

Food is Medicine

Calming Inflammation - Healing the Gut - Restoring Vitality!

By Dr. Natalie Palmer



WRAP TT
WOMEN'S ROUNDTABLE ACTION PLATFORM

WOMEN'S HISTORY MONTH

Thrive at the Table:
Women, Wellness, and Food

Led by **Dr. Natalie Palmer**
Clinical Nutritionist & Certified Raw Foods Vegan Chef

Virtual Cook-Along

Join nutrition expert Dr. Natalie Palmer as she guides guests through an engaging cook-along and shares tips on healthy alternatives to everyday foods.

Date: March 31, 2026 | Time: 07:00 PM - 08:30 PM EST

REGISTER NOW AT
www.wraptt.org/event

An ingredients list will be provided upon registration.

When Women Thrive, We All Rise.

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Golden Sea Moss Latte

Ingredients

12–16 oz Thick/full fat Coconut Milk

1 cup of water - use as needed

¼ tsp Vanilla powder (more if you desire)

1 Tbsp Turmeric powder (anti-inflammatory boost) or 1 inch turmeric root – more if you like a stronger taste

1 inch fresh ginger (or more if you like a stronger taste)

1 - 2 Tablespoons Irish/sea moss gel

2 pitted soaked dates (or sweetener of choice)

Preparation

Add all ingredients to the blender – blend until smooth

Pour into a pot

Gently simmer(do not boil..) on low heat for no more than 10 – 15 mins – Beneficial compounds degrade at high heat and prolong boiling

Strain

Pour strained milk into a glass and enjoy warm!



Tropical Mango Chai Parfait

Ingredients

2 cups of frozen or fresh mangoes - defrost if frozen

1 cup of thick plant milk - I love freshly made coconut milk

1/4 chia seeds

1/2 tsp vanilla extract

1/4 tsp Ceylon cinnamon (optional)

1/2 cup unsweetened coconut yogurt - must be thick (optional)

fruit and seeds for topping



Emerald Garden Avacado - Kale Bowl

Ingredients

4 cups of tightly packed Kale - hand torn into small bite size pieces

1/2 cup steamed lentils (or raw sprouted lentils) - the texture should be grainy

1 - 2 ripe avocados

1/2 cup thinly shredded purple kale

1/2 cup Julienne or shredded carrots

1/4 - 1/2 cup minced red onion

1/2 cup cilantro or shado-bene - minced

1 medium to large sweet potato - cubed and baked

3 - 4 tablespoon lemon juice - adjust to taste

salt to taste

pinch of cayenne

1- 2 large cloves of crushed or minced garlic

1 tablespoon honey

1/2 tsp cumin

Microgreen, seeds or other nuts to garnish



Cultured Sunflower Herb Pate

Substitutes

- Zucchini – Cucumbers
- Golden Pine Nut pepper cream – dressing of choice
- Cilantro - Shado-bene

Ingredients

- ½ cup raw sunflower seeds (room temp.) – Soaked in warm water for 30 – 60 mins.
Rinse and drain well
- 1 – 2 cloves of garlic
- ¼ cup yellow bell peppers – Deseeded & Chopped
- ¼ - ½ tsp salt – adjust per taste
- ¼ tsp powdered turmeric
- Cayenne pepper to taste
- 1 tablespoon nutritional yeast – optional - but adds flavor
- 2 - 4 tablespoon lemon juice – rough skin lemon or yellow lemon
- Herb of choice: ¼ cup fresh cilantro or shadow beni (chopped)
- contents of one probiotic capsule – Optional but provides a deeper cultured flavor and beneficial gut microbiota



Beet-Infused Zucchini Spirals!

Ingredients

The "Wrap": 1 - 2 large Zucchini (or cucumbers) - You will need about 6 slices for the class.

- **(PREPARE THE NIGHT BEFORE) The Infusion** 15 to 30 mins: Fresh Beet Juice
 - may blend $\frac{1}{2}$ of a beet in 1 cup of water and
 - Strain the mixture then add lemon Juice, and a pinch of salt.

Add the sliced zucchini to the beet mixture. Ensure that you coat both sides. You may have to turn the slices over during the infusion process. You may slice beets ~ about 1/16 inch thick (less than $\frac{1}{4}$ inch) with a mandoline or knife.

Filling (Use what is available to you):

- Cultured Sunflower Herb Pate (from the previous recipe).
- Arugula or other greens (Cruciferous family).
- Thinly Juliene bell peppers.
- Thin slices of avocado.
- Microgreens (Broccoli microgreens).
- Dressing of choice (optional)



Tropical Banana Rocky Road Velvet Bliss!

A delightful blend of flavors



Ingredients

- – 3- 4 cups Frozen banana - Sliced into smaller pieces, then placed into a zip lock bag to freeze overnight

For the Carob Sauce:

- ½ cup thick coconut cream
- ½ cup medium to firm coconut Jelly (if not available – use ½ cup thick coconut cream)
- ¼ tsp mineral salt
- 2 tsp vanilla extract
- ¼ - 1/2 cup roasted carob powder - taste and adjust
- ¼ cup almond butter – It must be semi-firm and not liquid
- 2 tsp sunflower lecithin powder – Important for creaminess - omit if it is not available

Topping

- Nuts of your choice
- Fruit of choice
- Carob chips

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