

Restoring Immunity: Gemmo Moms with Ursula Bell, Family Constellation Therapist

Join Lauren and Kara Strubberg as they explore the balancing act of self-care with baby and child care.

In this episode, discover Family Constellation Therapy, and specifically the work of Ursula Bell. Learn how this fascinating therapy based on the work of German Psychotherapist, Bert Hellinger can transform generational trauma and set you free from old family scripts.

Learn more about Gemmotherapy [here](#).

Find Gemmotherapy extracts [here](#).

New to Gemmotherapy? Here's a [Beginner's Guide](#) to get you started.

Learn about Ursula Bell [here](#).

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Toasted Herb Walnut Sauce

There is nothing I love more than a simple sauce to accompany tender, flavorful spring vegetables. This one takes less than 10 minutes and works equally well with tender asparagus as with roasted baby carrots.

Ingredients

- 1 cup of lightly roasted shelled walnut pieces or halves
- $\frac{1}{2}$ cup of olive oil
- 2 shallots or spring onions
- Juice from 2 lemons
- 2 TBL Nutritional Yeast or a splash of Umi Vinegar
- 1 bunch of fresh parsley, cilantro, basil, or a combination
- Water as needed to thin

Directions

In a food processor chop nuts finely, add the remaining

ingredients and process to desire consistency. Adjust seasonings, and add water as needed if too thick.

Stores in fridge for up to one week.

Restoring Immunity Gemmo memo: Oriental Plane

Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Oriental Plane Gemmotherapy Extract.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

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Scrumptious Sourdough Scones

Seriously if you haven't started your GF sourdough do it today. All you need is a large mason jar or medium bowl, organic brown rice flour, and filtered water. Getting started takes five days and then you can reap the rewards over and

again.

It's been years since I made scones and then this recipe arrived in my inbox one wet grey morning and now I am a scone baker again. The version below produces a simple scone that pairs well with any jam or spread but don't hesitate to mix it up a bit.

Speaking of mixing, scones don't take kindly to over-mixing so incorporate your wet and dry ingredients here with a very light hand.

Adapted from the inspired Aran Goyoaga

Makes 6 scones

Ingredients

- 1/2 cup (110 g) vegan butter
- 1/2 cup (60 g) tapioca starch
- 1/3 cup (60 g) potato starch
- 1/3 cup (50 g) sorghum flour
- 1 tablespoon sugar
- 2 1/4 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon baking soda
- 1/2 cup (150 g) cold sourdough direct from the fridge
- 1/3 cup (80 g) rich plant-based milk, I like a combination of coconut and almond, but Oat is also good.
- Place the butter in the freezer for at least 30 minutes, overnight is even better.

Directions

1. Preheat oven to 450F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, whisk together the dry ingredients tapioca starch, potato starch, sorghum flour, sugar,

baking powder, salt, and baking soda.

4. Remove butter from the freezer and using a large box grater, grate the butter into the flour. This isn't the easiest task but the results make it worthwhile.
5. Toss the flour mixture and butter together gently with a fork.
6. In a small bowl, stir together the sourdough discard and milk.
7. Pour into the flour-butter mixture and again using a fork, toss together with a very light hand until you have a nice shaggy dough.
8. Transfer the dough to your work surface and using your hands, bring the dough together and knead it a couple of times until it sticks together nicely. You should be able to see pieces of butter throughout the dough.
9. Shape into a square that is 1-inch tall. If the dough is sticking too much to your work surface, dust with a bit of tapioca starch.
10. Cut into 6 or 8 pieces with a sharp knife or use a 2-inch cookie cutter.
11. Place scones gently on the prepared baking sheet
12. Bake for 15 to 18 minutes until they are golden brown throughout.

Serve while warm.

Restoring Immunity Gemmo Memo: Horsechestnut

Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the healing potential of Horsechestnut Gemmotherapy Extract.

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Maegan Lemp

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Restoring Immunity Gemmo Mom: Morning Emotions

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover how to support everyone's emotional states during the dreaded morning rush. Listen in to catch a few of our favorite Gemmos.

Have a question about your children? We'd love to hear.

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

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Follow Ashley on Instagram.

Follow Lauren on Instagram.

Vegan Pistachio Rose Tea Cakes

Adapted from Pistachio Sandies, Cannelle et Vanille Bakes Simple

These are without a doubt the loveliest cookies I've had. Tender, mildly sweet and with a hint of rose they make the perfect addition to your late morning or early afternoon tea break.

Ingredients

- $\frac{1}{2}$ cup of pistachios, raw and unsalted
- $\frac{1}{2}$ c. brown rice flour
- $\frac{1}{2}$ c light buckwheat
- $\frac{1}{2}$ c. tapioca starch
- $\frac{1}{4}$ c. powdered sugar
- 2 tea dried rose petals
- $\frac{1}{2}$ tea salt
- $\frac{1}{2}$ c unsalted butter
- 1 TBL rose water

Directions

1. Heat oven to 350 degrees
2. Pulse all dry ingredients in your food processor until nuts are finely chopped.
3. Add butter cut into bits and rose water.
4. Pulse again until a dough forms.

5. Use a TBL or small ice cream scoop to form small balls of equal size.
6. Space on a parchment covered baking sheet.
7. Bake for 10 mins, cookies will crack a bit on the top but not brown.
8. Allow to cool on the sheet without disturbing them another 10 mins then give a generous dusting of powdered sugar.
9. Store in an airtight container for up to one week but they won't last that long for sure.

Enjoy!

Restoring Immunity Gemmo Memo Extra Support for our Times

Listen in and to our follow-up to Coming Home to Your Body. In this sweet mix of Gemmotherapy and an Asian Medicine lens as Maegan and Lauren explore the potential of five extracts that lend extract support to the nervous system. In this episode, we speak of the benefits of a microdose of Black Currant, Oak, Grey Alder, Mistletoe, and Blackthorn.

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Vegan Scalloped Potatoes

Throughout my childhood potatoes were a great comfort food. That attachment to potatoes only grew stronger during my years living in Germany. Here's a beautiful dish of scalloped potatoes that in former times I would have drenched in cream and butter. This version delivers just as much flavor without the heaviness of dairy.

Ingredients

- 3 Tbsp olive oil
- 3 large shallots peeled and chopped
- Salt and black pepper to taste
- 3 Tbsp cornstarch or arrowroot
- 2 cups unsweetened plant-based milk
- 1/2 cup of prepared or purchased vegetable broth
- 1/4 tsp ground nutmeg
- 4-5 Tbsp nutritional yeast
- 3 large Yukon gold or Red potatoes (very thinly sliced)
- 1/4 tsp smoked paprika (optional)
- Gluten-free breadcrumbs for an optional topping

Directions

1. Preheat the oven to 350 degrees F (176 C). And on the stovetop heat a large rimmed, oven-safe cast-iron (or metal) skillet over medium heat.
2. Once the skillet is hot, add olive oil, shallots, salt,

and pepper. Sauté for 1-2 minutes, stirring frequently, until just lightly golden brown.

3. Add cornstarch or arrowroot, mixing well and cooking for a minute or two.
 4. Gently whisk in plant-based milk being careful to prevent clumping. Add to that the vegetable broth, reducing heat and simmering for 4-5 minutes to thicken. Continue whisking frequently to prevent mixture from sticking to the bottom of the pan.
 5. Remove from heat, transfer sauce to a blender, add nutmeg, a pinch more salt, pepper, smoked paprika and nutritional yeast.
 6. Blend on high until creamy and smooth. Taste and adjust seasonings as needed.
 7. Wipe out the skillet and coat the bottom and sides generously with oil or vegan butter.
 8. Lay down half the sliced potatoes and season with salt and pepper, cover with $\frac{1}{3}$ of the sauce. Add remaining potatoes, season with a bit more salt and pepper, and pour remaining sauce. Use a large spoon or spatula around the edges to be sure the sauce is well integrated.
 9. Cover with foil and bake on the middle rack of the oven for 30 minutes.
 10. Remove foil and bake for another 30 minutes.
 11. Take the pan out for a moment and sprinkle with bread crumbs returning to the oven until the potatoes are fork tender and the top is golden brown and bubbly.
 12. Remove from the oven and let potatoes cool and settle a bit before serving.
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Restoring Immunity: Coming Home to Yourself

Simple strategies with Maegan and Lauren

Fig, Hawthorn, Lithy, Field Maple

Creamy Polenta and Greens

What can I say, I love my comfort food and boy this one serves up cozy goodness with each bite. A simple dish, ready to serve in 30 minutes.

The Greens

- 2 bunches of greens, cleaned and roughly chopped- I love broccoli rabe because the bitter green is a beautiful contrast to the creamy polenta but also consider chard or kale.
- A splash or two of olive oil
- 1 medium red onion sliced thin
- Red pepper flakes
- Salt and Pepper to taste

If using broccoli rabe or kale I suggest blanching quickly with boiling water. I like to put the prepared greens in a large bowl, pouring over boiling water for the kettle to cover. Allow to sit for a few minutes and then drain very well, pressing out all of the water or lay out on a dish towel

and pat dry.

In a large skillet, heat oil, add red pepper flakes and onions. Saute over low to medium heat being careful onions do not burn. Add greens, stir well, heating through. Add salt and pepper to taste, cover and let set until polenta is ready to serve.

The Polenta

- 1 $\frac{1}{2}$ cups of quick cooking polenta
- 2 cups of prepared veggie broth
- 2 cups of your favorite plant based milk- I prefer a combination of coconut and almond
- 2-4 tablespoons of nutritional yeast

Bring liquids to boil in a heavy saucepan. Once they reach a gentle boil, whisk in polenta and nutritional yeast. Reduce heat and stir to keep mixture from scorching on the bottom. After 5 mins, remove from heat, cover and let set for 15 minutes to hydrate the grits. You'll want a thick but pourable texture so you may adjust by adding more plant based milk or veggie broth and warm gently before serving together with the greens.

Enjoy!