



GEORGIA LIMMER
NATUROPATH & NUTRITIONIST

Mushrooms!

Created by Georgia Limmer, Naturopathy & Nutrition



Mushrooms!

Georgia Limmer, Naturopathy & Nutrition

Hi,

Welcome to your personal recipe book! On the next pages, you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Kale & Mushroom Egg Muffins

8 ingredients · 40 minutes · 12 servings



Directions

1. Preheat oven to 350°F (177°C). Whisk together eggs, almond milk and sea salt in a mixing bowl and set aside.
2. Heat olive oil in a frying pan over medium heat. Add onion and mushroom and saute for 5 minutes or until onions are translucent.
3. Add garlic and kale and continue to saute just until kale is wilted. Remove from heat and add to mixing bowl with eggs. Mix well.
4. Line a muffin tray with liners (parchment paper cups work best). Evenly distribute the egg/kale mixture across the muffin tin leaving some room at the top as the egg will rise. Bake in the oven for 20 minutes.
5. Remove from oven and let cool before removing the liners. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

More Vegetables

Add roasted tomatoes.

Make it Spicy

Add clean hot sauce.

Ingredients

- 9 Egg
- 30 milliliters Unsweetened Almond Milk
- 3 grams Sea Salt
- 7 milliliters Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 96 grams Mushrooms
- 2 Garlic (cloves, minced)
- 42 grams Kale Leaves (packed and finely sliced)

Nutrition

Amount per serving

Calories	65	Calcium	37mg
Fat	4g	Iron	1mg
Saturated	1g	Vitamin D	32IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Vitamin K	14µg
Monounsaturated	2g	Thiamine	0mg
Carbs	1g	Riboflavin	0.2mg
Fiber	0g	Niacin	0mg
Sugar	1g	Vitamin B6	0.1mg
Protein	5g	Folate	21µg
Cholesterol	140mg	Vitamin B12	0.3µg
Sodium	156mg	Phosphorous	84mg
Potassium	98mg	Magnesium	7mg



Vitamin A	376IU	Zinc	1mg
Vitamin C	4mg	Selenium	12µg

Veggie Goat Cheese Omelette

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
2. Whisk eggs together in a mixing bowl.
3. Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
4. Repeat with remaining ingredients to create another omelette. Enjoy!

Ingredients

- 18 grams** Tamari
- 15 milliliters** Extra Virgin Olive Oil
- 96 grams** Mushrooms (sliced)
- 40 grams** Red Onion (diced)
- 2** Garlic (cloves, minced)
- 60 grams** Baby Spinach
- 5** Egg
- 37 grams** Goat Cheese (crumbled)
- 15 grams** Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	323	Calcium	137mg
Fat	23g	Iron	4mg
Saturated	8g	Vitamin D	106IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	3g	Vitamin K	274µg
Monounsaturated	10g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.8mg
Fiber	2g	Niacin	3mg
Sugar	3g	Vitamin B6	0.4mg
Protein	22g	Folate	142µg
Cholesterol	472mg	Vitamin B12	1.1µg

Sodium	799mg	Phosphorous	330mg
Potassium	595mg	Magnesium	53mg
Vitamin A	4129IU	Zinc	2mg
Vitamin C	22mg	Selenium	44µg

Cleaned Up Shepherd's Pie

16 ingredients · 1 hour 30 minutes · 8 servings



Directions

1. Cook your ground chicken in a skillet over medium heat. Stir every minute until cooked through. Drain liquid and transfer to a bowl. Set aside.
2. Place the skillet back over medium heat and add olive oil. Add the onion and carrot and cook for 8 to 10 minutes or until carrot starts to soften. Add the garlic, mushrooms and thyme and cook for another 5 minutes.
3. Transfer your cooked ground chicken back into the skillet. Add the flour and stir until well mixed. Add the vegetable broth and stir in half the salt and half the black pepper. Bring to a simmer stirring frequently. Once simmering, add the peas and stir well to evenly mix. Now transfer the mixture into a casserole dish and spread evenly across the bottom. Set aside.
4. Preheat the oven to 350°F (177°C).
5. Steam your sweet potato chunks and cauliflower florets together in a large steaming basket. Once they are tender (about 10 to 15 minutes), transfer to your food processor. Add the almond milk, coconut oil and remaining sea salt and black pepper. Process until smooth and creamy.
6. Transfer the potato mix to the casserole dish and spread it evenly so it covers the meat and vegetable mix. Bake in the oven for 25 minutes (or longer if you like the edges crispy).
7. Remove from oven. Let cool for about 5 minutes. Cut into slices and lift onto plates with a spatula. Enjoy!

Notes

Vegetarian & Vegan

Use 2 cans of cooked lentils instead of ground chicken and skip the first step.

Mini Version

Cut the recipe in half and bake in a square pan.

Leftovers

Store in an airtight container in the freezer for a great meal down the road.

Ingredients

- 454 grams** Extra Lean Ground Chicken
- 15 milliliters** Extra Virgin Olive Oil
- 2** Yellow Onion (chopped)
- 3** Carrot (diced)
- 3** Garlic (cloves, minced)
- 96 grams** Mushrooms (sliced)
- 1 gram** Dried Thyme
- 14 grams** Almond Flour
- 119 milliliters** Vegetable Broth
- 3 grams** Sea Salt (divided)
- 1 gram** Black Pepper (divided)
- 160 grams** Frozen Peas
- 4** Sweet Potato (peeled and cut into 2 inch chunks)
- 1 head** Cauliflower (cut into florets)
- 160 milliliters** Unsweetened Almond Milk
- 30 milliliters** Coconut Oil

Nutrition

Amount per serving

Calories	255	Calcium	109mg
Fat	11g	Iron	3mg
Saturated	5g	Vitamin D	9IU
Trans	0g	Vitamin E	1mg

Georgia Limmer

<http://www.georgialimmer.com>



GEORGIA LIMMER
NATUROPATH & NUTRITIONIST

Less Carbs

Skip the sweet potato and double up on the cauliflower.

Polyunsaturated	1g	Vitamin K	24µg
Monounsaturated	4g	Thiamine	0.2mg
Carbs	26g	Riboflavin	0.3mg
Fiber	6g	Niacin	5mg
Sugar	9g	Vitamin B6	0.6mg
Protein	15g	Folate	68µg
Cholesterol	49mg	Vitamin B12	0.3µg
Sodium	326mg	Phosphorous	200mg
Potassium	922mg	Magnesium	55mg
Vitamin A	13543IU	Zinc	2mg
Vitamin C	41mg	Selenium	8µg

Deluxe Portobello Pizzas

11 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C).
2. Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
3. Meanwhile, prepare your veggies.
4. Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies and sprinkle with feta cheese. Place back into the oven and bake for 15 minutes.
5. Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit of heat. Enjoy!

Notes

More Veggies

Top with whatever vegetables you have on hand.

No Feta Cheese

Use goat cheese instead.

Vegan

Sprinkle with some nutritional yeast instead of feta.

Prep Ahead

Veggies can be diced in advance and stored in airtight containers or baggies.

Ingredients

340 grams Portobello Mushroom Caps (wiped clean and stems removed)

15 milliliters Extra Virgin Olive Oil

1 gram Oregano

Sea Salt & Black Pepper (to taste)

363 grams Crushed Tomatoes

80 grams Red Onion (finely diced)

48 grams Mushrooms

75 grams Cherry Tomatoes (halved)

1/2 Green Bell Pepper (diced)

100 grams Feta Cheese (crumbled)

2 grams Red Pepper Flakes (optional)

Nutrition

Amount per serving

Calories	329	Calcium	334mg
Fat	18g	Iron	4mg
Saturated	8g	Vitamin D	10IU
Trans	0g	Vitamin E	4mg
Polyunsaturated	1g	Vitamin K	24µg
Monounsaturated	7g	Thiamine	0.3mg
Carbs	29g	Riboflavin	0.6mg
Fiber	8g	Niacin	4mg
Sugar	12g	Vitamin B6	0.7mg



Protein	18g	Folate	62µg
Cholesterol	45mg	Vitamin B12	0.9µg
Sodium	934mg	Phosphorous	277mg
Potassium	862mg	Magnesium	62mg
Vitamin A	1405IU	Zinc	2mg
Vitamin C	52mg	Selenium	11µg

Mushroom Garlic Quinoa

6 ingredients · 20 minutes · 4 servings



Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
2. While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
3. In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

Notes

Serve it With

Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

Leftovers

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Ingredients

- 170 grams** Quinoa (uncooked)
- 415 milliliters** Water
- 7 milliliters** Extra Virgin Olive Oil
- 192 grams** Mushrooms (thinly sliced)
- 2** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	184	Calcium	35mg
Fat	4g	Iron	2mg
Saturated	1g	Vitamin D	3IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Vitamin K	1µg
Monounsaturated	2g	Thiamine	0.2mg
Carbs	29g	Riboflavin	0.3mg
Fiber	3g	Niacin	2mg
Sugar	1g	Vitamin B6	0.3mg
Protein	8g	Folate	86µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphorous	238mg
Potassium	398mg	Magnesium	90mg
Vitamin A	6IU	Zinc	2mg
Vitamin C	1mg	Selenium	8µg



Asparagus & Mushroom Frittata

7 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Add the eggs and water to a bowl and whisk well. Set aside.
3. Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
4. Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
5. Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 10-inch cast-iron pan was used for four servings.

More Flavor

Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.

Ingredients

- 8 Egg
- 59 milliliters Water
- 15 milliliters Extra Virgin Olive Oil
- 192 grams Mushrooms (sliced)
- 134 grams Asparagus (sliced)
- 2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	192	Calcium	70mg
Fat	13g	Iron	3mg
Saturated	4g	Vitamin D	85IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Vitamin K	26µg
Monounsaturated	6g	Thiamine	0.1mg
Carbs	4g	Riboflavin	0.7mg
Fiber	1g	Niacin	2mg
Sugar	2g	Vitamin B6	0.3mg
Protein	15g	Folate	74µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	146mg	Phosphorous	258mg
Potassium	368mg	Magnesium	22mg
Vitamin A	1033IU	Zinc	2mg



Vitamin C

4mg

Selenium

36µg

Cream of Mushroom Soup

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat your coconut oil in a large stockpot over medium heat. Add the onion and saute for 4 - 5 minutes or until translucent. Add in the celery, carrots, mushrooms, black pepper, tamari and water. Bring to a boil and then reduce to a simmer. Cover with a lid and cook for 20 minutes.
2. Add your cashews to the blender. Ladle in one cup of your soup broth and blend well until smooth to create your cashew cream. Now ladle in the rest of your soup and puree. CAUTION: Ensure you leave a place for the steam to escape from the blender, otherwise the lid will blow off and that is bad news.
3. Ladle soup into bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size

One serving equals approximately 2 cups.

Make it Green

Add in a few handfuls of spinach or kale before blending.

Nut-Free

Use sunflower seeds instead of cashews.

Whole Mushroom Lover

Use a slotted spoon to strain out some of the mushrooms before blending, then add them back into the pureed soup.

Toppings

Top with red pepper flakes, a splash of olive oil and/or chopped baby spinach.

Ingredients

- 30 milliliters** Coconut Oil
- 160 grams** Red Onion (diced)
- 3 stalks** Celery (diced)
- 2** Carrot (diced)
- 288 grams** Mushrooms (any type will work)
- 3 grams** Black Pepper
- 54 grams** Tamari
- 948 milliliters** Water
- 69 grams** Cashews (soaked and drained)

Nutrition

Amount per serving

Calories	218	Calcium	71mg
Fat	15g	Iron	2mg
Saturated	7g	Vitamin D	5IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	2g	Vitamin K	20µg
Monounsaturated	5g	Thiamine	0.1mg
Carbs	17g	Riboflavin	0.4mg
Fiber	4g	Niacin	4mg
Sugar	6g	Vitamin B6	0.3mg
Protein	7g	Folate	51µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	812mg	Phosphorous	194mg



Potassium	598mg	Magnesium	74mg
Vitamin A	5235IU	Zinc	2mg
Vitamin C	7mg	Selenium	9µg

Slow Cooker Vegan Miso Pho

13 ingredients · 4 hours · 4 servings



Directions

1. Add the vegetable broth, star anise, whole cloves, cinnamon sticks and tamari to your slow cooker. Cook on high for 4-6 hours. Strain the contents and pour the broth into a large pot.
2. Season the broth generously with salt and pepper. Add the miso paste, mushrooms and bok choy to the broth and bring to a simmer over medium-high heat. Let simmer for about 5 minutes or until the veggies are soft.
3. Meanwhile, cook your pho noodles according to the instructions on the package.
4. Divide the pho noodles, mushrooms, bok choy and then the broth into bowls. Top with bean sprouts, Thai basil and culantro. Serve immediately and enjoy!

Notes

No Pho Noodles

Use brown rice spaghetti or soba noodles instead.

Leftovers

Best enjoyed immediately. But you can refrigerate the broth separately in an airtight container up to 4 days, or store in the freezer.

Culantro

Different than cilantro. Culantro has a stronger flavour and is also called "long-leafed coriander" or "saw-toothed mint".

Ingredients

- 1.2 liters** Vegetable Broth
- 2 grams** Star Anise
- 8 grams** Whole Cloves
- 2 servings** Cinnamon Stick (approx. 3 inches in length each)
- 27 grams** Tamari
- Sea Salt & Black Pepper (to taste)
- 54 grams** Miso Paste
- 384 grams** Mushrooms (whole)
- 280 grams** Bok Choy (halved)
- 184 grams** Pho Noodles
- 520 grams** Bean Sprouts
- 42 grams** Thai Basil (stems removed)
- 16 grams** Culantro (chopped)

Nutrition

Amount per serving

Calories	280	Calcium	110mg
Fat	3g	Iron	3mg
Saturated	0g	Vitamin D	7IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Vitamin K	90µg
Monounsaturated	0g	Thiamine	0.2mg
Carbs	56g	Riboflavin	0.5mg

Fiber	8g	Niacin	5mg
Sugar	8g	Vitamin B6	0.3mg
Protein	13g	Folate	73µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3150mg	Phosphorous	135mg
Potassium	606mg	Magnesium	36mg
Vitamin A	4615IU	Zinc	1mg
Vitamin C	39mg	Selenium	9µg

Sauteed Mushrooms & Bok Choy with Quinoa

8 ingredients · 25 minutes · 4 servings



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
2. In a large saucepan, heat oil and honey over medium-high heat. Add mushrooms and bok choy. Cook for about 5 to 8 minutes or until just tender.
3. Divide the quinoa and mushroom/bok choy mix onto plates. Season with salt and garnish with sesame seeds. Enjoy!

Notes

No Honey

Use maple syrup, coconut sugar or brown sugar.

Storage

Refrigerate in an airtight container up to 3 to 4 days.

Serving Size

One serving is equal to approximately 3/4 cup of quinoa, 3/4 cup of mushrooms and 1.5 cups of bok choy.

Protein

Serve this with your protein of choice such as chicken, turkey, beef, pork or tofu.

Ingredients

- 170 grams** Quinoa (uncooked)
- 474 milliliters** Water
- 29 milliliters** Sesame Oil
- 11 grams** Raw Honey
- 384 grams** Mushrooms (halved or quartered)
- 560 grams** Bok Choy (baby, halved)
- 2 grams** Sea Salt
- 5 grams** Sesame Seeds

Nutrition

Amount per serving

Calories	269	Calcium	193mg
Fat	10g	Iron	4mg
Saturated	1g	Vitamin D	7IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	5g	Vitamin K	65µg
Monounsaturated	4g	Thiamine	0.3mg
Carbs	36g	Riboflavin	0.6mg
Fiber	5g	Niacin	5mg
Sugar	6g	Vitamin B6	0.6mg
Protein	11g	Folate	188µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	248mg	Phosphorous	336mg
Potassium	903mg	Magnesium	125mg



Vitamin A	6261IU	Zinc	2mg
Vitamin C	65mg	Selenium	14µg

Broccoli & Mushroom Fried Rice

10 ingredients · 15 minutes · 4 servings



Directions

1. Add the broccoli florets to a food processor and pulse until a rice consistency forms.
2. Heat a large pan over medium heat and add in the avocado oil. Once the oil is warmed, add in the broccoli, mushrooms and garlic. Cook for 10 minutes.
3. Once the ingredients are cooked through, add in the coconut aminos, almonds, onion powder and sea salt. Cook for roughly 3 minutes, stirring often to combine the flavors. Remove from heat.
4. Top with green onions and cilantro. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in a skillet.

Nut-Free

Omit the almonds or use sunflower or sesame seeds instead.

More Protein

Top with a fried egg or stir in a scrambled egg.

Ingredients

182 grams Broccoli (chopped into small florets)

15 milliliters Avocado Oil

192 grams Mushrooms (sliced)

1/2 Garlic (clove, minced)

15 milliliters Coconut Aminos

36 grams Almonds (slivered)

7 grams Onion Powder

6 grams Sea Salt

3 stalks Green Onion (chopped)

4 grams Cilantro (chopped)

Nutrition

Amount per serving

Calories	122	Calcium	60mg
Fat	8g	Iron	1mg
Saturated	1g	Vitamin D	3IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	2g	Vitamin K	63µg
Monounsaturated	5g	Thiamine	0.1mg
Carbs	9g	Riboflavin	0.4mg
Fiber	3g	Niacin	2mg
Sugar	3g	Vitamin B6	0.2mg
Protein	5g	Folate	45µg
Cholesterol	0mg	Vitamin B12	0µg



Sodium	678mg	Phosphorous	123mg
Potassium	401mg	Magnesium	42mg
Vitamin A	711IU	Zinc	1mg
Vitamin C	44mg	Selenium	6µg

Mushroom & Barley Risotto

10 ingredients · 40 minutes · 4 servings



Directions

1. Heat the vegetable broth in a medium pot over medium-high heat. Once it's simmering, reduce heat to low to keep warm.
2. Meanwhile, in a large pot or skillet heat the olive oil over medium heat. Add the mushrooms and cook for about 5 minutes until the mushrooms have softened. Add the garlic, thyme and half of the salt and cook for 2 to 3 minutes more.
3. Add the barley and lemon juice to the pan and stir to combine. Let cook for another 2 to 3 minutes and add the remaining salt.
4. Using a ladle or measuring cup, add 1/4 cup of the warm vegetable broth to the pan. Let the barley and broth simmer, stirring once or twice until the broth has been absorbed. Adjust the heat if needed to maintain a gentle simmer throughout the cooking process, not a boil. Continue to add the broth a 1/4 cup at a time until the barley is cooked to al dente, not mushy, about 25 to 30 minutes.
5. Stir in the parsley and nutritional yeast, if using, and season with additional salt if needed.
6. Divide the risotto between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat in the microwave or on the stove with additional stock or water.

Serving Size

One serving is roughly 1 cup of risotto.

More Flavor

Use a variety of mushrooms, like cremini, baby portabella or oyster.

Additional Toppings

Top with additional fresh herbs, nutritional yeast or parmesan cheese.

Ingredients

- 951 milliliters Vegetable Broth
- 30 milliliters Extra Virgin Olive Oil
- 336 grams Mushrooms (sliced)
- 3 Garlic (clove, minced)
- 250 milligrams Dried Thyme
- 6 grams Sea Salt (divided)
- 200 grams Pearl Barley
- 30 milliliters Lemon Juice
- 15 grams Parsley (chopped, optional)
- 6 grams Nutritional Yeast (optional)

Nutrition

Amount per serving

Calories	277	Calcium	36mg
Fat	8g	Iron	2mg
Saturated	1g	Vitamin D	6IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Vitamin K	70µg
Monounsaturated	5g	Thiamine	1.4mg
Carbs	46g	Riboflavin	1.7mg
Fiber	9g	Niacin	12mg
Sugar	4g	Vitamin B6	1.5mg
Protein	9g	Folate	33µg
Cholesterol	0mg	Vitamin B12	5.7µg

Georgia Limmer

<http://www.georgialimmer.com>



GEORGIA LIMMER
NATUROPATH & NUTRITIONIST

Sodium	1260mg	Phosphorous	196mg
Potassium	519mg	Magnesium	52mg
Vitamin A	860IU	Zinc	2mg
Vitamin C	11mg	Selenium	27µg