



Histamine Haven Every Day

By Tracey Reed and Luka Symons
Histamine Haven





Histamine Haven is the brainchild of the dynamic duo of Luka Symons and Tracey Reed, both Holistic Nutrition Professionals.

Diet can profoundly help you reduce symptoms and improve your quality of life. Our aim is to enable you to create a safe haven when it comes to food & nutrition.

Bring these recipes in to regular rotation to your kitchen, and you'll be on your way to building that safe haven.

Our approach is to keep it:

- low histamine
- low lectin
- low salicylate
- low oxalate
- low mold
- able to fit in with an AIP protocol

Our Guide & Cookbook is a resource guide designed to share the science behind Histamine Intolerance and Mast Cell Activation. It explores how, through diet, you can navigate these conditions with a bit more ease.

Expect detailed information, helpful tips and tricks to make your kitchen work for you and of course, over 140+ recipes to make this a delicious and empowering journey to wellness.

HistamineHaven.com



Be sure to check out our website for more information and accessible resources, and to purchase our guide + cookbook. Make sure to check out our courses too!

Connect with us on social media, and come join our Online Community – it's at no charge to you!



Moringa Latté

Serves: 1 | Prep Time: 5 minutes

Cook Time: 5 minutes | Total Time: 10 minutes

Stage 2

Ingredients

1/4 to 1/2 teaspoon moringa powder

Filtered water

1 cup full fat coconut milk (no gums)

1 tablespoon cacao butter or coconut oil

1/2 to 1 tablespoon maple syrup or honey

Directions

1. In your mug, measure out 1/4 to 1/2 teaspoon moringa powder. Boil the kettle with filtered water, and let it rest 3 minutes. Measure out 1/4 cup of this boiled-then-cooled water to the prepared mug, and whisk.
2. Meanwhile, place coconut milk and cacao butter (or coconut oil) in a small pot on the stove on medium heat. When warm and melted, add the maple syrup or honey. Take off the heat.
3. Using a whisk, blender or frother, whip up the coconut cacao mixture until frothy. Pour over the moringa. Enjoy!



Good to know: Moringa powder itself is low histamine, and rich in quercetin and kaempferol, two compounds known for helping stabilize mast cells.

Tip: Source your harder to find ingredients at your local health food store, or shop online via The Light Cellar and OM Foods in Canada, or Mountain Rose Herbs in the USA.

Variations

Low salicylate: use cacao butter instead of coconut oil

Low oxalate: not recommended

Creamy Herb Dressing

Makes: 1 ½ cups | Prep Time: 10 minutes

Stage 1

Ingredients

- 1 cup full-fat coconut milk (gum free)
- 1 small shallot, minced
- 1 clove garlic, minced or grated
- ½ teaspoon Himalayan or sea salt
- 1/8 teaspoon cream of tartar
- 1 tablespoon olive oil
- 2 tablespoons fresh dill, finely chopped
- 2 tablespoons fresh parsley, finely chopped

Directions

1. In a bowl, combine room-temperature coconut milk, shallot, garlic, salt, cream of tartar and olive oil.
2. Add the fresh herbs and stir until combined.
3. Pour over chopped romaine or butter lettuce and enjoy.
4. Store in fridge for 3 days. If refrigerating leftover dressing, bring it to room temperature before using.



Freshness tip: If you have leftover herbs after making this dressing, chop them up and place into ice cube trays with olive oil. Pull them out of the freezer as needed.

Serving suggestion: Enjoy this dressing on your favourite salads or use it as a dip with veggies. Create variations with different herbs like mint, basil, or chives.

Variations:

Low salicylate – reduce the quantity of herbs and add more chopped shallot.



Maple Pecan Waffles

Makes: 4 | Prep Time: 15 minutes + soaking time
Cook Time: 20 minutes | Total Time: 35 minutes

Stage 1

Ingredients

Waffles:

- 1 $\frac{3}{4}$ cups (245 g) cassava flour
- $\frac{1}{4}$ cup (30 g) arrowroot or tapioca starch
- 1 tablespoon baking soda (gluten, corn & aluminum free)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup ghee or coconut oil, melted + extra for greasing
- 1 $\frac{3}{4}$ cups water
- $\frac{1}{4}$ cup (30 g) pecans, chopped (optional)
- 2 teaspoons vanilla extract, alcohol free (Stage 2)

Maple Pecan Syrup:

- 1 cup raw pecans
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ teaspoon Himalayan or sea salt

This breakfast classic is a crispy, dense waffle that will stand up to all the toppings you can pile on. Serve it with the Salted, Crispy Pork Belly from our cookbook, or if you are in Stage 2 then add a good quality, preservative-free breakfast sausage. A cup of chamomile tea finishes off this perfect weekend breakfast.

Batch: Freeze leftovers. Waffles are best thawed by popping them into a toaster.

Maple Pecan Waffles (cont'd)

Directions

1. The night before, soak 1 cup pecans 8 hours or overnight in water and a pinch of salt. This will activate the nuts and soften them in preparation for making the syrup.
2. In a large bowl combine flour, starch, baking powder and salt.
3. Pour melted fat and water (and vanilla for Stage 2) into the bowl and quickly whisk together until smooth and all lumps are gone. Fold in chopped pecans. Let the batter sit to thicken for 5 minutes while you make the syrup. It will be very thick. Do not add additional water.
4. To make syrup, drain soaking water from the pecans and rinse. Blend on high speed in a blender with the remaining syrup ingredients. Use as is or gently heat in a small pot on the stove top for a warm syrup.
5. To begin waffles, turn on your waffle iron to high heat. Grease waffle iron and scoop $\frac{3}{4}$ cup of batter into the waffle iron and close. Cooking time will vary depending on your iron, but cassava takes longer to cook than grain-based waffles. Cook until they are light brown on the outside. Remove and serve hot with Maple Pecan Syrup. Top with extra pecans or a dollop of ghee or coconut cream if desired.



Tip: Prepare batches of these waffles to have in the freezer for a quick breakfast. The Syrup can be frozen into ice cube trays and thawed while waffles are in the toaster.

Variations:

Low oxalate – not recommended

AIP – omit pecans, and top waffles with pure maple syrup



Chicken 'n Veg Stew

Serves: 6-8 | Prep Time: 20 minutes |
Cook Time: 75 minutes | Total Time: 95 minutes

Stage 1

Ingredients

2 tablespoons ghee, duck fat or lard	8 boneless, skinless chicken thighs
2 yellow onions, minced	1 medium butternut squash, peeled, seeded and cut into cubes or 3 packages of 400g frozen butternut squash cubes
1 1/2 teaspoons sea salt	1 large bunch Swiss chard, sliced
4 garlic cloves, minced	1/4 cup fresh parsley, minced
1/2 tablespoon fresh thyme, minced	
6 cups low histamine chicken stock	

Directions

1. Preheat the oven to 325 F (150 C).
2. Set a large oven-proof dutch oven on the stove top on medium heat, and add the fat to melt. Add the onions and sea salt. Cook until soft, 10 minutes.
3. Add the garlic and thyme, cooking for 30 seconds. Now add the meat stock.
4. To the pot, add the chicken thighs, squash and chard. Bring to a simmer. Cover the pot and place in the oven for 60 minutes.
5. Remove the pot from the oven, and using a slotted spoon, remove the chicken thighs. Shred the chicken using two forks, and return to the pot, along with the parsley. Taste the stew, and add more sea salt if it needs more flavour.

Good to know: Make sure you freeze any leftovers into individual serving sizes, for future easy grab-and-go lunch ideas.

Tip: This recipe requires some pre-made homemade low histamine Chicken Meat Stock. Join maven Luka in her kitchen at the following video, as she shares how to make this deeply nourishing staple. It is a key food to include on a regular basis, in order to reduce what is potentially driving your histamine issues! <https://bit.ly/HHchickenStock> (It's also in the cookbook.)

Variations

Low oxalate – reduce parsley, or omit

AIP – use duck fat or lard

Spatchcock Chicken

Serves: 6 | Prep Time: 15 minutes

Stage 1

Cook Time: 45 minutes | Total Time: 1 hour

Freshness tip: Quicker cook times mean less histamine formation. Spatchcock Chicken is easy to prepare and takes less time to roast than a whole chicken. Spatchcocking refers to cutting out the backbone and laying a whole chicken flat. The chicken cooks more evenly resulting in juicier meat. What's not to love! Use the freshest chicken you can get. If using a frozen chicken thaw it quickly in an ice-bath in the sink to keep histamine low.

Ingredients

- 1 tablespoon ghee or coconut oil
- 1 tablespoon rosemary or parsley, minced
- 2 cloves garlic, minced or grated
- ½ teaspoon salt
- 3 ½ - 4 lbs (1.6 - 1.8 kg) whole pastured chicken

Batch: Freeze leftovers into serving sizes of about ¾ cups

Spatchcock Chicken (cont'd)

Directions

1. Preheat your oven to 425 F (220 C). Grease an oven-proof skillet or a baking sheet.
2. In a small bowl mix together fat, herbs, garlic, and salt.
3. Spatchcock your chicken. Lay the chicken breast-side down on a cutting board. Using a pair of chicken shears or strong kitchen shears, cut along each side of the backbone, through the ribs, and remove the backbone. Use a large knife and press down into the sternum (cartilage in the middle). Flip the chicken over and press down to flatten the chicken. Cut off or fold under the wing tips.
4. Place the chicken on the pan or skillet and coat the entire chicken in the fat and herb mixture.
5. Cook for 40-45 minutes until the deepest part of the breast has reached 165 F (74 C).
6. For Stage 1 remove and discard the chicken skin or share it with someone at your table. Include chicken skin in Stage 2.



Serving suggestion: Serve pieces of chicken with your favorite roasted low histamine, low lectin vegetables. Add a side salad, and you have a gourmet meal, sure to impress on any occasion.

Variations:

Low oxalate – use ghee & parsley

AIP – use coconut oil

Marinated Rack of Lamb

Serves: 4 | Prep Time: 35 minutes (including marinating time) | Stage 1
Cook Time: 35 minutes | Total Time: 1 hour 10 minutes

Ingredients

1/4 cup (60 mL) pomegranate juice	1 teaspoon chives, minced
2 tablespoons avocado oil	1 teaspoon salt
1 teaspoon tarragon, minced	1 1/4 - 1 1/2 lbs (570-680 g)
1 teaspoon thyme, minced	rack of lamb

Directions

1. Chop herbs and add to a large bowl with the remaining marinade ingredients. Add rack of lamb and marinate in the fridge for 30 minutes. Keeping this time short will ensure minimal histamine development.
2. Preheat oven to 375 F (190 C).
3. Add the rack of lamb and marinade to a roasting pan, and roast in the preheated oven for 30 minutes, or until the internal temperature of the meat is 145 F (63 C).

Freshness tip: Lamb is one of the lower histamine meats out there. Source lamb that was frozen soon after slaughter or is as fresh as possible in order to reduce the histamine. You can do a quick thaw by putting the rack in a bag in to a bowl of water for 1 hour.



This recipe came about when we approached the Culinary Arts Diploma program at the Southern Alberta Institute of Technology. The students were given an assignment to build and execute recipes that fit the following criteria: to be low histamine, low lectin, low mold, low salicylates, low oxalates and low FODMAPs. This is one of the featured recipes that came out of this assignment, from culinary student Maya Najem. She skilfully built a one-pan dish around this rack of lamb, along with roasted vegetables. We think you're really going to like it!

Variations

Low salicylate – reduce the amount of herbs

Three-Veg Mash

Serves: 6-8 | Prep Time: 15 minutes
Cook Time: 40 minutes | Total Time: 55 minutes

Stage 1

Ingredients

6 - 8 cups of chopped root veg or squash. Choose 3 vegetables from the list below, peel if need be, and cut into cubes

Filtered water

3-4 tablespoons ghee, coconut oil or duck fat

2-3 teaspoons of sea salt

Acorn Squash * %	Kohlrabi * %	Sweet Potatoes
Beets *	Marrow Squash *	Taro Root
Butternut Squash * %	Parsnips *	Turnips *
Celery Root * %	Plantain *	Yams
Carrots * %	Radishes * %	Yucca Root %
Cassava Root *	Rutabaga *	Zucchini %
Jerusalem Artichoke * %	Spaghetti Squash * %	



Batch: Freeze into serving sizes

Freshness tip: Mix and match the root veg and squash here, according to what you have access to, what's in season and what you can tolerate. Consider making a big batch of this on the weekend and freezing in to individually sized portions for ease of meal prep in the week ahead. Typical serving size, aim for 1 cup.

Three-Veg Mash (cont'd)

Directions

On the stovetop:

1. Add the prepared vegetables to a big enough pot, and cover with filtered water. Bring to a boil with the lid on, reduce the heat to a simmer, and cook for 20-30 minutes, until you can pierce the vegetables with a fork and they are soft all the way through.
2. Drain the water, return the vegetables to the pot, add in the fat of your choice and the sea salt. Mash with a potato masher or a hand blender, taste and adjust seasonings.

In the instant pot:

1. Add the prepared vegetables on top of the trivet inside the insert, along with 1 cup of filtered water. Put the lid on to secure, turning the vent to 'seal'. Cook on high pressure for 11 minutes. Allow the pressure to release naturally for 20 minutes, then vent off any remaining pressure.
2. When it's safe to do so, remove the lid. Do not drain. Add the fat of your choice and sea salt, and mash with a potato masher or a hand blender. Taste and adjust seasonings.
3. When reheating, do so gently. You may need to add a bit more water to prevent the vegetables from scorching on the bottom of the pot.



Tip: Don't forget to check the freezer section of your grocery store for peeled / chopped all ready to go root veg and squash. It'll make this recipe a breeze! Pair this side dish with the Rack of Lamb or Spatchcock Chicken, shared in this recipe book for a most nourishing meal.

Variations:

Low salycilate – choose from items marked with *
Low oxalate – choose from items marked with %

Chard Cassava Penne

Serves: 4 | Prep Time: 12 minutes |
Cook Time: 13 minutes | Total Time: 25 minutes

Stage 1

Ingredients

1 package of cassava penne (i.e. Jovial)	½ teaspoon Himalayan or sea salt
2 tablespoons ghee	3 tablespoons fresh basil, chopped
1 small red onion, finely chopped	2 tablespoons olive oil
1 clove garlic, minced or grated	Optional:
3 cups (150 g) chard, finely chopped	6-8 button mushrooms, sliced (Stage 3)

Directions

1. Follow the instructions on the package of penne to cook the pasta.
2. While the water is coming to a boil, heat a large pan over medium heat.
3. Melt the ghee and sauté the red onion for 5 minutes until soft.
For Stage 3 you have the option of adding mushrooms with the onions.
4. Once the red onion is soft, add garlic and stir. Add the chard and salt then stir and sauté for 4-5 minutes.
5. Remove the pan from the heat and add in basil.
6. When the pasta is ready, drain and add to the pan. Add olive oil and mix with the other ingredients.



Serving suggestion: This pasta dish pairs beautifully with chicken or lamb and a large green salad.

Variations

Low salicylate: replace the olive oil with avocado oil or additional ghee. Omit basil if not tolerated.

Low oxalate: not recommended

AIP: replace ghee with duck fat or chicken schmalz

Intense Mango Smoothie

Serves: 1 | Prep Time: 10 minutes

Stage 1

Dandelion greens are a great low histamine green to support liver health. They have a strong, bitter taste that is mellowed by the tropical sweetness of mango. A bit of salt in this recipe further helps to cut the bitterness. This combination is intensely healthy and delicious, with a bite.

Ingredients

- 1 cup (25 g) packed dandelion greens, chopped
- 2 cups (275 g) frozen mango cubes
- 1 cup filtered water
- 1 tablespoon MCT or avocado oil
- ¼ teaspoon Himalayan or sea salt

Directions

1. Place all the ingredients into a blender and blend on high speed until creamy smooth.
2. Enjoy as a quick snack or as a breakfast alongside your favorite meat or complete low histamine protein.
3. If you like the bitter “bite”, go ahead and add in more greens.



Tip: If balancing your blood sugars is a concern, then add an additional tablespoon of MCT or avocado oil.

Variations

Low salicylate: no information is available on dandelion greens

Low oxalate: boil dandelion greens before adding or replace with arugula

Nut and Seed Dust

Makes: 2 cups | Prep Time: 15 minutes | Total Time: 15 minutes

Stage 1

Freshness tip: Doing the extra step of ‘activation’ for the Brazil nuts and pumpkin seeds here is important to help support gut health and digestion. Macadamia nuts are low in these anti-nutrients, and thus do not need this extra step. We share a method on how to do this activation piece in our guide + cookbook. Tend to this work, in order to make this recipe count!

Ingredients

1 cup activated Brazil nuts
1/2 cup macadamia nuts
1/2 cup activated pumpkin seeds
2 teaspoons acerola cherry powder or 2 teaspoons camu camu powder
1/2 teaspoon cardamom powder (Stage 2)

Directions

1. Add ingredients to your food processor. Blend until crumbly. Store in a container in the fridge.



Serving suggestion: This grain-free offering is an easy thing to prepare and have on hand when you need a delicious add-on. Need a crunchy component that keeps it gluten free for your next salad? What a scrumptious idea! How about warming up an apple or pear in some ghee or goat butter, and topping with this seed dust and a bit of maple syrup for sweetness.

Variations

Low salicylate: replace Brazil nuts with pecans and macadamia with hazelnuts

Low oxalate: replace Brazil nuts with pecans

AIP: not indicated



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