



**Cancer Nutrition 2022: Confidence and Clarity
with the Beller Method™
Rachel Beller, MS, RDN**

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January 10, 2022**

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OAT CUPS

- Greenish bananas are best, but non-green ones are fine too.
- You can use a potato masher to mash the bananas if you're using a large amount. Or just a fork if you're only using 1 or 2.
- Sprouted rolled oats give you more nutrient-absorption than ordinary oats.
- Oats, mushrooms have beta-glucans, which are protective against cancer
- Anti-inflammatory and antioxidant properties added from Rachel's Cinnapeel Spicer blend (organic Ceylon cinnamon, orange peel, and ginger), and give flavor and sweetness without added sugar.
- Sprouted flaxseeds are ok to sub for chia seeds. Add these to anything like overnight oats, pancakes, etc. This is a great way to phase in more fiber and diversify your fiber intake.
- Fiber helps you modulate blood sugar, support immune function.
- Sprouted oats are available at Sprouts, Amazon, Whole Foods, Costco, health food stores. Don't throw out your regular oats though! Sprouted oats are just an upgrade; doesn't mean regular oats aren't good.

Supported by



- Gluten-free oats are usually called “gluten free” based on where they’re being packed. Unless you have celiac disease, most oats are gluten-free enough.
- Ceylon cinnamon is “true” cinnamon, should be soothing to your stomach.
- The sprouting process enhances nutrient absorption. It can be more expensive, so you might not want to buy all-sprouted varieties of these ingredients. Non-sprouted versions are still great!
- Rachel eats 2 oat cups for breakfast or 1 for a snack.
- Topping ideas: seed butter, mother butter (a fully seeded butter), almond butter, plant-based yogurt, cashew butter, berries, caramel sauce.
- Ok to sub applesauce or grated apples for banana; use $\frac{3}{4}$ of a cup of unsweetened applesauce. Keeping the skin adds more fiber.
- These stay good in the fridge for a week; in the freezer for 3 months at least. Delicious warmed up in the toaster oven!
- Even with “more expensive” organic, sprouted oats, this serving costs less than a muffin at Starbucks!

Spiced Date Caramel Sauce

- Keeps in the fridge for a week; great option for sweet without processed foods/added sugars.
- Good in oatmeal, in overnight oats, on top of oat cups with yogurt and berries!
- The salt in the recipe is optional.
- Any milk works! Rachel used hazelnut milk from Sprouts. There is flax milk, macadamia nut milk; they’re all good, but she recommends a “less is more” approach to plant milks- the nut, water, and maybe a touch of sea salt in the ingredient list. Many plant-based milks are low-calorie, but that’s often because they have more water, but then they add more emulsifiers and binders! These aren’t necessarily bad for you, but some people have more GI upset from them. Rachel recommends buying the higher calorie milk and diluting it with water at home! Rachel thinks the refrigerated versions are fresher, but it’s nice to have the shelf-stable as a backup too.
- Rachel doesn’t use the water left over from soaking the dates.
- There are some vanilla extracts without alcohol.
- Rachel prefers medjool dates because they’re so soft and sweet. She loves to stuff them with walnuts or any nut as a snack, or stuffed with nut butter and this caramel sauce - great frozen too!
- Rachel used cashew yogurt. The most popular brand among her clients is [Forager](#); Trader Joe’s finally came out with unsweetened cashew yogurt.

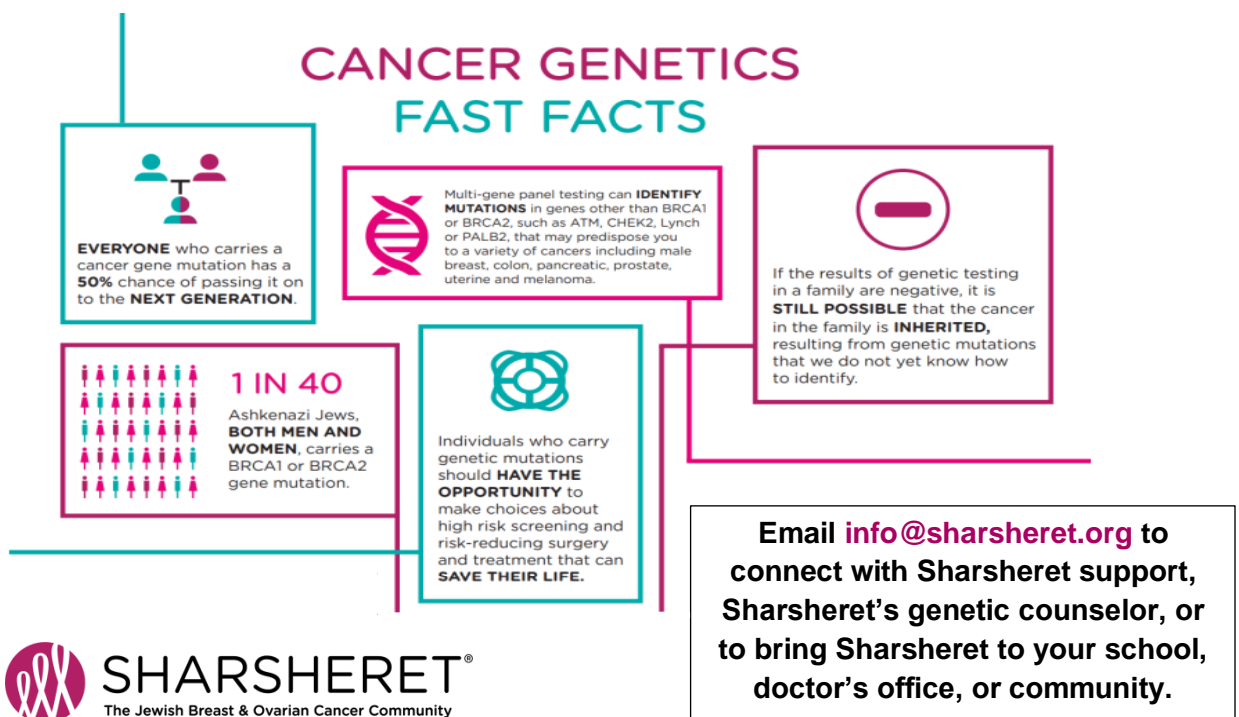


Golden Matcha Chocolate

- Any plant-based milk will do!
- Add one pitted date into the blender cup (optional).
- Black pepper helps you absorb more turmeric. Fats and cacao can also help you absorb more beneficial nutrients as well.
- To drink at night, add barley grass powder (which is gluten free) instead of matcha to avoid caffeine.
- Rachel loves using ceremonial grade matcha because it's taken from the first harvest, so the leaves are more superior to a second harvest like baking quality matcha. One container will make 20 cups or so depending on size.
- The key is always to look at the ingredient list - less is more!

Miscellaneous

- Rachel uses the ninja blender because she used to work with them. She recommends blenders that use cups like the ninja or Nutribullet because it's much easier to use and has different attachments so it's one appliance instead of more (also has a food processor attachment).
- You have all the spices you need in your cabinet!



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