ground
- ¼ teaspoon ground **cumin**
- ⅛ teaspoon ground **cinnamon**
- ¼ teaspoon **turmeric**
- 6 cups Magic Mineral Broth
- Sea salt
- ⅛ teaspoon maple syrup
- **Spritz of Meyer Lemon or Orange**

Directions:

1. In a 6- to 8-quart pot, heat the olive oil over medium heat. Add the onions with a pinch of salt and sauté until golden. Add the carrots, ginger, cumin, cinnamon, and turmeric and stir to combine. Deglaze the pan with ½ cup of broth, then add the remaining 5½ cups of liquid and ½ teaspoon of salt. Cook until the carrots are tender, about 15 minutes. In a blender, purée the soup in batches, adding the cooking liquid first and then the carrots. Blend until very smooth. Add additional liquid to reach the desired thickness. Return to the pot, add the maple syrup, and reheat slowly. Taste. You might want to add more salt and a spritz of lemon.

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Cashew Cream

Makes $\approx 3\frac{1}{2}$ cups

Orange:

Orange Juice

Yellow:

Lemon Juice

White/Tan/Brown:

Cashews

Nutmeg

- 1 cup raw **cashews**
- 1 cup water
- 1 teaspoons freshly squeezed **lemon juice** or **orange juice**
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{8}$ teaspoon freshly ground **nutmeg**

Directions:

1. Grind the cashews in a mini food processor or nut grinder to give them a head start in the blender. (If you have a Vita-Mix, you can skip this step.) Put the water in a blender, then add the lemon juice, salt, nutmeg, and cashews and blend until creamy smooth. This takes several minutes, but your taste buds will reap the rewards of your patience.

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Coconut Flour Pumpkin Cranberry Muffins

Makes 12 muffins

Red:

Fresh Cranberries

Orange:

Pumpkin Puree

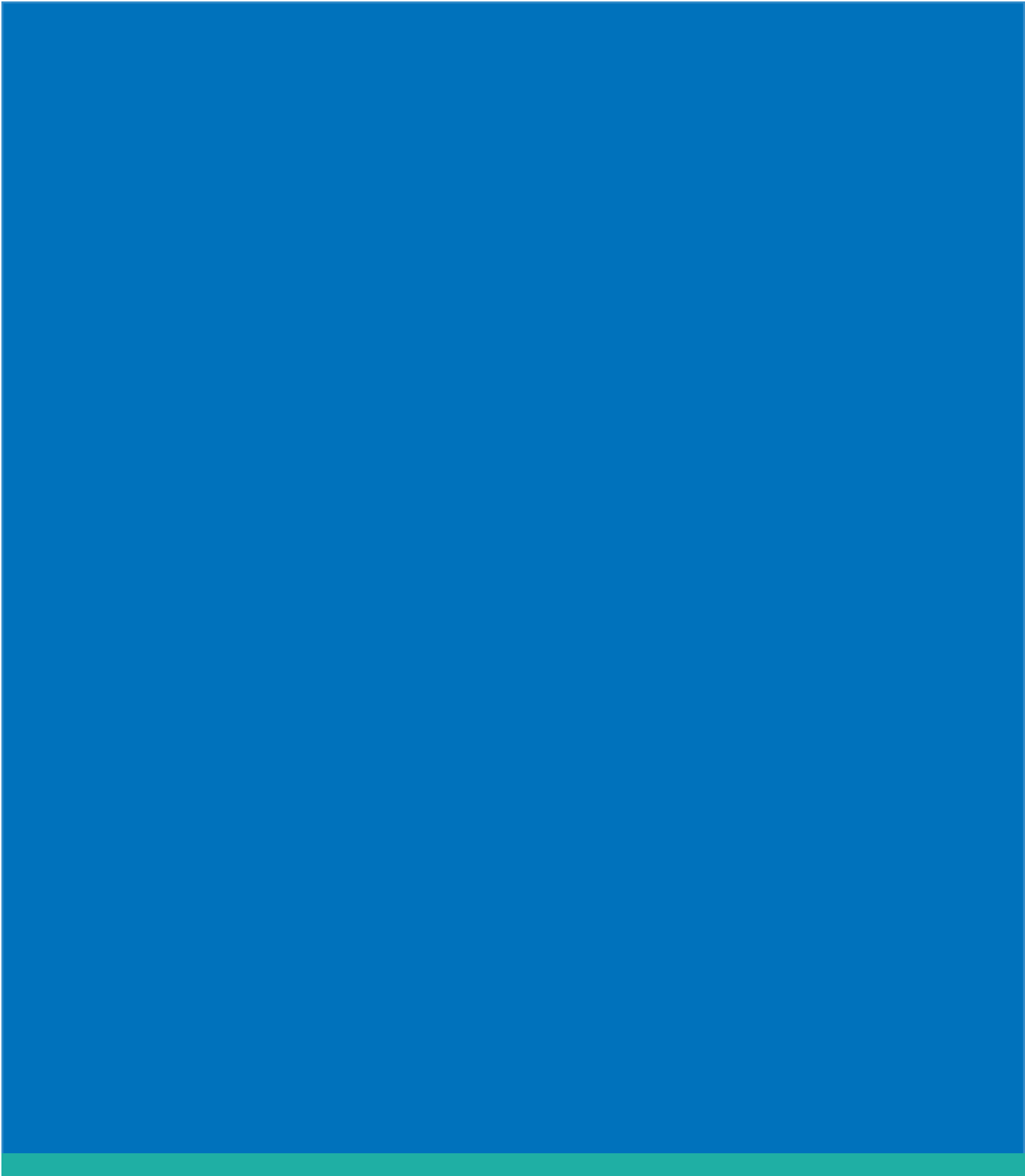
Pumpkin Pie Spice

- 6 eggs
- ¼ cup **pumpkin puree**
- ½ cup melted coconut oil
- 1 teaspoon vanilla
- ¼ cup pure maple syrup
- ½ cup coconut flour
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 tablespoon **pumpkin pie spice**
- ½ cup **fresh cranberries**

Directions:

1. Preheat oven to 350° F. Whisk together the eggs, pumpkin, oil, vanilla extract, and maple syrup. Add in coconut flour, sea salt, baking soda, and pumpkin pie spice. Stir until everything is well combined. Gently fold in cranberries. Divide batter into a 12-count muffin tin that is either lined with muffin cups or sprayed with cooking spray. Pop in the oven and bake for 35 minutes.

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