

— THE EVERYDAY KITCHEN —

The Digestive Comfort Kitchen

Simple meals. Flexible swaps.

40
RECIPES



— EVELYN BROOKS —

WELCOME

Start with a recipe you want to make

A practical collection

Choose one breakfast, meal or snack that fits your day. The recipes use familiar ingredients and explicit portions. Start with a recipe you like, and add food or adjust portions for your own appetite and needs.

Choose by tolerance

Lactose-free does not mean milk-free. A softer texture or a recipe without onion does not make it universally comfortable. This book is not a low-FODMAP elimination diet. Persistent or painful symptoms deserve individual assessment.

How the recipes were developed

These original formulations use established home-cooking methods and an editorial review of quantities, sequence, doneness and storage. They have not been represented as physically kitchen-tested. Cooking times and texture are estimates; use the doneness cues and a thermometer where instructed.

One person, two people, or a small batch

One-serving cards list quantities for one and two. Recipes using a whole egg or a small bake may have a fixed batch yield instead. The card tells you how many cookies, muffins, bars or portions make one serving.

Reading the numbers

Nutrition is estimated from ingredient weights and USDA references, with documented related-ingredient or manufacturer proxies where direct data are incomplete. Count all measured oil, salt and sweetener. Exact brands, substitutions and cooking losses change the numbers. Missing data are not silently set to zero.

About Evelyn and the visuals

Evelyn Brooks is a fictional, AI-created character. Food images are AI-generated illustrations, not photographs of cooking tests. These recipes offer general food ideas, not an individualized diet or medical treatment.

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Lactose-Free Blueberry Yogurt Oats



PREP	COOK	WAIT	TOTAL
5 min	0 min	20 min	25 min

1 serving; the entire recipe is one portion

Equipment: bowl, refrigerator.

• **Your ingredients**

Ingredient	For one	For two
Plain lactose-free low-fat yogurt	about 2/3 cup 170 g	about 1.39 cups 340 g
Rolled or quick oats, dry	about 1/4 cup 20 g	about 1/2 cup 40 g
Blueberries	2.6 oz by weight 75 g	5.3 oz by weight 150 g
Unsalted pumpkin seed kernels	0.3 oz by weight 8 g	0.6 oz by weight 16 g
Ground cinnamon	about 1/4 tsp 0.65 g	about 1/2 tsp 1.3 g

US measures are approximate. Gram weights control the recipe; weights are raw and edible unless identified as cooked or drained.

Cook, enjoy & keep

Make it

- 1. Stir the plain lactose-free yogurt with oats and cinnamon. Cover and refrigerate for 15-30 minutes so quick oats soften; rolled oats may need longer.
- 2. Wash and dry blueberries. Add them and the measured pumpkin seeds just before eating.
- 3. Serve the entire bowl as one breakfast. The dairy is lactose-free but still contains milk protein.

Why this recipe fits

This adaptation changes the lactose in the dairy choice. It does not promise freedom from bloating, and the oats and seed portion still matter.

Estimated nutrition / serving

Calories 272 kcal	Protein 14.6 g	Carbohydrate 37.8 g
Fiber 4.6 g	Fat 8.1 g	Saturated fat 2.6 g
Total sugars 19.8 g	Added sugars 0.0 g	Sodium 122 mg

Allergen / ingredient notes: milk. Check all packaged ingredients and cross-contact for your needs.

Flexible choice: If lactose is not a concern, the corresponding plain regular dairy can be used by weight. For milk allergy, choose a different suitable recipe; plant drinks and vegan cheeses are not automatically equivalent in cooking or nutrition.

Keep and reheat: Refrigerate promptly in a covered container at 40 F (4 C) or below, within 2 hours of preparation (1 hour above 90 F / 32 C). Count from the original cooking or preparation date. For this kit, use assembled cold dishes within 2 days, or earlier if any ingredient label or original cooked-food date requires it. Keep crisp bread/crackers separate until eating. Freezing is not recommended for fresh leafy salads or assembled wraps.

Ingredient-based estimates; exact products, substitutions and cooking losses can change the values. See the opening notes for calculation assumptions.